

NEW BORN FELLOWSHIP CHURCH

21 *Days*

**DANIEL
FAST**

Renew, Rebuild, Refresh

PRAYER AND FASTING

EVERYTHING IS POSSIBLE FOR THE ONE WHO BELIEVES

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RENEW, REBUILD, REFRESH
Believe

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Daniel Fast | Monday (6am-6pm) | Tuesday - Friday (All-Day)

WHAT TO EXPECT FOR 2024

GOD GIVEN OPPORTUNITIES

~ Insight ~

"How much better to get wisdom than gold, to get insight rather than silver!" Insight is a deeper level of knowing and understanding Gods principles. It is understanding the big picture of Gods plan, and having an awareness of how to apply biblical principles to the way we live and do our jobs every day.

~ Power ~

Strengthened with power so that you may have great endurance and patience. Let your faith rest on Gods power.

FOREVER LIVING

Personal Life ~Knowing who you are is vital to the kingdom of God.

Home Life ~Healthy families = Healthy Church

Prayer Life ~ Your ability to hear from God

Biblical Studies Life ~ Self development

Financial and Economic Life ~ Financial knowledge

STRUCTURE ~ VALUES ~ FOUNDATION ~ ESTABLISH

Structure is Order. What are you putting in order?

Values are priority. What are your values?

Foundation is what we stand on. What is your foundation made from?

Establish is to bring into existence. What are you bringing into existence in 2024?

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GUIDE TO FASTING

Prayer and fasting is one of the most powerful weapons God has given us for our daily lives! We believe that prayer and fasting is one of the major keys to living successfully as a believer. As we pray and fast for the will of God to be done, we can expect to reap the benefits and promises that our obedience to His word produces. Such as doors opening, miraculous provision, favor, healing and supernatural breakthrough.

WHAT IS FASTING? Fasting is intentionally denying your body of food to concentrate on God. Fasting brings you into a deeper, more intimate and powerful relationship with the Lord. Fasting is an act of humility before God to seek His divine intervention in the events of our physical world, it brings revelation by the Holy Spirit of our true spiritual condition, leading to brokenness, repentance, and change, and allows the Holy Spirit to work in a powerful way. Fasting transforms prayer into a richer, more personal experience and draws you closer to God.

PURPOSE FOR FASTING

FOR CLEAR VISION~ (Psalm 5:3 (AMPC)) In the morning You hear my voice, O Lord; in the morning I prepare [a prayer, a sacrifice] for You and watch and wait [for You to speak to my heart]. God wants to give you a greater vision of who He is and the plans He has for you. Satan's goal is to use guilt, insecurity and fears to keep us from growing and living a full, joyful life. You can tap into the power of Gods vision for your life by meditating on Scriptures of promise!

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BREAKTHROUGH IN DIFFICULT SITUATIONS (JOEL 2:12 (KJV))

Therefore also now, says the Lord, turn and keep on coming to Me with all your heart, with fasting, with weeping, and with mourning [until every hindrance is removed and the broken fellowship is restored].

HOW TO FAST

1. DISCREETLY (Matthew 6:17-18 NLT)

But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.”

2. WITH FAITH (Hebrews 11:6 NLT)

And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.”

FUNDAMENTALS OF PRAYER

CREATING A LIFESTYLE OF PRAYER

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

CREATE TIME TO PRAY

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it. *MARK 1:35*

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HAVE A CERTAIN PLACE

Luke 11:1~ And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples.

Matthew 6:5-8(AMPC) ~ Also when you pray, you must not be like the hypocrites, for they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by people. Truly I tell you, they have their reward [d]in full already. But when you pray, go into your [most] private room, and, closing the door, pray to your Father, Who is in secret; and your Father, Who sees in secret, will reward you in the open. And when you pray, do not heap up phrases (multiply words, repeating the same ones over and over) as the Gentiles do, for they think they will be heard for their much speaking. Do not be like them, for your Father knows what you need before you ask Him.

OUR FATHER'S PRAYER

Matthew 6:9-13(AMPC)

Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

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DANIEL FAST

All Fruits:

Apples, peaches, berries, grapes, pineapples, oranges, bananas, melons etc. (Fresh/raw, frozen, dried, juiced or canned in their own juice, not syrup)

All Veggies:

Squash, lettuce, spinach, carrots, kale, broccoli, asparagus, cabbage, greens, corn, potatoes, sweet potatoes, etc. (Fresh/raw, frozen, dried or canned)

Whole Grains:

Brown rice, oats, barley, grits, hot cereal, whole-wheat pasta, etc.

Other Natural Foods:

Beans and peas, seeds and nuts, oils, rice milk, soy milk, water, healthy beverages and smoothies (with no sugars or artificial preservatives), spices, herbs, tofu, soy, vinegar.

Sweeteners: Stevia, Equal, Splenda, Agave Nectar

FOODS TO AVOID

X - Meat (including poultry & seafood)

X - White Rice/White Flour (no bread)

X - Fried Foods

X - Caffeine & Caffeinated Beverages

X - Sugar & Artificial Sweeteners

X - Dairy Products (butter, milk, eggs, etc)

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Your portfolio is created and driven by how you see yourself living. NOT NOW but for the rest of your life! Building your personal portfolio will take time and patience. The life God has designed and destined for us will be a never ending journey. We must be ready to seek to find God.

Be Believers. Be Fearless. Be Action Takers.

2024 is dedicated to creating and manifesting the life of our dreams. Everyday we are to target each area of our portfolio.

When we faithfully target an area, imagine the growth, imagine what could happen in 21-days, 60-days, 90-days, even 6-months. To get a different result we must seek God for Vision, Wisdom and most of all Understanding. Your understanding is the key to your success.

Remember to make each day intentional!

START THE WEEK

- BUILDING YOUR PORTFOLIO -

PERSONAL LIFE | Your choices & Preferences.

1. Finding and Understanding your purpose.
2. Career path.
3. Health.
4. Loyalty & Faithful commitments.
5. Hobbies.
6. Meditation.

HOME LIFE | Your security and comfort.

1. Family.
2. Friends.
3. Peace.
4. Tranquility.

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PRAYER LIFE | Your ability to hear from God.

1. You get direction, empowerment and refresher.
2. Schedule times.
3. Prayer doesn't stop when your off your knees, meditation continues the process.

BIBLICAL STUDIES LIFE | Must read it, must believe it, must apply it to your life.

1. Be a student of the Word.
2. Study the bible for self-development.
3. Make decisions based on what God says.

FINANCIAL AND ECONOMIC LIFE | Budgeting and Purchasing.

1. How do you manage your money?
2. Preparing your FOREVER LIVING ~ Forever Living is all About YOU and how YOU see your life. How do you see yourself living?

GOLDEN NUGGET

Discipline is forced obedience, which flows into creating plans, procedures and regiments. Creating these things are motivated by GOALS, DESIRE, VISION AND PASSIONS. these things will absolutely develop consistency and dedication!

P The Word tutors you to be disciplined.

P The Word makes you pliable and moldable .

P The Word is forced obedience.

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TUESDAY - POWER OF YOUR WORDS

Words are SEED. Your words Frame your world. We Activate our Seed by Speaking to it!

Psalms 45:1 ~ *My heart is inditing a good matter: I speak of the things which I have made touching the king: my tongue is the pen of a ready writer.*

Proverbs 16:21 & 23 *21 The wise in heart are called prudent, understanding, and knowing, and winsome speech increases learning [in both speaker and listener]. 23 The mind of the wise instructs his mouth, and adds learning and persuasiveness to his lips.*

Proverbs 23:15-16 *15 My son, if your heart is wise, my heart will be glad, even mine; Yes, my heart will rejoice when your lips speak right things.*

Mark 11:23~ *21 For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.*

Isaiah 57:19~*I create the fruit of the lips; Peace, peace to him that is far off, and to him that is near, saith the Lord; and I will heal him.*

2 Corinthians 4:13~ *We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak;*

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WEDNESDAY-WISDOM & UNDERSTANDING

Say unto WISDOM, Thou art my sister; and call
UNDERSTANDING thy kinswoman.

Ecclesiastes 7:11-12 (AMPC)~ *Wisdom is as good as an inheritance, yes, more excellent it is for those [the living] who see the sun. For wisdom is a defense even as money is a defense, but the excellency of knowledge is that wisdom shields and preserves the life of him who has it.*

Proverbs 4:5-9 ~ *Get wisdom, get understanding: Forget it not; neither decline from the words of my mouth. Forsake her not, and she shall preserve thee: Love her, and she shall keep thee. Wisdom is the principal thing; therefore get wisdom: And with all thy getting get understanding. Exalt her, and she shall promote thee: She shall bring thee to honour, when thou dost embrace her. She shall give to thine head an ornament of grace: A crown of glory shall she deliver to thee.*

Proverbs 8:10-12~ *Receive my instruction, and not silver; And knowledge rather than choice gold. For wisdom is better than rubies; And all the things that may be desired are not to be compared to it. I wisdom dwell with prudence, And find out knowledge of witty inventions.*

Proverbs 24:3 (AMPC)~ *Through skillful and godly Wisdom is a house (a life, a home, a family) built, and by understanding it is established [on a sound and good foundation],*

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THURSDAY- STAY THE COURSE

If I cant quit, I have to find other ways to win! The Bible doesn't teach quitting. The Bible teaches us to endure hard times, difficulties, or temptations to quit.

Galatians 6:9-11~ *And let us not be weary in well doing: for in due season we shall reap, if we faint not.10 As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith. 11 Ye see how large a letter I have written unto you with mine own hand.*

Ephesians 6:10~ *Finally, my brethren, be strong in the Lord, and in the power of his might.11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.*

Jeremiah 29:10~ *For I know the thoughts and plans that I have for you, says the Lord, thoughts and plans for welfare and peace and not for evil, to give you hope in your final outcome.*

Hebrews 10:23~ *So let us seize and hold fast and retain without wavering the [c]hope we cherish and confess and our acknowledgment of it, for He Who promised is reliable (sure) and faithful to His word.*

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FRIDAY - NEW ME

Rebuild, Refresh, Renew

Isaiah 42:9-10 (AMPC)~ *Behold, the former things have come to pass, and new things I now declare; before they spring forth I tell you of them.10 Sing to the Lord a new song, and His praise from the end of the earth! You who go down to the sea, and all that is in it, the islands and coastal regions and the inhabitants of them [sing a song such as has never been heard in the heathen world]!*

Isaiah 43:18-19 (AMPC)~ *Do not [earnestly] remember the former things; neither consider the things of old.19 Behold, I am doing a new thing! Now it springs forth; do you not perceive and know it and will you not give heed to it? I will even make a way in the wilderness and rivers in the desert.*

*God wants to create a new you, because you have not maximized your potential.

*Speak things that you want. Praise the things you have spoke; WHY because by you speaking this brings them into existence.

*New Patterns, New System, New Method
Old patterns are a strong hold to your faith

Read the parable about Peter and how God didn't change the concept of how to fish but changed the process.

Luke 5:1-7

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SATURDAY - MY GARDEN

You must dress and keep your garden.

Genesis 2:15~ *And the Lord God took the man and put him in the Garden of Eden to tend and guard and keep it.*

Jeremiah 29:5~ *Build ye houses, and dwell in them; and plant gardens, and eat the fruit of them;*

Genesis 2:8-9~ *And the Lord God planted a garden eastward in Eden; and there he put the man whom he had formed. And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil.*

Ecclesiastes 2:4-6~*I made me great works; I builded me houses; I planted me vineyards: I made me gardens and orchards, and I planted trees in them of all kind of fruits: I made me pools of water, to water therewith the wood that bringeth forth trees:*

Dress= Work it, Tend to it, Execute it, Make it Effective
Keep= To Guard, To Preserve, To Be Faithful and Maintain

*Your garden is to polish your character. What I do doesn't make me! BUT, How I do, what I do makes me.

*Your effort will never go unrewarded.

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SUNDAY - FAITH IS A LIFESTYLE

Our faith in God makes us invincible and unstoppable.

Hebrews 11:1~ *Now faith is the substance of things hoped for, the evidence of things not seen.*

Hebrews 11:6~ *But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.*

Matthew 21:22 (AMPC)~ *And whatever you ask for in prayer, having faith and [really] believing, you will receive.*

Proverbs 28:20~ *A faithful man shall abound with blessings, but he who makes haste to be rich [at any cost] shall not go unpunished.*

2 Thessalonians 3:3~ *Yet the Lord is faithful, and He will strengthen [you] and set you on a firm foundation and guard you from the evil [one].*

DAILY PRAYER AGENDA

Start by opening your heart to God for His divine direction and guidance through the Holy Spirit.

Establish Gods will by declaring it in your life

Declare your victory over the enemy.

Declare God's best and protection for our Pastors Drs. Warren E. & Perdita Meeks Sr.



Thanking God for sending partners from the North, South, East and West.

PRAYER TIMES

Commit to Monday & Thursday Night
Prayer @ 7pm

Conference call number:
1-717-908-1726 | Access Code: 846915

SERVICE TIMES:

Sunday Worship: 10:30 am
Wednesday Night Bible Study: 7 pm

Join our Broadcast :
YouTube (NewBornFellowshipOfficial)

