

Week One
January 2nd thru 8th

You may eat any variety of fruits and vegetables as often as you like (including meatless soups such as split pea, tomato) or Jell-O. No starchy vegetables.

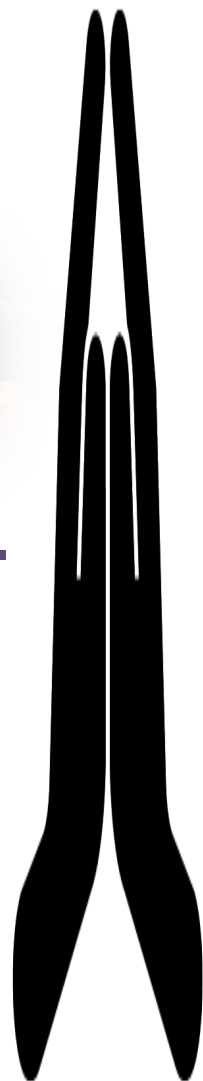


Week Two
January 9th thru 16th

The menu is the same as the first seven days, except you may add chicken or turkey noodle or rice soups (small bits of chicken or turkey ONLY).



Drink nothing during the entire 14-day consecration except low in sugar fruit juice or vegetable juice and water. NO SODA.



THINGS TO PRAY FOR DURING OUR FAST

January 2nd - Pray for souls to be saved and raised up in the church.

January 3rd- Pray that the church will be spiritually revived and motivated by the WORD of GOD.

January 4th - Pray for God's divine direction for the pastor, ministerial staff, officers and lay persons.

January 5th- Pray that God will continue to raise up true tithers in our church and debt relief for each individual.

January 6th- Pray for God's divine direction for each citizen to be compliant by wearing masks, using hand sanitizer, social distancing in keeping safe.

January 7th- Pray that the Fruits of the Spirit will operate in our daily living.

January 8th - Pray that we will be able to fellowship in person among the saints.

January 9th- Pray for great attendance and participation in virtual worship and bible study.

January 10th - Pray for healing from COVID-19 variants and of other diseases such as cancer, HIV/AIDS, diabetes, heart ailments, obesity, etc.

January 11th - Pray for marriages.

January 12th - Pray for those struggling with grief and loneliness.

January 13th - Pray for senior citizens & the needs of single adults.

January 14th - Pray for teens and young adults that they allow themselves to be guided by the Holy Spirit.

January 15th - Pray for the leadership of our country for guidance by the hand of God.

January 16th - Pray for re-entrants returning to their homes and communities; and for the unemployed.

For Our Spiritual Maturity

"The effectual fervent prayers of the righteous avail much" James 5:16

New Commandment Baptist Church
Dr. Stephen E. Tucker, Pastor

14 DAYS OF Prayer AND FASTING



2022

Period of Self-Denial

(For Spiritual Maturity)

Beginning

January 2, 2022- 6:00 p.m.



Ending

January 16, 2022 - 6:00 p.m.

"I can do all things through Christ which strengthen me" Phil 4:13

Pastor's Message . . .

God will do great things for the New Commandment Baptist Church family in 2022 as we begin the New Year in a period of fasting and self-denial. This is a 14-day, faith-building experience that you should not miss!

This is a fast from ALL dairy products and meats such as beef, pork, veal, lamb, poultry (chicken and turkey unless small bits in soups), and fish products. We deny ourselves of all starches (except corn), breads, desserts and any other foods made with dairy products. Remember, mints and gum will help your breath.

"NO TV" these 14 days (except religious programs, ministries, news and weather). I want to put special emphasis on daily devotional time. Devotions are very important if you desire a closer walk with God. Let's use this time to read the WORD, study and meditate in the WORD, and listen to gospel music or gospel preaching. Try to make as many services as possible, i.e., Bible study and prayer meeting - assembling with the "saints" is added strength.

Your body will crave various food substances it is used to, so ask God to constantly keep your attitude in check. You will be tempted in many areas, but remember to read your "PILL" every day and "THINK" on those things. Those who are diabetics or experience other medical problems, please consult your physician. GOD Bless You.

Pastor Tucker

Your Daily Pill

Jan 2 II Peter 1:3 (virtue)
Jan 3 Psalm 66:2 (honour)
Jan 4 Psalm 46:1 (strength)
Jan 5 Romans 12:21 (overcome)
Jan 6 Mark 9:50 (peace)
Jan 7 Psalm 150:6 (praise)
Jan 8 II Corinthians 3:6 (spirit)

Read each scripture at the beginning of each day, and repeat the word during the day!



Jan 9 II Timothy 2:22 (faith)
Jan 10 Isaiah 40:31 (wait)
Jan 11 I Thessalonians 4:11 (study)
Jan 12 2nd John 2 (health)
Jan 13 Psalm 43:11 (healing)
Jan 14 Psalm 27 (boldness)
Jan 15 II Timothy 2:21 (vessel)
Jan 16 I Corinthians 15:57 (victory)

"God is concerned with our efforts as well as our accomplishment."
Everyone is capable of making an effort!



FASTING . .

A time of Self-Denial

Fasting humbles us so we may receive more fully the grace and power of GOD, thus allowing us to walk more deeply in His purity and strength. It is a commitment to refrain from seeking physical food in order to seek GOD for spiritual food. Don't let the spiritual power that comes through fasting and prayer be stripped away by wrong motives.

Purify your fast: "Blessed are they which do hunger and thirst after righteousness for they shall be filled." (Matthew 5:6)

Don't attempt to fast without the power hook-up of prayer. GOD's grace is more than sufficient to meet needs as long as we are feasting on His spiritual fare. Pray with your fast: "But seek ye first the kingdom of GOD, and His righteousness; and all these things shall be added unto you. (Matthew 6:33)

"And we know that all things work together for good to them that love GOD, to them who are called according to His purpose (Romans 8:28)

