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REALIGN 2025 FASTING & PRAYER GUIDE

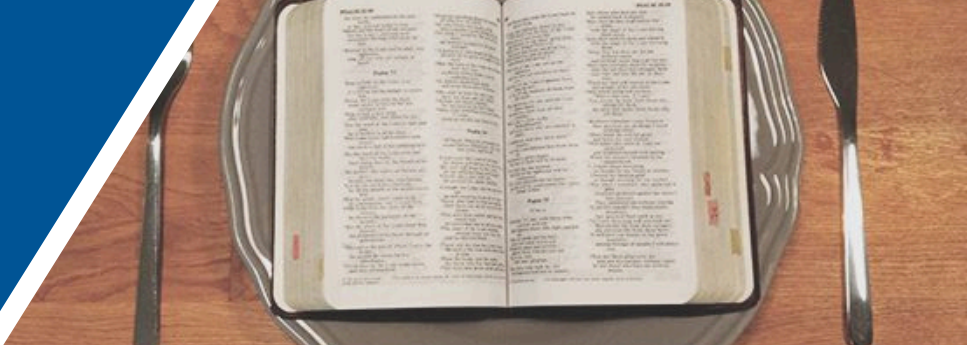
JANUARY 6- JANUARY 26

DAILY PRAYER
6AM & 8PM

6AM PRAYER
1-978-990-5062
Code: 1045361#

8PM PRAYER VIA ZOOM
<https://min.link/Nx7>

WHAT IS FASTING?



Essentially, fasting is abstaining from food, drink, or anything that we deem pleasurable over a period of time to focus on one's spiritual growth. It is going without something in order to seek God for some special reason. We deny our flesh to glorify God, enhance our spirit, and go deeper in our prayer life. Fasting is a way to demonstrate to God and us that we are serious about our relationship with Him. Although fasting in Scripture is almost always from food, there are other ways to fast. Anything you can temporarily give up as a sacrifice to focus on God is considered a fast.

WHAT IS PRAYER?



Prayer is our direct line with heaven. Prayer is a communication tool that allows us, the believer, to talk to God. God desires communication with us, like a person-to-person phone call. When we pray, we are embarking on a two-way relationship in which we should not only talk to God but also listen to God, and allow him to talk back to us.

"True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that. It is a spiritual transaction with the creator of Heaven and Earth."

Charles Spurgeon



FASTING INSTRUCTIONS

FASTING TIMES

**6:00 AM-12:00 PM or
12:00 PM- 6:00 PM**

During these hours, we ask that you refrain from eating or drinking.

DRINKS

- Water
- 100% Juice
- White/green tea
- Black coffee

DRINKS TO AVOID

- Sodas
- Energy Drinks
- Canned Juices

FOODS YOU CAN EAT

- Fish
- Turkey
- Chicken
- Fruits
- Vegetables
- Honey
- Nuts

FOODS TO AVOID

- Fried Foods
- Red Meat/ Pork
- Fast Food
- All SWEETENERS including sugar
- Junk Food

Monday, January 6th

REFLECTION

Today, we take a moment to reflect on 2024. Reflection is critical for growth because it allows one the opportunity to look back, identify and appreciate positive and negative experiences that helps one improve for the better. Think about all that has taken place in your life last year. Write down those things you have reflected upon, and once you have done so, pray a prayer of thanksgiving.

SCRIPTURE READINGS: 1 Thessalonians 5:16-18; Romans 8:28; Proverbs 27:19; Ecclesiastes 3:1-22

Tuesday, January 7th

GOALS & VISION FOR 2024

We take the time to think about and pray on our goals and vision for 2025.

What are some of the areas in your life that need to be changed? What are some of the things that need to be released? Where do you desire God to take you? What are you willing to do for God in 2025? We also pray for the courage needed to achieve these things.

SCRIPTURE READINGS: Joshua 1:9; Jeremiah 29:11; Colossians 3:2; Habakkuk 2:2-3

Wednesday, January 8th

DISCIPLINE OF FORGIVENESS

The act of forgiving is an ordinance of God's will for our lives. This can be difficult to accomplish, especially if the hurt and pain is deeply rooted. It is important to ask God, in prayer, to strengthen you in releasing the pain, hurt and anger keeping you from being obedient to God's word. Today, we pray for the discipline of forgiveness as we know that we forgive because God has forgiven us.

SCRIPTURE READINGS: Mark 11:24-25; Colossians 3:13; Luke 17:3-4

Thursday, January 9th

GUIDANCE AND DIRECTION

Today we are praying for guidance and direction. Seek guidance in prayer, for the Lord's wisdom lights the path even in our darkest moments. Trust his plan for he knows the way when we are lost. Lean on his word to direct our path. In faith, find strength and direction for he will never lead us astray.

SCRIPTURE READINGS: Proverbs 3:5-6; Psalm 32:8; Psalm 37:5; Psalm 119:105; James 1:5-6

Friday, January 10th

TRUSTING GOD'S TIMING

Today our emphasis focuses on our willingness to trust God's perfect timing. Often, we tend to become discouraged whenever God doesn't operate in the timing we deem appropriate. God makes us wait; however, in the meantime, in those moments, it should produce greater faith in God and appreciation when God accomplishes his will.

SCRIPTURE READINGS: Psalm 27:14; Psalm 31:15; Romans 8:28.

Saturday, January 11th

GUIDANCE AND DIRECTION

Today we are praying for guidance and direction. Seek guidance in prayer, for the Lord's wisdom lights the path even in our darkest moments. Trust his plan for he knows the way when we are lost. Lean on his word to direct our path. In faith, find strength and direction for he will never lead us astray.

SCRIPTURE READINGS: Proverbs 3:5-6; Psalm 32:8; Psalm 37:5; Psalm 119:105; James 1:5-6

Sunday, January 12th

DISCIPLINE OF GRATITUDE

Thankfulness and gratitude are prominent themes throughout the Bible. 1st Thess. 5:16-18 says, “Be joyful always, pray continuously, give thanks in all circumstance for this is God’s will for you in Christ Jesus.” The discipline of gratitude is important because it should be a way of life for us that comes naturally, flowing from our mouths and hearts like water flows from a waterfall. The scripture is explicit in telling us no matter what the circumstance, be grateful because God is expecting that of all of us.

SCRIPTURE READINGS: Psalm 136:1; Psalm 130:1-12; Psalm 28: 6-7; Philippians 4:11—13

Monday, January 13th

OVERCOMING REJECTION

On this day, we place our focus on overcoming rejection. We must first locate where rejection lives, and believe that we have overcome. Our faith in God has given us the victory to overcome the world. As long as we are Christians we will be rejected, continually. Rejection will come in many forms, but rest assured that you have been adopted in the family of Jesus Christ.

SCRIPTURE READINGS: John 16:33; John 1:5; 1 John 4:4; Revelation 12:12; Ephesians 1:5

Tuesday, January 14th

RELATIONAL HARMONY & COMMUNAL UNITY

The gift of unity is one of God's greatest blessings. The psalmist writes in Psalm 133:1, "How good and pleasant it is when brothers live together in unity". Within the body of Christ, unity is expressed when we serve one another in love and acknowledge our God-given need for community. Although unity is harmony, unity also invites us to embrace our differences of thought, ministry, and giftedness. What can you do today to promote unity and community within the church and in your everyday lives? How can you develop a deeper connection and relationship with other believers in the congregation and in your families, on your jobs, with your friendships etc.?

SCRIPTURE READINGS: Psalm 133; Ephesians 4:1-6; 1 Corinthians 12; Hebrews 10:24-25

Wednesday, January 15th

OVERCOMING DEPRESSION

On this day, we place our focus on overcoming depression. My dear brothers and sisters, we don't have to succumb or surrender to depression. Although depression is real, so is our God who delivers us out of all our troubles and has given us a family of medical professionals, preachers, teachers and friends who we can depend on in times of despair including depression. Ultimately our trust is in God.

SCRIPTURE READINGS: Romans 7:24-25; Philippians 4:8; Ecclesiastes 4:9; Psalm 34:17-18; Psalm 40:1-3; Psalm 42:11

PRAYER EMPHASIS

Thursday, January 16th

DIVINE HEALING

So often when we fall sick in our bodies, in our minds and even in our spirits, we pray and ask the Lord to heal us. This healing doesn't always look or come in the manner that we might expect. However, the blessed assurance is this; as long as we keep our faith rooted in the Christ, the Divine Healer, we will always be made whole. We hold fast to this thought, "on Earth as it is in Heaven."

SCRIPTURE READINGS: Jeremiah 30:17; James 5:14-16; 1 Peter 2:24

Friday, January 17th

RENEWED HOPE

2024 was a challenging year for some. From having to maneuver through seasons of grief, unexpected happenings, sicknesses, and so on, many have lost hope. However, though we may not know what to expect this year, we are reminded to put our hope in God. Hope is often understood to be this confident expectation of something good happening based on the person and promises of God. We are praying that God would renew our sense of hope this year!

SCRIPTURE READINGS: Psalm 25:5; Psalms 130:5; Isaiah 40:31; Romans 15:13

PRAYER EMPHASIS

Saturday, January 18th

SPRINGFIELD SCHOOLS, STUDENTS, ADMINS & TEACHERS

Students and educators are faced with with intense pressure and anxiety daily. The threat of violence in our schools is real but our prayer is that God continues to cover and protect our most vulnerable population with his blood. May our students, administrators & teachers experience the realignment during this period of prayer and fasting as well as a refreshing from the Holy Spirit.

SCRIPTURE READINGS: Colossians 3:23; Galatians 6:9

Sunday, January 19th

SURRENDERING OUR WILL TO GOD'S WILL

God's Will for our lives is rooted in His great love for us. Spending time in His Word helps us to be able to understand and believe this, which helps us to surrender our will to God's Will. Just like children believe they know better than their parents, we often think we know better than our Heavenly Father. As we grow in Christian maturity, we also grow in our ability to trust God and to surrender our plans to His. Often times we want Gods will, but not his way. Let us use today to surrender to Gods will and his way.

SCRIPTURE READINGS: Psalm 40:1-8; Proverbs 3:5-6; Romans 12:2; 1 John 2:17

PRAYER EMPHASIS

Monday, January 20th **OUR COUNTRY AND LEADERS**

Today, as we witness the inauguration of our 47th President, we pray for our country, leaders, environment, and people. We pray that those in leadership will come subject to the will and spirit of God. We pray for the seat of our nation and we cover our country under the blood of Jesus. We pray for the minds of our leadership, and we ask Holy Spirit to cover them as they make decisions that ultimately affect our country.

SCRIPTURE READINGS: 2nd Chronicles 7:14; Psalm 27:13; John 16:33; Matthew 25:40-45

Tuesday, January 21st **OUR CHURCH AND LEADERS**

Take today to pray for your church and the leadership God has put in position. Pray that God would speak to our leadership in a supernatural way. Pray for continued direction and instruction for the people of God. Pray for their strength, peace, mind, and balance of ministry/personal life. Pray that God uses our ministry as a tool to reach the lost, broken, confused, and displaced. May we be a church that welcomes all and serves all unto the Glory of God, forever.

SCRIPTURE READINGS: Romans 12:4-8; Psalm 32:8; Jeremiah 3:15; Ephesians 4:11-12

PRAYER EMPHASIS

Wednesday, January 22nd

STEWARDED A HEART OF WORSHIP

Stewarding a heart of worship means offering our deepest vulnerability to God—laying bare all that we are before a Creator who knows us fully, even the parts we keep hidden. God desires all of us, not just the polished exterior, but the rawness within. True worship comes from engaging Him in spirit, acknowledging the reality of our pain while being anchored in the truth of His presence. We worship not for what He can do, but simply for who God is.

SCRIPTURE READINGS: Psalm 96:9; Psalm 103; 2nd Samuel 7:22; Johns 4:23-24; Romans 12:1

Thursday, January 23rd

GODLY RELATIONSHIPS/ MARRIAGES

Take today to pray for godly relationships and marriages. It is important to know that by developing healthy communication skills, being trustworthy, forgiving each other, and showing kindness, we can make our relationships strong and lasting. Putting these ideas into practice will make friendships, marriages, and other connections reflect the love and care that God has for each of us. Remember: "When perfect love comes, that which is imperfect will pass away." 1 Corinthians 13:10.

SCRIPTURE READINGS: Proverbs 11:13; Ephesians 4:15; Philippians 2:3-4; Colossians 3:13.

PRAYER EMPHASIS

Friday, January 24th

DEVELOPING A STRONGER PRAYER LIFE

We are commanded to pray continuously, without ceasing, and in all situations. Prayer is such an amazing and powerful gift from God. It is a tool that connects us directly to our Creator who is our source of everything that makes us prosper spiritually, physically, financially, mentally, and materially. Prayer is a tool that allows us to talk to God and also allows us to hear from God. Listening for the still, small voice of God is just as important, if not more important, than us presenting all of our desires and wants to God. Remember, you can always go to God in prayer. He is waiting to commune with you.

SCRIPTURE READINGS: Philippians 4:6; Ephesians 6:17-18; 1 Thessalonians 5:16-18; Colossians 4:2

Saturday, January 25th

DEVELOPING THE FRUITS OF THE SPIRIT

As we embark on this new year of 2025, it should be our endeavor be closer to Christ and become more like Christ in every way. In doing so, we will look more like him, walk more like him, talk like him and have the mind of Christ. Jesus' nature and character traits are known as the Fruit of the Spirit and can be found in Galatians 5:22-23. These are produced in us through the Holy Spirit. Each fruit is different, but some are closely related.

SCRIPTURE READINGS: 1 Peter 4:8; Philippians 4:4-5; Isaiah 26:3; John 14:27; John 16:33; 2 Timothy 2:3; Romans 12:21.

PRAYER EMPHASIS

Sunday, January 26th

OVERCOMING FEAR

Today, as we bring this fasting journey to a close, our focus is on overcoming fear. Fear is an internal reaction to an external action. It is not of God. It interferes with our faith in Jesus. However, keeping Jesus first in our lives, staying focused on him, revering him and having continuous praise for him allows us to relinquish fear. Perfect love cast out all fear. God has not given us the spirit of fear, but of love, power, and a sound mind.

What fears are you facing in your personal or professional life? Pray that God continues to “love you through” the fears you face day-to-day.

SCRIPTURE READINGS: Isaiah 41:10; Joshua 1:9; Psalm 34:4; 2nd Timothy 1:7; 1 John 4:18.



St. John's Congregational Church



REALIGN 2025

21 DAYS OF FASTING AND PRAYER

BELIEVE. BELONG. BECOME.

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