



TABERNACLE BAPTIST CHURCH

Fresh START

21 DAY FAST

JAN 6-29, 2025

✓ JOIN US FOR MONDAY MORNING INSPIRATION PRAYER CALLS (JAN 6, 13, 20, 27 @ 6:00AM)
FREECONFERENCECALL.COM DIAL-IN NUMBER: 667-930-8560
ACCESS CODE: 6043130

✓ RECEIVE 21 DAILY DEVOTIONALS • TEXT "2025FAST" TO 706-995-7044

www.tbcaugusta.org

The attitude of fasting



Fasting is to be done in a spirit of humility and with a joyful attitude.
Matthew 6:16 – 18

Don't appear downcast when you fast or boast about how long the fast has been. Fasting is not for show but to afflict your soul so that your Father in heaven will answer your prayers.

Spend as much time in prayer, reading the Word and meditating on it as much as possible. It is important to draw greatly on the strength of the Lord during your fast.

- Let the scriptures speak – give adequate time to reading and meditating on the Word.
- Make time – set aside time to be still and quiet, unhurried by busy schedules.
- Write it down – learn to journal what you read, what you hear, what you think, what you feel.
- Praise God – use this time to sing or listen to praise and worship music to set your heart on God.
- Fasting alone can be a diet – fasting and prayer brings God into the equation.

Fasting allows for...

- Our (personal and congregational) season of growth, to grow deeper in God
- To grow higher in stature and visibility and to grow wider in influence and ministry.
- To grow stronger in Jesus Christ and to honor and serve God with prayer and fasting.
(Luke 2:37; Acts 13:1-3)
- Emphasize our plea and seriousness for revival before the Lord for yourself and the congregation.
(Dan 9:20; Ezra 8:23; Judges 20; Neh 1:4-11)



The Purpose of Fasting



Fasting is a spiritual discipline to better connect us with God. It's all about aligning ourselves with God and what He really wants to do. As a church, we are fasting together in order to deepen our relationship with God as well as get in step with His plan and purpose for us during this coming year. Over the next 21 days, we will substitute our regular food intake with those disciplines that help us better connect with God - reading the Bible, praying, and journaling. The overall goal is to experience a genuine hunger for spending time with God. Focus more on the details of connecting with God than the details of the menu and you will discover the blessings of fasting.

I'm encouraging the Tabernacle Baptist Church family to begin 2025 with a corporate fast. We will begin the year fasting for 21 days from Monday, January 6 - Wednesday, January 29 *Sunday's off*. Fasting in January is much like praying in the morning to establish the will of God for your entire day. I believe that if we pray and seek God and give Him our first and best at the beginning of the year, He will honor the sacrifice and bless our ENTIRE year! Fasting should never bring harm to the body. If you have concerns, be sure to consult your health care provider before beginning the TBC Fast or making any major dietary change.

Reverend Dr. Charles E. Goodman, Jr.
Senior Pastor/Teacher, Tabernacle Baptist Church

Fasting Options

1. THE DISCIPLES FAST - Matthew 17:20-21

Fasting to break addictions.

2. THE EZRA FAST - Ezra 8:21-23

Fasting to solve problems and seek protection.

3. THE SAMUEL FAST - 1 Samuel 7:1-8

Fasting to win people to Christ and petition God to pour Himself out on Mankind.

4. THE ELIJAH FAST - 1 Kings 19:2-18

Fasting to break every yoke.

5. THE WIDOW'S FAST - 1 Kings 17:12

Fasting so that others' needs will be met.

6. THE SAINT PAUL FAST - Acts 9:9-19

Fasting for wisdom and insight from God.

7. THE DANIEL FAST - Daniel 1:12-20

Fasting for good health and obedience towards God.

8. THE JOHN THE BAPTIST FAST - Matthew 3, Luke 1:15

Fasting for a stronger testimony and influence.

9. THE ESTHER FAST - Esther 4:16

Fasting for protection from the evil one.

Option #1: Abstain from all foods and drinks.

Focus: For wisdom and insight from God. (St. Paul Fast)

Option #2: Fruits and Vegetables Only.

Focus: For good health and obedience towards God. (Daniel Fast)

Option #3: Abstain from all sodas and sweets; Natural sweeteners and fruits are okay.

Focus: To solve problems and seek protection from the evil one. (Ezra & Esther Fasts)

Option #4: Abstain from all types of fried foods and breads.

Focus: To win people to Christ; Fasting so that others' needs will be met; for stronger testimony and influence. (Samuel, Widows and John the Baptist Fasts)

Option #5: Abstain from meats and sweets.

Focus: Fasting to break addictions and every yoke. (Disciples and Elijah Fasts)

SUGGESTED FOOD GUIDELINES

WHOLE GRAINS: Brown Rice, White Rice

LEGUMES: Dried Beans, Lima, Northern, Garbanzo, Pinto, Red, Black, Kidney, Great Northern, Navy, Split Peas, Lentils, Black-eyed Peas

NUTS: Almonds, Peanuts, Pecans, Sunflower Seeds

FRUITS: Apples, Apricots, Avocado, Applesauce, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Dates, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Nectarines, Kiwi, Lemons, Limes, Mangos, Mandarin Oranges, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon.

VEGETABLES: Artichokes, Asparagus, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Collard Greens, Corn, Cucumbers, Dandelion Greens, Eggplant, Endive, Garlic, Ginger Root, Green Beans, Kale, Leeks, Lettuce, Mixed Vegetables, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Peas, Potatoes, Pepper, Pumpkin, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potato, Tomatoes, Turnips, Watercress, Wax Beans, Yams, Zucchini

LIQUIDS: Spring water, Distilled water, 100% All-natural fruit juices, 100% All-natural vegetable juices

OILS: Herbs; Olive Oil; Salad Dressings: Vinaigrette Homemade using Vinegar, Olive Oil and Herbs; Homemade French & Italian

SWEETENERS: Honey, Maple Syrup

Daily Devotional Schedule

WEEK 1: STRETCHING OUR FAITH

Jan 6-12

Focus: Building trust and dependence on God

Day 1 • Jan 6 • Prayer Focus: Trusting God

Scripture: Matthew 17:20

Day 2 • Jan 7 • Prayer Focus: Seeking God

Scripture: Hebrews 11:6

Day 3 • Jan 8 • Prayer Focus: Perseverance

Scripture: James 1: 3-4

Day 4 • Jan 9 • Prayer Focus: Faith

Scripture: 2 Corinthians 5:7

Day 5 • Jan 10 • Prayer Focus: Understanding of God's Word

Scripture: Romans 10:17

Day 6 • Jan 11 • Prayer Focus: Prayer

Scripture: Mark 11:24

SABBATH REST | SUN • JAN 12 (BREAK FROM FAST)

WEEK 2: STRETCHING IN OBEDIENCE

Jan 13 - 19

Focus: Aligning our actions with God's commands

Day 7 • Jan 13 • Prayer Focus: God's Limitless Power

Scripture: Ephesians 3:20

Day 8 • Jan 14 • Prayer Focus: Obedience

Scripture: John 14:15

Day 9 • Jan 15 • Prayer Focus: Obeying God's Word

Scripture: 1 Samuel 15:22

Day 10 • Jan 16 • Prayer Focus: Discipline

Scripture: Deuteronomy 5:33

Day 11 • Jan 17 • Prayer Focus: God's Word

Scripture: Psalm 119:105

Day 12 • Jan 18 • Prayer Focus: Willingness and Faithfulness

Scripture: Isaiah 1:19

SABBATH REST | SUN • JAN 19 (BREAK FROM FAST)

Daily Devotional Schedule

WEEK 3: STRETCHING IN SERVICE

Jan 20 - 26

Focus: Serving others with the love of God

Day 13 • Jan 20 • Prayer Focus: Strength

Scripture: Matthew 7:24

Day 14 • Jan 21 • Prayer Focus: Servant of God

Scripture: Romans 6:16

Day 15 • Jan 22 • Prayer Focus: Love

Scripture: John 13:34-35

Day 16 • Jan 23 • Prayer Focus: Serving Others

Scripture: Galatians 5:13

Day 17 • Jan 24 • Prayer Focus: Selflessness

Scripture: Philippians 2:4

Day 18 • Jan 25 • Prayer Focus: Servants Heart

Scripture: Matthew 20:28

SABBATH REST | SUN • JAN 26 (BREAK FROM FAST)

WEEK 4: STRETCHING IN LOVE

Jan 27 - 29

Focus: Sharing Christ's love.

Day 19 • Jan 27 • Prayer Focus: Spiritual Gifts

Scripture: 1 Peter 4:10

Day 20 • Jan 28 • Prayer Focus: Worship through Work

Scripture: Colossians 3:23-24

Day 21 • Jan 29 • Prayer Focus: Strong Finish

Scripture: 1 Corinthians 15:58

Fresh START 21 DAY FAST

Covenant

During the fast, I will specifically pray for:

I will fast beginning _____ and will end on

So we fasted and petitioned our God about this, and he answered our prayer. Ezra 8:23

I believe that God is the only answer to my prayer and that fasting will draw me closer to Him. Therefore, God being my strength and grace being my basis, I commit myself to the 2025 Fresh Start Fast.

Signed: _____

Date: _____