

JANUARY 2022 FAST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 WISDOM OF GOD <ul style="list-style-type: none"> • Divine Guidance (HS) • Marriage/Singleness • Churches/Ministries • Kingdom Stewardship 	17 KINGDOM OF GOD <ul style="list-style-type: none"> • Clear Communication • Laborers • Witnessing To the Lost • Discipleship/Relationships 	18 LOVE OF GOD <ul style="list-style-type: none"> • Love Each Other • Unconditional • True Compassion • Identifiable/Unmistakable 	19 BELIEVERS OF GOD <ul style="list-style-type: none"> • Willing to Sacrifice • Spiritual Growth • Endurance • Confidence in Christ 	20 WORD OF GOD <ul style="list-style-type: none"> • Becoming Light & Truth • Without Compromise • Received w/Open Heart • To Guide Our Path 	21 WILL OF GOD <ul style="list-style-type: none"> • On Earth As In Heaven • Our Priorities Are in Line • Walking in Unity • Vision and Purpose 	22 WORSHIP OF GOD <ul style="list-style-type: none"> • Consistent • In Spirit and Truth • Sincere Heartfelt Prayers • Joyful Heartfelt Praise
23 PASTORS/TEACHERS <ul style="list-style-type: none"> • Devoted to Prayer • Overseas Missionaries • Fatigue/Depression • Courage/Boldness 	24 SCHOOLS/COLLEGES <ul style="list-style-type: none"> • Children • Staff • Protection • Become a Mission Field 	25 AUTHORITIES <ul style="list-style-type: none"> • Fed/State Government • Local Government • First Responders • Community Leaders 	26 HEALING/ZOOM (7pm) <ul style="list-style-type: none"> • Congregation/Families • Sick and Shut-In/Physical • Nation/Country • Spiritually and Mentally 	27 TRUE FORGIVENESS <ul style="list-style-type: none"> • Of the Heart • Friends/Family/Enemies • Humility • See Others with Mercy 	28 ARMOR OF GOD <ul style="list-style-type: none"> • Spiritual Warfare • Constantly Worn • Staying Battle Ready • Fight Temptation 	29 GODLY PATIENCE <ul style="list-style-type: none"> • With Perseverance • Fruit of the Spirit • God is Still At Work • Never Underestimate God
30	31	1	2	3	4	5

Scripture for prayer topics:

- **Sunday January 16th**— James 3:13; Job 12:12; Proverbs 2:6; Proverbs 4:7; Proverbs 11:2; Proverbs 16:16; Proverbs 17:28
- **Monday January 17th**—Matthew 11:11-12; Matthew 12:28; Matthew 18:1-5; Mark 1:15; Luke 17:20-21; Matthew 6:10; Matthew 25:34
- **Tuesday January 18th**—1 John 4:16; 1 John 4:18; 1 Peter 4:8; Colossians 3:14;
- **Wednesday January 19th**—Isaiah 41:10; Isaiah 26:3; Matthew 5:13-16; John 16:33; Deuteronomy 31:8; Psalm 32:8; Psalm 37:23-24; Matthew 11:28-29
- **Thursday January 20th**—Hebrews 4:12; 2 Timothy 3:16-17; Psalm 119:105; James 1:22; Psalm 119:9; Luke 11:28; Isaiah 40:8
- **Friday January 21st**—1 Thessalonians 5:18; 1 Thessalonians 4:3; Jeremiah 29:11-13; John 6:38-40; Hebrews 13:20-21; 1 Peter 2:15
- **Saturday January 22nd**—John 4:24; 1 Chronicles 16:23-31; Daniel 2:20; Deuteronomy 10:21; Jeremiah 20:13; Psalm 75:1; Exodus 20:2-6; Psalm 99
- **Sunday January 23rd**—Ephesians 4:11-12; Luke 6:40; Matthew 28:20; Proverbs 9:9; Proverbs 11:25; 1 Corinthians 12:28; 2 Timothy 3:16
- **Monday January 24th**—Deuteronomy 31:6; Psalm 34:17-18; Psalm 145:18; 1 Peter 5:7; Isaiah 40:30-31; Isaiah 41:10; Jeremiah 29:11; Romans 8:28; Philippians 1:6
- **Tuesday January 25th**—Romans 13:1-7; 1 Peter 2:13-17; Romans 13:1-2; Romans 13:6-7
- **Wednesday January 26th**—Jeremiah 17:14; James 5:14-15; Exodus 23:25; Jeremiah 30:17; 2 Chronicles 7:14-15; Isaiah 38:16-17; 3 John 1:2
- **Thursday January 27th**—Colossians 3:13; Isaiah 55:7; Jeremiah 31:34; Luke 23:34; Proverbs 28:13; Palm 32:5; Luke 6:37; Ephesians 4:31-32; Matthew 6:14-15; Luke 17:3-4; 1 John 1:9
- **Friday January 28th**—Ephesians 6:10-20; 1 Thessalonians 5:8; Hebrews 4:12
- **Saturday January 29th**—Luke 8:15; Luke 21:19; Romans 5:3; Romans 8:25; James 1:3; 1 Timothy 1:16; Colossians 1:11; Psalm 40:1; Hebrews 6:12; Hebrews 10:36; Hebrews 12:1; 2 Peter 1:6; Romans 15:5

*****Lady Akilah and I are truly grateful for you all, let's enjoy our corporate fast together as we seek the Lord!*****

**With Love,
Pastor B. White**

Christ Regeneration Church Virginia Beach Fasting Guidelines 2022

Theme: "Seeking the Wisdom of God"

Dates: January 16th–29th

Scripture: James 1:5–"5 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.."

Instructions:

- The topics for each day are listed on the calendar, but our prayers are not limited to the topics only, they are the focus topics so that we are unified in our prayers.
- Please pray as led by the Holy Spirit, most importantly be inspired by the reading of God's Word. It is essential that we meditate on Scripture, spend time in Prayer, & Spend time in devotion.
- There will be 1 corporate facilitated prayer night via zoom allowing the opportunity for us all to come together in prayer. This night is **Wednesday (1/26) starting @ 7pm.**

Here are some important things to consider about fasting:

1) We are to fast in secret!

a. Matthew 6:16-18–16 *"Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly."*

b. When we fast to be seen or approved of by others, our reward will be just that.

2) We must have the right motives.

a. God sees every intention of our heart. It is very important to make sure that our heart is in the right place.

b. We are supposed to fast, to deny ourselves, to expand our spiritual hunger for God, and for God's intervention.

3) It's very important to physically prepare when limiting our food intake!

a. Prepare yourself physically. Prepare your body to eat smaller meals a couple days prior to the fast. Don't just jump into it without properly preparing.

b. If needed, please seek or consult with your doctor or primary care physician because of health issues. This may require you to fast something other than food.

Guidelines: (Please use your own discretion, it is totally between you and God!) We all know personally our areas of weaknesses, and activities that could use more discipline and self-restraint. If needed, please seek accountability! If not, please enjoy your time with the Lord! ;-)