

A large, detailed wreath of pink cherry blossoms with green leaves and small pink berries surrounds the central text box. The wreath is composed of several branches of blossoms, some in full bloom and others as buds, creating a lush and vibrant border.

THE
FASTING
PRAYER
Journal

Bishop Ritz & Dr. Corwena Denton

What is fasting, and why do we fast?

Welcome to a transformative journey of fasting and prayer—a sacred time of introspection, spiritual growth, and connection with the divine. As we embark on this profound experience together, let us open our hearts and minds to the blessings that fasting and prayer bring into our lives. Fasting is not merely an abstention from food; it is a deliberate choice to redirect our focus from the physical to the spiritual. It is a time of purification, cleansing the body and soul, allowing us to transcend the mundane and draw closer to the essence of our faith. In the stillness of prayer, we find solace and strength. It is the language of the heart communicating with God, a conversation that exceeds words. As we offer our supplications, express gratitude, and seek guidance, may our prayers become a source of comfort and inspiration, leading us to a deeper understanding of ourselves and our purpose.

Together, let us create a space of unity and support. In our collective commitment to fasting and prayer, we stand as a community bounded by faith, love, and the shared aspiration for spiritual elevation. Let compassion and empathy guide our interactions, fostering an environment where each participant feels valued and understood. As we engage in this sacred practice, we should be mindful of the significance of our actions. Let our fasting symbolize self-discipline, humility, and empathy for those less fortunate. May our prayers be a channel for healing for ourselves and the world around us.

May this period of fasting and prayer be a time of profound self-discovery, spiritual renewal, and a deepening of our connection with God. May we emerge from this journey with hearts full of gratitude, minds enlightened, and spirits rejuvenated. May it be a time of profound transformation and a stepping stone towards a more meaningful and purposeful life.

A biblical fast can be defined as *simply abstaining from food for spiritual purposes*. Jesus

encouraged and expected believers to fast (Matt. 6:17-18, Matt. 9:15). Today, many will abstain from food, television, and other forms of entertainment and spend that time drawing closer to God. Fasting should be joined with a time to *pray*, *Bible studies*, and *worship*. Simply put, if fasting is not tied with prayer and Bible reading, it's merely a **DIET**. Let us purpose in our hearts to thrive this year as we become a better version of who we were yesterday.

Notes

How to Prepare Yourself

Prepare yourself spiritually. The foundation of fasting and prayer is *repentance*. Repentance means "to turn from evil and to turn to good." Unconfessed sin will hinder your prayers. Sometimes, we forget that we need to repent. We can ask God to remind us of the areas we need to repent. It is easy to believe we have not committed any sin or we do not need to ask for forgiveness. Humility allows us to realize we have all sinned and come sort at some point in our lives.

Here are several things you can do to prepare your heart and mind to have a meaningful fasting experience.

1. Ask God to help you make a comprehensive list of your sins. ***Confess every sin that the Holy Spirit*** calls to your remembrance and accept God's forgiveness (1 John 1:9). ***Seek forgiveness from all whom you have offended and forgive all who have hurt you*** (Mark 11:25; Luke 11:4; 17:3,4).
2. Make ***restitution/amends as the Holy Spirit leads you***. Ask ***God to fill you with His Holy Spirit*** Ephesians 5:18 and His promise in 1 John 5:14,15. ***Surrender your life fully to Jesus Christ***, Romans 12:1,2).
3. ***Meditate on the attributes of God***, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).
4. ***Begin your time of fasting and prayer with an expectant heart*** (Hebrews 11:6).
5. ***Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit*** (Galatians 5:16,17).

How do I participate?

1. Sign up with the bible app reading plan and commit to fast one or multiple days as your health allows.
2. Read the scriptures recommended and complete a journal entry.
3. Check with your medical professional to see if your health issues hinder your fasting.
4. Join us for three special Sundays Morning of Prayer & Worship and one day of revival.

Fasting

Why do we fast? Fasting aims to turn ourselves from worldly things and fully set our minds and hearts on God. It is not a way to **manipulate** God or **coerce** him to hear and answer our prayers, but rather, it acknowledges our complete dependence on him. Fasting awakens us to the reality that our fleshly desires and appetites often drive us. It humbles and awakens us to our great need for and reliance on God. We encourage you to listen to the Holy Spirit as you consider fasting.

1. Fasting enables purpose. *Nehemiah 1:4*.
2. Fasting brings revelation and divine instruction *Exodus 34:28*. *Fasting* reverses the plan of the enemy. *Esther 4:16*.
3. Fasting with prayer can avert the judgment of God. *Joel 2:12-15*.
4. Fasting removes stubborn things/spirits. *Mark 9:29*. *Fasting* and prayer bring breakthroughs. 2 *Chronicles 20:3-17*

Ask God to lead you in this time of seeking His face. Whether you fast for one day, several days, or the entire 21 days, the point is to humble yourself in a new way and draw near to God. There are other types of fasting however for this purpose, we will highlight the following.

1. You might choose a ***selective fast***, eliminating certain things from your diet. Eating only fruits, ground provisions, and vegetables, what some might call a “***Daniel fast***,”
2. Another option is a ***partial fast***, refraining from eating for a set period each day. You could fast from a single meal or sunup to sundown (Daniel 10:3, ref. Daniel 1:8).
3. A ***complete fast***, refraining from eating and only drinking liquids for particular days or even an extended period (Ezra 10:6, Esther 4:16, Acts 9:9).
4. If fasting from food is not possible, you may feel led by the Lord to fast from something else, such as ***social media, television***, or certain times or activities on your cell phone.

In your prayer journal, write down which option you selected. Try your best to stick to this option.



Notes

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Prayer

Throughout the 21 days, you will pray for specific areas in your life, church, and family.

Together, let's put our faith into action, trusting in the promises of God for us and our church. Below are some helpful tips on how to make the most of this fasting and concentration period.

1. Commit to a specific time each day to devote to prayer.
2. Find a place to be free of distractions and be alone with God.
3. Use this guide, prayer points, and scripture to focus and fuel your praying.
4. You can take it further by journaling your prayers daily, simply writing them to God. It's a great opportunity to hide God's Word in your heart, working to memorize the verses as you meditate and pray.
5. Consider ways to pray with others during this season. Set up a Zoom call with friends or members of your small group. Pray together as a family.

Please read these scriptures and make a note in your journal of how they apply to your life today.

Cross off each scripture as you read them and use them during your quiet time with God.

- Esther 4: 1 – 17 • Joel 1:14 • Ezra 8:21-23 • Nehemiah 1:4 • Daniel 10: 2 - 3
- Daniel 9:3 – 5 • Psalm 69:10 • Psalm 35:13 – 14 • 2 Samuel 1:12 • Jonah 3:5-9
- Isaiah 58:1-14 • Joel 2:12 – 13

Notes

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- Matthew 6:16-18 • Acts 14:23 • Mark 9:29 • Acts 13:2 – 3 • Luke 2:37
• 1 Corinthians 7:1 – 5 • Matthew 9:14-15 • Matthew 5:6 • Luke 18:12 • 1 Corinthians 9:27
• 2 Corinthians 11:2

Scripture Notes

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- ## Scripture Notes

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Prayer Points

1. Father, I pray that God would reveal Himself and His glory as we seek Him in prayer and fasting.
2. Father, I pray that we will be a people who are filled with hope, peace, joy, and longsuffering because of the gospel through Jesus Christ.
3. Father, I pray that as we commit to fasting, you will cover our families and hide them in your presence. Strengthen our marriages and mend broken areas. Teach us how to love each other and submit to each other. Show us how to raise children who will come to serve in your kingdom.
4. Father, I pray we seek God and His face more than anything else.
5. Father, I pray that we will faithfully proclaim the gospel to all men beyond the four walls. We pray that you will increase and enlarge our boundaries as we minister globally.
6. Father, I pray that we would give and sow generously to build the kingdom of God
7. Father, I declare that I walk in the wisdom of Christ and our leaders today in Jesus' name
8. I declare that I have dominion because the power of God is at work in me.
9. I declare that I have dominion over the circumstances of life in Jesus' name
10. I declare that I have dominion over my finances, and I will see a supernatural increase in Jesus' name
11. I declare that I have dominion over sicknesses and diseases. I am healed from any rogue cells in my body, I am healed from _____ in Jesus' name
12. I declare that I have dominion over demonic spells, charms, and enchantments in Jesus' name

13. Father, according to your Word in the name of Jesus, I pray that everyone planning against my destiny and plotting to harm me shall fall in the name of Jesus Christ.

14. Lord, your Word declares that no weapon formed against me shall prosper; I take side with your word and declare that no weapon formed against me in any form or fashion shall prosper, in the name of Jesus.

15. Lord, let every voice speaking against me right now be silent and drown in the name of Jesus. I shut down every voice in my mind that speaks against the existence of God and His sovereignty. I shut down every voice that tells me I am not enough in Jesus' name.

16. I ask, and I receive safety and security at all times. If I step in danger by mistake, I shall not be harmed in the name of Jesus.

17. I pray that You give your angels charge over me to keep me in all my ways so that accident and evil will not overtake me, in the name of Jesus.

18. Lord, I declare that I have clarity and direction on how to serve You and expand your kingdom here on earth. I will walk into my ministry and purpose. I will no longer be fearful in Jesus' name.

19. Father, because of your word to keep me safe in the arms of Christ, no one will be able to pluck me out of your hand and that of Christ. Thank you, for I am secure in you, Lord.

20. Lord, in all my ways that do not bring you glory, I commit to identify them and desist from engaging in them in Jesus' name.

21. Father, I trust you to keep me from all evil both in the day and at night, and you will preserve my going out and my coming in today and always, in the name of Jesus Christ. ***This document was created for BTFW 2025 Fasting and Concretion*** and is a compilation of biblical scriptures and prayer from Bishop and Dr. Denton

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DAILY PRAYER JOURNAL

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VERSE OF THE DAY



APPRECIATION

REFLECTION

PRAYER

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Prayer Notes

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Prayer Notes

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BEYOND

THE 4 WALLS MINISTRIES

JOIN US

SUNDAYS
 MORNING SERVICE 10 AM
 SUNDAY SCHOOL 11:30 AM

WEDNESDAYS
 PRAYER @ 8PM

1ST & 3RD THURSDAYS
 BIBLE STUDIES @8PM

4TH THURSDAYS
 MEN'S & SEED
 WOMEN'S MINISTRY @ 8PM

3RD FRIDAYS
 YOUTH CONNECT @ 8PM

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