

Sweet Holy Spirit Church
New Year's Fast For 2022
The Year of Impact

Tuesday, January 11, 2022 – Monday, January 31, 2022 (21 days)

Jeremiah 29:11

11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

DANIEL FAST (eating only that which comes from the ground)

- No meats
- No sugar products
- No pasta
- No white flour products
- No caffeine
- No pop
- No dairy products

DRINK AT LEAST 5 BOTTLES OF WATER DAILY!!!

Focus Points and Prayers (***January is the month of Spiritual Growth***)

It's one thing to know about God but it's another thing to be known by God.

Make preparation to receive His presence and all that He has planned for your life. Our purpose of the fast is to receive a personal encounter with God.

Daniel's decision not to eat the king's food was an outward symbol of an inward commitment he made to God. Let your choices over the 21 days reflect the hunger you have for God's presence in your life.

Be willing to hear what God says needs to be change and be willing to change. Be intentional. Decide where you will meet with God, what and when you will eat, and how you will spend your time differently.

Don't fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord.

Set aside a time and a place for you to pray 3 times daily.

EVERY DAY PRAY FOR YOUR OWN SPIRITUAL GROWTH
EVERY DAY PRAY FOR YOUR PASTOR AND CHURCH
EVERY DAY PRAY FOR THE END OF COVID-19

Our prayer focus should desire direction from God for ourselves and petition God on other's behalf. Daniel confessed and repented not only for his own sins, but for those sins, iniquities, and failures of the Israelites that resulted in their captivity.

The prayer line will be open every morning from 5:45am to 6:25am 848-220-3300 code 8700237....Turn Around Thursday Prayer on Facebook every Thursday at 7:00am.

Your sacrifice can bring about a transformational revival in you, our church, our community, our nation, and the world.

DAY 1...1.11.2022 Read Jeremiah 29:11, Romans 12:1-2; Luke 9:23. Pray for submission to God. Offer your life to Christ. (Only Fruit & Vegetables)

DAY 2...1.12.2022 Read Jeremiah 29:11 Daniel obeyed God and separated himself. Ask the Lord how to separate yourself from anything that is making you common in the world. (Only Vegetables)

DAY 3...1/13/2022 Read Jeremiah 29:11, Matthew 4:19; 6:33; 22:37,39; John 15:8; Acts 1:8. Pray for the purpose in your life. Ask God for guidance and direction. (Only Fruit & Vegetable Juices)

DAY 4...1.14.2022 Read Jeremiah 29:11, Daniel 2. Daniel received supernatural revelation of Wisdom to aid the king. Pray God will reveal your gift, its usage for the benefit of others, and for His Glory. (Only Fruit & Vegetables)

Day 5...1.15.2022 Read Jeremiah 29:11 Ephesians 5:18; Galatians 5:16,25; Psalm 61:2-4. Ask the Spirit to control you and fill you. Pray that you grow in Christ. Seek greater love and commitment to Him. (Only Vegetables...you may have some fish but not fried)

DAY 6...1.16.2022 Read Jeremiah 29:11, Galatians 5:22-23; 1 Corinthians 13:4-7. Pray that your choices and behaviors demonstrate the Fruit of the Spirit. 1/14/19 - Read Daniel 3. Ask the Lord about compromise in your life. Ask for help to stand firm (Only Fruit & Vegetables)

DAY 7... 1.17.2022 Read Jeremiah 29:11, Daniel 4. Daniel prayed for the king and eagerly sought God's working in his heart. Pray and ask God to touch the prideful hearts of those among you to believe in the only true and living God. (Only Vegetables)

DAY 8...1.18.2022 Read Jeremiah 29:11, Proverbs 14:34. Pray for our Government. Pray for a spiritual revival in our local, state, and national government. Pray for the President of the United States and his cabinet members and their relationship with Christ. (Only Fruit & Vegetable Juices)

DAY 9...1.19.2022 Read Jeremiah 29:11, Daniel 5; Psalm 37:1-5. Do not fret over evil doers around you. Daniel survives the purge and emerges triumphant. What happens in the world will not overtake you. God has a plan will bring it to pass. (Only Vegetables)

DAY 10...1.20.2022 - Read Jeremiah 29:11, Philippians 4:6-9; Ephesians 6:13-18. Spiritual Warfare. Pray in the Spirit on all occasions. Be alert and always pray for God's people (Only Vegetables...you may have some fish but not fried)

DAY 11...1.21.2022 Read Jeremiah 29:11 Daniel 6. Be at peace with your Lions. Ask the Lord to reveal any plot of evil devised against you Only Fruit & Vegetable Juices)

Day 12...1.22.2022 Read Jeremiah 29:11, Proverbs 3:5-6; Romans 8:28-29. Pray for the circumstances of each day. God will direct you and work all things for your good (Only Fruit & Vegetable Juices)

Day 13... 1.23.2022 Read Jeremiah 29:11, Daniel 7. Bless the Ancient of Days. The deity of God. God has supreme authority in both heaven and earth (Only Vegetables)

Day 14...1/23/22 Read Jeremiah 29:11, 1 Chronicles 29:10-13; Psalms 34:6-7, 40:1-3; Revelation 15:3-4. Prayer of adoration and thanksgiving. Spend time worshipping and praising God (Fruit, Vegetables...you may have some fish but not fried)

Day 15...1.24.2022 – 1.31.2022 Read a different Psalm each day.....Eat only that which grows from the ground (fruits, vegetables, grains, nuts, etc.)

THIS FAST WILL HELP YOU PHYSICALLY, SPIRITUALLY, EMOTIONALLY & FINANCIALLY!

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Be willing to hear what God says needs to change!