

THE STAR OF BETHLEHEM BAPTIST CHURCH

THE YEAR OF  
**IMPACT** AND  
**IMAGINATION**

ISAIAH 43:18-19 | MATTHEW 5:13-16

RESOURCES • RELATIONSHIPS • REASON

**21 Day Fast & Devotional Journal**

*January 11<sup>th</sup> – 31<sup>th</sup>*

**Star of Bethlehem Baptist Church**

*Reverend Shaun Ellison Jones, Senior Pastor*



## A Letter from Pastor Jones

Happy New year. Beloved as we continue on our three year journey entitled: **The Season of Transformation**. God has instructed us in this season to reimagine our methodologies while refusing to alter the Gospel Message of Jesus Christ.

Therefore as we enter into this new year, God has ordained 2021 **The Year of Impact & Imagination**. This year as a congregation God is calling for us to focus on three (3) key areas; Resources, Relationships, and Reasoning

- Our **RESOURCES** have been given to us by God to make to impact our community and beyond for the Kingdom. *"Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God."* (2 Corinthians 9:10-11)
- Our **RELATIONSHIPS** serve as a catalyst for spiritual connection and sacred conversations. Therefore we will reimagine how we relate to expand our reach . *"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.* (Hebrews 10:24-5)
- We **REASON** with the others from the word of God to convince them of Christ's love for them. *"As was his custom, Paul went into the synagogue, and on three Sabbath days he reasoned with them from the Scriptures, 3 explaining and proving that the Messiah had to suffer and rise from the dead (Acts 17:2-3)*

As we begin this 21-Day Fast I admonish you to use this Devotional as a way to seek God's voice and presence. It is my prayer God give you the discipline and faith necessary to come out reimagine yourself, and the methods we employ to make an impact on the world for Christ!

Because of Calvary,

Pastor Shaun Ellison Jones

# Prayer & Fasting Information

## What is Prayer?

PRAYER is your intentional reach for God's direct and specific involvement in your life. Prayer is communication with God, giving thanksgiving, requests and desires, knowing God can and will respond with thoughts, ideas, situations, people and primarily God's word

## Church Wide Prayer Call Schedule

Monday through Fridays @ 7:00—7:15 AM

Call in Number: (515) 606-5149 Access Code: 735132#

## Why Should I Fast?

The ultimate purpose of the fast is not to loose weight or to get what you want. Instead fasting is to help you find and grow in God's presence. God. Fasting is a true way to sacrifice for God and humble oneself to Him (Psalm 35:13; Ezra 8:21). Fasting is an act of worship and honoring.

## What is a fast?

A fast is a period of abstaining from something; denying self from a desire.

## How Should We Prepare for a Fast?

*Spiritual Preparation:* Pray before you fast. Ensure that you communicate with God and seek His guidance regarding your fast. Ask God to help you to examine your heart, detect and repent any unconfessed sins.

*Physical Preparation:* Consult a doctor before fasting, in order to ensure that all of your vitals are stable. If you have severe medical maladies you should definitely have professional supervision while fasting. Decrease the amount of food that you eat a couple of days prior to the fast starting in order to prepare your mind, stomach, and appetite for less food.

## Fasting Schedule for Adults

Week 1: PARTIAL FAST— No food for a set time; sacrifice one meal.

Week 2: DENIAL FAST - No food from 6AM to 6PM

Week 3: DANIEL FAST - Fruit, Vegetables, Juice & Water Only

## Fasting Schedule for Children & Youth:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Video Games	No TV or Streaming	No Fast Food	No Meat	No Social Media	No Sweets	No texting Friends

## Mobile/digital Devotional Access

Those who would like may also use their phone or Device to access the Devotional and fasting schedule by going to the **YouVersion Bible** app under **the Events tab** and type in Star of Bethlehem Baptist Church. If you don't have the app, you can download it for free at Apple or Google play store.

## What Foods can I eat during the Daniel Fast?

**All fruits:** These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

**All vegetables.** These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

**All whole grains:** Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

**All nuts and seeds:** Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

**All legumes.** These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

**All quality oils:** Including but not limited to olive, canola, grape seed, peanut, and sesame.

**Beverages:** Spring water, distilled water or other pure waters.

**Other:** Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

## What Food should I avoid during the Daniel Fast?

**All meat and animal products** including but not limited to beef, lamb, pork, poultry, and fish.

**All dairy products** including but not limited to milk, cheese, cream, butter, and eggs.

**All sweeteners** including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

**All leavened bread** including Ezekiel Bread (it contains yeast and honey) and baked

**All refined and processed food products** including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep-fried foods** including but not limited to potato chips, French fries, corn chips.

**All solid fats** including shortening, margarine, lard and foods high in fat.

**Beverages** including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

**Date: January 11– 17**

**Theme: Reasoning with the Word of God**

**Fasting type: Omit one (1) Meal**

**Monday, January 11 - Acts 17:1-4**

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**Tuesday, January 12 - 1st Corinthians 2:1-14**

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**Wednesday, January 13 - Acts 8:26-40**

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**Thursday, January 14 - 2nd Timothy 2:15**

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**Friday, January 15 - Acts 26:28-29**

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**Saturday, January 16 - 1st Corinthians 1:18-28**

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**Sunday, January 17 - 1st Peter 3:15**

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**January 18 - 24**

**Theme: Relationships**

**Fasting type: Denial - No eating from 6am - 6pm**

**Monday, January 18 - Hebrews 10:24-25**

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**Tuesday, January 19 - 1st Peter 4:8**

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**Wednesday, January 20 - 1st Thessalonians 5:11**

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**Thursday, January 21 - 2nd Corinthians 5:17-18**

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**Friday, January 22 - Ecclesiastes 4:7-12**

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**Saturday, January 23 - Luke 10:25-32**

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**Sunday, January 24 - Matthew 19:4-6**

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January 25 - 31

**Theme: Resources makes an impact**  
**Fasting type: Daniel Fast**

**Monday, January 25 - 2nd Corinthians 9:0-11**

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**Tuesday, January 26 - Proverbs 13:22**

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**Wednesday, January 27 - Luke 8:1-3**

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**Thursday, January 28 - Romans 15:25-27**

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**Friday, January 29 - 1st John 3:17**

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**Saturday, January 30 - James 2:16**

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**Sunday, January 31- Acts 2:42-47**

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## **Star of Bethlehem Baptist Church**

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