



21 Day Fast & Devotional Journal

January 3rd—23rd

Star of Bethlehem Baptist Church

Reverend Shaun Ellison Jones, Senior Pastor



A Letter from Pastor Jones

Happy New Year. As we enter 2022, I pray that you approach this new year with a renewed optimism. The last two years have been rough on everyone. Yet I believe that 2022 is the year that you and Star bounces back. Which is why God told me that 2022 is the Year of Re: Recommit, Refocus, and Rejoicing. Throughout this year God is calling us to a Return to...and become Anew. In order to achieve this as a congregation we will fast for 21 days starting Jan 3rd and ending on the 23rd.

During this fast let us commit to being discipled and discipling others (Matthew 28:19). As a disciple of Jesus we are to actively engage spiritual practices that lead us to a closer walk with God. Being a disciple also means discipling others. Let also work to mentor and leading others to Christ and beyond.

One of our prayers during this fast should be for God to enable us to refocus our energies and attention for the sake of ministry. This means asking the spirit of God to break the chains of traditionalism and antiquated ministry practices. God is calling us to explore new ministry models and methods as a church family. Remember as much as God is changeless, God also does new and innovative things (Isaiah 43:18-19).

The song writer said that life is filled with tragedies, nevertheless we still have much to rejoice about. God is still blessing and performing miracles (Psalm 118:23-24). Therefore during our fast and this year we will also intentionally rejoice in the Lord. True disciples of Christ are worshippers (John 4:23). I invite you to ask God to unlock your creativity as we work to creatively and consistently celebrate Christ.

Again as we begin this 21-Day Fast we have created this Devotional to guide us as a church family during this spiritual journey. It is my prayer that at the end of these 21 days that you will recommit your life to God, refocus your energy and attention as you find reasons to rejoice!

Because of Calvary,

A handwritten signature in black ink that reads "Shaun Jones". The signature is fluid and cursive.

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: (202) 926-1095 Access Code: 735132#

Why Should I Fast?

The ultimate purpose of the fast is not to lose weight or to get what you want. Instead fasting is to help you find and grow in God's presence. 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 God.

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.

Devotional Journal

January 3-9

Theme: Recommit

Fasting type: Sacrifice—Omit One (1) Meal

Monday, January 3—Make God a Priority—Matthew 6:33

Tuesday, January 4—Strengthening Your Prayer Life—Luke 18:1-8

Wednesday, January 5—Return/Increase Your Devotional Time (Study & Reflection) - Psalm 1:1-3

Thursday, January 6—Recommit to Tithing or Increase the Amount of Your Tithe—Proverbs 3:9-10

Friday, January 7—Self-Care (personal goals, physical and mental health) - 3 John 1:2 & Mark 6:31-32

Saturday, January 8—Spending Quality Time with Family and Spouse—1 Peter 4:8

Sunday, January 9—Discipleship (Being a Disciple and Discipling Others) - Matthew 28:18-20

January 10-16

Theme: Refocus

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

Monday, January 10—Change/Improve Your Attitude & Mindset—Philippians 4:8

Tuesday, January 11—Stop Holding On To The Past and Create a Future—Isaiah 42:18-19

Wednesday, January 12—Forgive (Let Go of the Grudge) - Colossians 3:13

Thursday, January 13—Developing New Habits—Ephesians 4:22-24

Friday, January 14—Breaking Strongholds and Bondages—2 Corinthians 10:3-5

Saturday, January 15—Helping Others—Matthew 25:34-40

Sunday, January 16 - Be Open To Trying Something New/Different—Ezekiel 36:26

January 17-23

Theme: Rejoice
Fasting type: Daniel Fast

Monday, January 17—Thank God I’m Saved—Psalm 27

Tuesday, January 18—For Every Trial—James 1:2-12

Wednesday, January 19— God Is a Healer and Deliverer—Psalm 34:17-22

Thursday, January 20—In Advance—Mark 11:20-24

Friday, January 21—Share the Reason of Your Joy with Others—Psalm 71:15-18

Saturday, January 22—For Grace and Mercy—Ephesians 2:4-10

Sunday, January 23—Give God All the Credit—Psalm 118:23-24



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