

Empowerment Prayer Ministry
21 Days of Fasting & Prayer
Sunday, January 6 – Sunday, January 26, 2025



BETHEL AME CHURCH
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Welcome to 21 Days of Prayer & Fasting 2025!

The start of a new year is a perfect time to dedicate your plans, goals, and dreams to God. By fasting and praying, you are aligning yourself with God's will and positioning yourself for His blessings in the year ahead. Matthew 6:33 reminds us, **"But seek first the kingdom of God and His righteousness, and all these things will be added to you."**

As we step into the New Year, I want to invite you to join us for 21 Days of Prayer & Fasting from January 6 to January 26. We know that our God not only loves to hear our prayers, but His power gets unleashed whenever we pray. I love how Samuel Chadwick put it when he wrote: "Satan dreads nothing but prayer. His one concern is to keep the saints from praying. He fears nothing from prayerless studies, prayerless work, prayerless religion. He laughs at our toil, he mocks our wisdom, but he trembles when we pray."

Why Fast and Pray in January?

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What is a 21-Day Fast?

A 21-day fast, often inspired by Daniel's fast in the Bible (Daniel 10:2-3), involves abstaining from certain foods while focusing on prayer and scripture meditation. This form of fasting encourages spiritual discipline and a deeper connection with God.

Benefits of January Fasting

- **Spiritual Renewal:** Fasting helps you reconnect with God and strengthens your relationship with Him.
- **Clarity and Direction:** It's a time to seek God's will for your life, career, and relationships in the new year.
- **Breakthroughs:** Many people experience spiritual, emotional, and physical breakthroughs during fasting.
- **Discipline:** Fasting teaches self-control and helps you prioritize what truly matters.

How to Prepare for 21 Days of Fasting and Prayer

- **Set Your Intentions:** Determine why you're fasting and the specific areas you want to focus on in prayer.
- **Choose a Fasting Method:** Decide whether you'll do a full fast, partial fast, or Daniel fast. Ensure it aligns with your health needs.

- **Create a Schedule:** Set aside specific times each day for prayer, Bible study, and worship.
- **Stay Hydrated:** Drink plenty of water and consult a doctor if you have health concerns.
- **Avoid Distractions:** Limit social media and other activities that can take your focus away from God.

The Importance of Prayer for the Month of January?

January Fasting Prayer Points is crucial because it sets the tone for the entire year. By dedicating this time to seeking God's face, you invite His presence into every area of your life. Whether you're praying for guidance, protection, or provision, starting the year in prayer positions you to experience God's blessings and direction.

NOTE: Make sure to keep a journal to record your thoughts and what God through the Holy Spirit is speaking to you. Keeping a journal of reflection while fasting and praying is important because it allows you to actively capture and remember the insights, emotions, and spiritual revelations experienced during this focused time of prayer, helping you to track your spiritual growth, identify areas needing attention, and better understand God's guidance in your life; essentially creating a tangible record of your spiritual journey

Daily January Fasting Prayer Points 2025

Week 1: Seeking God's Presence

- **Day 1:** Pray for a deeper relationship with God. Meditate on James 4:8: **"Draw near to God, and He will draw near to you."**
- **Day 2:** Surrender your plans to God. Proverbs 3:5-6 says, **"Trust in the Lord with all your heart and lean not on your own understanding."**
- **Day 3:** Ask God for forgiveness and a pure heart. Psalm 51:10: **"Create in me a clean heart, O God, and renew a right spirit within me."**
- **Day 4:** Pray for a fresh outpouring of the Holy Spirit. Acts 1:8: **"But you will receive power when the Holy Spirit has come upon you."**
- **Day 5:** Thank God for His faithfulness. Lamentations 3:22-23: **"The steadfast love of the Lord never ceases; His mercies never come to an end."**
- **Day 6:** Ask for divine wisdom for the year. James 1:5: **"If any of you lacks wisdom, let him ask God, who gives generously."**
- **Day 7:** Pray for spiritual discernment. Romans 12:2: **"Do not be conformed to this world, but be transformed by the renewal of your mind."**

Week 2: Prayers for Family and Relationships

- **Day 8:** Pray for unity in your family. Psalm 133:1: **"How good and pleasant it is when God's people live together in unity!"**

- **Day 9:** Ask God to bless your relationships. Ephesians 4:2-3: **“Be completely humble and gentle; be patient, bearing with one another in love.”**
- **Day 10:** Pray for healing in broken relationships. Colossians 3:13: **“Forgive as the Lord forgave you.”**
- **Day 11:** Intercede for unsaved loved ones. Acts 16:31: **“Believe in the Lord Jesus, and you will be saved—you and your household.”**
- **Day 12:** Pray for protection over your family. Psalm 91:11: **“For He will command His angels concerning you to guard you in all your ways.”**
- **Day 13:** Ask for wisdom in parenting or mentoring. Proverbs 22:6: **“Train up a child in the way he should go.”**
- **Day 14:** Pray for a Christ-centered marriage (if applicable). Ecclesiastes 4:12: **“A cord of three strands is not quickly broken.”**

Week 3: Prayers for Breakthrough and Purpose

- **Day 15:** Pray for financial breakthrough. Philippians 4:19: **“And my God will supply every need of yours according to His riches in glory.”**
- **Day 16:** Ask *for* God’s favor in your endeavors. Psalm 90:17: **“May the favor of the Lord our God rest on us.”**
- **Day 17:** Intercede for your community and nation. 2 Chronicles 7:14: **“If My people who are called by My name humble themselves, and pray and seek My face.”**
- **Day 18:** Pray for guidance in your calling. Jeremiah 29:11: **“For I know the plans I have for you, declares the Lord.”**
- **Day 19:** Ask God for strength to overcome challenges. Isaiah 41:10: **“Fear not, for I am with you; be not dismayed, for I am your God.”**
- **Day 20:** Pray for spiritual revival in your life. Psalm 85:6: **“Will You not revive us again, that Your people may rejoice in You?”**
- **Day 21:** Conclude with thanksgiving and worship. 1 Thessalonians 5:18: **“Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”**

FAQ

1. **What is a 21-day fasting and prayer period?** A 21-day fasting and prayer period is a spiritual discipline where participants abstain from food (or certain types of food) and dedicate themselves to prayer for 21 days. It is a time for deepening faith, seeking God’s guidance, and focusing on spiritual renewal.
2. **Why do people fast for 21 days in January?** Many Christians choose to fast in January to start the year with a focus on God’s will for their lives, to seek clarity on important decisions, and to strengthen their relationship with God. It’s also

seen as a way to consecrate the new year and commit the upcoming months to God.

3. **What are the different types of fasting?** Common types of fasting include:
 1. **Complete Fast:** Abstaining from all food and drink except water.
 2. **Daniel Fast:** A partial fast where participants eat only fruits, vegetables, and water.
 3. **Partial Fast:** Limiting certain foods, such as giving up specific meals or foods like sugar, meat, or processed items.
 4. **Media or Technology Fast:** Abstaining from social media, entertainment, or technology to focus on prayer and reflection.
4. **What are some common prayer points for a 21-day fast?**
 1. Pray for personal spiritual growth and intimacy with God.
 2. Seek God's guidance and clarity for decisions in the new year.
 3. Pray for breakthrough in areas of life that need healing or restoration.
 4. Intercede for family members, friends, and the church.
 5. Pray for wisdom, peace, and protection for loved ones.
 6. Ask for strength to overcome temptations and distractions.
5. **How do I prepare spiritually for the fast?**
 1. Set clear spiritual goals for the fast (e.g., seeking God's will, improving your relationship with Him).
 2. Spend time in prayer and meditation before beginning.
 3. Decide on the type of fast you will do and make any necessary preparations (e.g., stocking up on healthy foods if doing a partial fast).
6. **Can I continue with my regular routine during the fast?** Yes, you can continue with your regular routine, but the focus of your activities should shift toward spiritual growth. This may include attending church services, daily prayer times, or reading the Bible more consistently.
7. **How should I break my fast after 21 days?** It's important to break a fast gradually. Start with small, easily digestible foods, like fruits, soups, or smoothies. Avoid heavy meals or processed foods initially to allow your body to readjust.
8. **Is it okay to fast if I have health concerns?** If you have health issues or are pregnant, consult your doctor before starting a fast. There are alternative fasting methods that can accommodate various health conditions, such as partial fasting or limiting certain types of food.

9. **Can I fast with others?** Yes, many people fast in groups or with a church community. Fasting with others can provide accountability, support, and encouragement throughout the fast.
10. **What should I do if I feel weak or tempted during the fast?** It's normal to experience physical weakness or temptation. When this happens, focus on prayer, meditation, and scripture. Remind yourself of the spiritual purpose behind the fast and lean on God for strength.

Conclusion

In conclusion, a 21-day fasting and prayer period is a powerful spiritual discipline that offers believers the opportunity to seek God's guidance, deepen their faith, and consecrate the new year. It provides a time for reflection, growth, and breakthrough in various areas of life. Whether done individually or in a group, fasting combined with prayer serves as a tool for spiritual renewal, drawing closer to God, and aligning one's heart with His will.

It is important to prepare both spiritually and physically for the fast, stay committed to the process, and trust in God's strength and provision throughout. As you embark on this 21-day journey of fasting and prayer, may it bring clarity, peace, and transformation, setting the tone for a blessed and fruitful year ahead.