

BREAK ²¹ THROUGH

BFCNAZ.ORG

DAYS OF PRAYER & FASTING

The goal of fasting is to draw nearer to God. In the Bible, fasting is about eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives

TYPES OF FASTS

COMPLETE FAST

In this type of fast you drink only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast, sometimes called the “Jewish Fast”, involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6 am to 3 pm, or from sunup to sundown.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus areas of your life that are out of balance. For example, you might choose to stop using social media or watching TV for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

TIMING OF THE FAST

At BFCNaz, we encourage fasting for 21 days each year in the month of January. This is part of 21 Days of Prayer and Fasting, a **season of focused prayer as a church family**. It's very typical to fast a single meal, a whole day, or three days or more.

As we put 2022 behind us and press on towards 2023, we want to start out the New Year right with Prayer & Fasting for **BREAKTHROUGH!**

THEME FOR EACH WEEK

Before we can begin to pray for our own personal **BREAKTHROUGH**, we need to begin by praying for others. Each week will take you closer and closer to leading your heart out of bondage and into God's glorious care for your life.

WEEK 1: Pray for the World, Nation, and Community

WEEK 2: Pray for Your Church

WEEK 3: Pray for Your Personal Growth

A WORD OF WARNING

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to **seek God in prayer and follow what the Holy Spirit leads you to do.**

SCRIPTURE REFERENCES

Matthew 6:16-18

Matthew 9:14-15

Luke 18:9-14

Acts 27:33-37

Nehemiah 9:1-3

CREATING A LIFESTYLE OF PRAYER

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.”

MARK 1:35

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.

HAVE A CERTAIN TIME

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.

HAVE A CERTAIN PLACE

Jesus had a **specific place** He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it “The Lord's Prayer.” As we pray every day, our plans for our prayer time can vary, include worship music, Bible reading, and quiet time with God. It doesn't always have to look the same; it just helps when we have a plan for **connecting regularly** with God.

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DAYS OF PRAYER & FASTING

DAY 1: MONDAY, JANUARY 9

"PRAY FOR MISSIONARIES AROUND THE WORLD"

- Pray for the missionaries you know
- Pray for our Nazarene Missionaries around the world

Matthew 28:19-20, Acts 1:8, Acts 13:47

DAY 2: TUESDAY, JANUARY 10

"PRAY FOR OUR NATION'S LEADERS"

- Pray for our President, Supreme Court Judges, Senators & Congressmen that they will serve God and lead our country in a Godly way

2 Chronicles 7:14, Proverbs 21:1, 1 Timothy 2:1-15

DAY 3: WEDNESDAY, JANUARY 11

"PRAY FOR GREATER UNITY"

- Pray for our nation to grow in unity
- Pray for God to remove barriers of bias and racism
- Pray for unity in our individual congregations
- Pray for unity in the global Church

Psalms 133, Ephesians 4:3,11-13, Colossians 3:13-14

DAY 4: THURSDAY, JANUARY 12

"PRAY FOR THE ..."

- Pray for our front-line workers
- Pray for the world's economic recovery
- Pray for local schools and businesses

Deuteronomy 31:8, Joshua 1:9, Psalm 31:21-22

DAY 5: FRIDAY, JANUARY 13

"PRAY FOR POWER OF ONE"

- Pray for our initiatives and help to others in our Jerusalem, Judah, Samaria, Ends of the Earth
- Pray for the Holy Spirit to supply power as we reach and send

Acts 1:8, Acts 13:47, Mark 16:15

DAY 6: SATURDAY, JANUARY 14

"PRAY FOR YOUR LOCAL CHURCHES"

- Pray that God will bless and protect pastors and their families.
- Pray for God to give the churches wisdom and ideas how to reach our city for Christ.

Acts 20:28, 1 Peter 5:3, 2 Corinthians 9:8

DAY 7: SUNDAY, JANUARY 15

"PRAY FOR YOUR LEADERSHIP TEAM"

- Pray for wisdom in all of the decisions of the church
- Pray for the Church Board and Staff

Acts 14:23, Hebrews 13:7, 1 Peter 5:2-3

DAY 8: MONDAY, JANUARY 16

"PRAY FOR WASHINGTON COUNTY"

- Pray BFCNaz's ministry to advance in Washington Co.
- Pray for Copan, Dewey, Bartlesville, Ochelata, Pawhuska, Nowata,
- Pray for the neighborhoods and community within walking distance of the church

Mark 16:15, Acts 1:8, Acts 28:31

DAY 9: TUESDAY, JANUARY 17

"PRAY FOR BFCNAZ"

- Pray for the Holy Spirit's guidance as we continue to reach our community for Christ
- Pray for the people who will walk through BFCNaz's doors, including those who come during the week to participate in Wednesday night ministry
- Pray for the Pastoral Staff

2 Corinthians 4:13-15, 1 Timothy 2:1, Ephesians 1:15-17

DAY 10: WEDNESDAY, JANUARY 18

"PRAY FOR THE NEOKD (NORTHEAST OK DISTRICT)"

- Pray for our Dist. Superintendent Dr. McKellips
- Pray for the churches on our District
- Pray for the mission to advance in Northeast Oklahoma

Ephesians 4:11-13, Matthew 9:37-38, Philippians 1:3-6

DAY 11: THURSDAY, JANUARY 19

"PRAY FOR OUR WORSHIP DURING THE SERVICE"

- Pray for a greater hunger for God's presence
- Pray for Pastor Jason, Ronald, and the Worship Team
- Pray for God's anointing during our time together

Psalms 22:3, Ephesians 5:18-19, Psalms 150:1-6

DAY 12: FRIDAY, JANUARY 20

"PRAY FOR OUR NURSERY, CHILDREN, & YOUTH"

- Pray for our children and youth to have a heart for God
- Pray for resources and need for a Children's Pastor
- Pray for Pastor Kaleb and our Youth Ministry
- Pray for Winter Retreat and NYC for our Teens

Ezra 8:21-23, Matthew 19:14, 1 Timothy 4:12

BREAKTHROUGH²¹

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DAY 13: SATURDAY, JANUARY 21

"PRAY FOR GOD'S VISION FOR BFCNAZ"

- Pray for God to reveal what's next for BFCNaz
- Pray for continued vision for our church moving forward
- Pray for our boldness in sharing our faith and that hearts would be receptive to the Gospel of God's salvation!

Acts 1:9, Psalms 27:11, James 5:20, Matthew 9:37-38

DAY 14: SUNDAY, JANUARY 22

"PRAY FOR OUR STEWARDSHIP"

- Pray for the blessing of our finances and for wise decisions with our resources
- Pray for continued opportunities to utilize our beautiful facility

3 John 1, 2 Samuel 7:29, Malachi 3:10, Psalms 91:9-11

DAY 15: MONDAY, JANUARY 23

"PRAY FOR HEALTHY RELATIONSHIPS"

- Pray God would protect you from toxic behavior and people
- Pray for God to reveal which people are hurting your relationship with Him

Proverbs 27:9, 1 Corinthians 15:33, Proverbs 13:20

DAY 16: TUESDAY, JANUARY 24

"PRAY FOR DELIVERANCE AND PROTECTION"

- Pray God would "deliver you from evil"
- Pray for protection for yourself and those you love
- Pray for God to reveal the things that hold you back from complete obedience to Him

Galatians 5:1, 2 Thess. 3:3-5, Isaiah 54:10, James 4:7

DAY 17: WEDNESDAY, JANUARY 25

"PRAY FOR A HUMBLE HEART"

- Pray for God to be greater and you to become less
- Pray for God to be the center of your heart/life.

John 3:30-36, James 4:10, Proverbs 3:34, Isaiah 66:2

DAY 18: THURSDAY, JANUARY 26

"PRAY FOR A GRATEFUL HEART"

- Pray to see God in the world around you and be grateful for his provision
- Pray for a more gracious heart

Colossians 3:15-17, 2 Samuel 7:17-19, Psalm 103:1-2

DAY 19: FRIDAY, JANUARY 27

"PRAY FOR GUIDANCE & WISDOM"

- Pray for clear direction for your future
- Pray for vision of where God would lead you

Proverbs 3:21-22, Proverbs 4:11, Psalm 32:8

DAY 20: SATURDAY, JANUARY 28

"PRAY FOR ENDURANCE IN 2022"

- Pray for endurance to get through the year
- Pray for an understanding that life is a marathon, not a sprint.
- Pray for the appropriate lane to run in.

1 Corinthians 9:24-26, Hebrews 12:1, Romans 5:3-4

DAY 21: BREAKTHROUGH SUNDAY! JANUARY 29

"PRAY FOR JOY ON THE JOURNEY"

- Pray for God to restore your joy
- Pray for renewed joy on your journey
- Pray to find joy in unseen places

Psalm 28:6-8, Psalm 51:11-13, Jeremiah 33:10-12

YOU MADE IT!

Congratulations on completing **BREAKTHROUGH, 21 Days of Prayer and Fasting!** Think about all that you've accomplished through prayer:

- You prayed for the World, Nation, and Community
- You prayed specifically for Your Church
- and you prayed for your Personal Growth

Although your 21 days are over, your journey in many ways is just beginning. I want to challenge you to continue seeking God daily and praying for **BREAKTHROUGH** in key areas of your life.

Do you have a story of **BREAKTHROUGH**? Help us tell your story of breakthrough at our **Sunday, January 29th BREAKTHROUGH SERVICE!**

Email your story to: breakthrough@bfcnaz.org

1 Corinthians 9:24-26 (NLT)

"Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step."