

THE YEAR OF THE

REVIVED CHURCH

2021

PRAYER, FASTING & FOCUS

FASTING GUIDE & JOURNAL
BARBARA CALLOWAY MINISTRIES

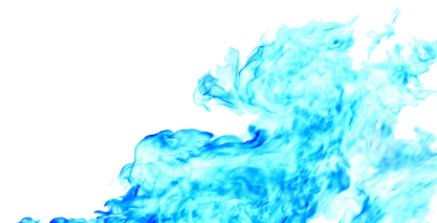
Hello BCM Friends and Partners, We are so glad you have decided to participate in an extended time of prayer and personal devotion. There really is no better way to reset our year and spiritual compass that brings about refreshment in every area of our lives than through prayer and fasting.

This fast was intentionally designed to be flexible so that you can participate at any level. Whether you have done a season of prayer and fasting before, or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way.

This guide provides practical tools to help you navigate your personal 21-day journey. As you read over the information, please consider how it applies to you and your personal circumstances and convictions. I pray that God will help you set your vision for the year on the things that matter as you commit yourself to Him over the next twenty one days. May God continue to bless you and enlarge you as you seek Him first!

Matthew 9:15b (NKJV) But the days will come when the bridegroom will be taken away from them, and then they will fast.

In Service to the King,
Prophetess Barbara Calloway



BARBARA CALLOWAY MINISTRIES
P R E S E N T S

21 DAYS of PRAYER FASTING & FOCUS

JAN 4-25 | MONDAY-FRIDAY

5AM CST | 6AM EST

THE SPIRITUAL AWAKENING PRAYER CALL
712-770-5603 | ACCESS 380231#

  TUESDAY & FRIDAY



Prophetess
**BARBARA
CALLOWAY**
LEADER

GUEST INTERCESSORS



**PASTOR T. RENEE
GLENN**



**PASTOR
YPJ**



**EVANG MAXINE
KERSHAW**



**KEVIN
LEVAR**



**DR MATISA
WILBON**



**PASTOR COLLIN
SPENCER**



**PASTOR AZIZAH
MORRISON**



**BISHOP SHAWN
LADY FAYE BELL**



**PROPHETESS
LAQUINTA LAYTON**



**BISHOP ROBERT
NICHOLS**

THEME: THE YEAR OF THE REVIVED CHURCH

Psalm 85:6-7, "Wilt thou not revive us again: that thy people may rejoice in thee? 7 Shew us thy mercy, O LORD, and grant us thy salvation.

FOCUS

1. **CONFESS THE NEED OF REVIVAL:** Psalm 119:107 I am exceedingly afflicted; Revive me, O Lord, according to Your word.
2. **ADMIT THE POSSIBILITY OF REVIVAL:** Psalm 71:20 You who have shown me many troubles and distresses Will revive me again And will bring me up again from the depths of the earth.
3. **RECOGNISE THE SOURCE OF REVIVAL:** Psalm 119:156 Great are Your mercies, O Lord; Revive me according to Your ordinances
4. **EMPLOY THE MEANS FOR SECURING REVIVAL:** 2 Chronicles 7:14 If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.
5. **PROVIDE THE CHANNELS FOR REVIVAL** Acts 3:19-20 Now repent of your sins and turn to God, so that your sins may be wiped away. 20 Then times of refreshment will come from the presence of the Lord, and he will again send you Jesus, your appointed Messiah.
6. **REMOVE THE OBSTACLES TO REVIVAL** Psalm 80:18 Then we will never abandon you again. Revive us so we can call on your name once more.

7. **ENJOY THE RESULTS OF REVIVAL** Psalm 119:50 Your promise revives me; it comforts me in all my troubles.

During this time of fasting we will reap the benefits of a more intimate relationship with others while developing more intimacy with our God! It is my desire and prayer that we will have massive participation than ever before during this time of fasting. God has made it available and possible for you to reach new levels and experience breakthrough in every area of your life.

10 AREAS TO UNIFY US

1. **Connect Daily:** Mon. – Fri. on the Spiritual Awakening Prayer Call @ 5:00 AM CST **Tues & Fri FB & YOUTUBE LIVE** (Check your local time zones) Dial: 712-770-5603 – access code: 380231# *Metro PCS & T-Mobile users dial 716-293-9628 or 425-535-9179 THEN Conference Call Line – To listen to the recorded prayer call 712-770-5602 access code 380231#

2. **Consecrate Yourself:** Refrain as much as possible from carnal pleasures such as TV (unless Christian TV), Social Media, excessive telephone calls, or texting. Focus on spiritual things.

3. **Fasting Guide:**

Week 1 – Only Veggies and Fruit – No Protein

Week 2 – Protein, Veggies & Fruit

Week 3 – Intermittent Fasting First meal at 12 NOON | Last meal at 8PM

***We encourage you to be mindful of medical conditions and follow doctor's orders as it pertains to fasting.

4. **Suggested Cleanse/Detox Plans:** JJ Smith – Apple Cider Vinegar Cleanse & 10 Day Green Smoothie Cleanse - <http://bit.ly/FastingCleanse> - As with any cleanse/detox please be mindful of medical conditions. This is not medical advice, thus BCM is not liable nor responsible.

5. **Accept "The Word First & Last Challenge:"** Read the word of God first before starting your day and last before ending your day.

6. **Pray and Believe** for the increase of souls into The Kingdom of God.
7. **Pray for Others** as often as you pray for yourself (See prayer list in journal)
8. **Connect with an Accountability Partner:** In order to encourage and keep one another accountable to and determined to end the fast strong!
9. **Married couples Guidelines:** Agree on fasting with your spouse and apply Biblical guidelines found in I Corinthians 7:5. **Youth and Children** should abstain from one meal, video games or fast until noon, observing all other guidelines.
10. **Prepare a Financial Breakthrough Seed:** This seed is to be sown to BCM during anytime of the Fast as the Lord leads you or at the end of the Fast. We ask that you pray and seek God as to what you should give as your personal seed. Remember, it is just about the seed but the heart and mind, and how you sow it.

HIGH FIVE FOCUS POINTS

1. Seek Revelation thru God's Word
2. Confess and Forsake Sin
3. Be Transformed into the Image of God
4. Be Occupied with Christ – Christ Centeredness
5. Grow from Glory to Glory in all areas of your life

By walking out the High Five Focus, we will see God's hand at work in a GLORIOUS WAY!

WHAT IS A FAST?

Fasting is voluntarily going without food — or any other regularly enjoyed, good gift from God — for the sake of a spiritual purpose. If we are to learn the lost art of fasting and enjoy its fruit, it will not come with our ear to the ground of society, but with Bibles open. Then, the concern will not be whether we fast, but when. Jesus assumes his followers will fast, and even

promises it will happen. He doesn't say "if," but "when you fast" (Matthew 6:16). And he doesn't say his followers might fast, but "they will" (Matthew 9:15). When we fast, we exchange what we need to survive for what we need to live—more of God.

**Is such the fast that I
choose, a day for a person
to humble himself? Is it to
bow down his head like a
reed, and to spread
sackcloth and ashes under
him? Will you call this a
fast, and a day acceptable
to the LORD? "Is not this
the fast that I choose: to
loose the bonds of
wickedness, to undo the
straps of the yoke, to let
the oppressed go free, and
to break every yoke?"**

Isaiah 58:6-7

SPIRITUAL BENEFITS TO FASTING

- 1) **FASTING OPENS OUR HEART TO HEARING GOD'S VOICE.** When we fast, there is almost nothing distracting us from hearing God's voice. We have emptied ourselves of our most basic need, so we can put our full attention on God. This is the best time to make those difficult choices in life. When we are at a crossroads and don't know which way to turn, fasting helps us to hear God's direction. As we walk in the Spirit, we won't be hung up by the desires of our flesh trying to hold us down and keep us off course. We will be able to hear more clearly from God when our spirit is stronger than our flesh.
- 2) **FASTING GIVES POWER TO OUR PRAYERS.** Jesus said there are some breakthroughs that are only gotten through prayer and fasting. If we have been facing the same unanswered prayer for a long time, it may be time to fast. The prayer that is powered by both faith and fasting can be the very thing that unleashes God's promises in our lives. There are some spirits, like the spirit of lack and the spirit of chaos, waging war on our promises, and we have to fast for added power to defeat them.
- 3) **FASTING CREATES AN ENVIRONMENT FOR MIRACLES.** Fasting forces the flesh to go under the authority of God's Spirit in us. When we are effectively fasting, we are letting God have all the room. His Spirit becomes powerful and mighty in our words and actions. This is the perfect atmosphere for heaven to touch the earth and transform our circumstances of lack, chaos, and fear into God's ordained circumstances of supply, peace, and faith. However, we must ensure that our fast is done for heavenly rewards, not earthly rewards. God blesses us when we keep our fast secret unless our testimony of fasting is used to edify others.
- 4) **FASTING EXPRESSES REPENTANCE AND A RETURN TO GOD.** The Israelites expressed repentance through fasting in 1 Sam. 7:6 when "they drew water and poured it out before the LORD. On that day they fasted and there they confessed, 'We have sinned against the LORD.'" Not only can fasting express repentance, it can be in vain without repentance. As with all spiritual disciplines, fasting can be little more than a "dead work" if we have persistently hardened our hearts to God's call to deal with a

specific sin in our lives. We must never try to immerse ourselves in a spiritual discipline as an attempt to drown out God's voice about forsaking a sin. It is a perversion of fasting to try to use it to balance a sinful part of life we want to continue feeding.

- 5) **FASTING RENEWS OUR APPRECIATION FOR GOD AND HIS BLESSINGS.** We tend to forget how blessed we are. What once used to satisfy us now isn't enough. More food, more clothes, more television, more trips. Whatever it is, we can forget how much God has given us, and our unquenchable desires become stronger than our love for God. When we take God's blessings for granted, we take Him for granted however when we fast, we force our hearts to turn to God and our appreciation for God's presence in our lives will grow.

WHENEVER YOU FAST, DO NOT PUT ON A GLOOMY FACE AS THE HYPOCRITES DO, FOR THEY NEGLECT THEIR APPEARANCE SO THAT THEY WILL BE NOTICED BY MEN WHEN THEY ARE FASTING. TRULY I SAY TO YOU, THEY HAVE THEIR REWARD IN FULL. BUT YOU, WHEN YOU FAST, ANOINT YOUR HEAD AND WASH YOUR FACE SO THAT YOUR FASTING WILL NOT BE NOTICED BY MEN, BUT BY YOUR FATHER WHO IS IN SECRET; AND YOUR FATHER WHO SEES WHAT IS DONE IN SECRET WILL REWARD YOU.

MATTHEW 6:16-18

THE ACTS METHOD OF PRAYER

Use the A.C.T.S. method of prayer during your daily time alone with God.

- 1. Adoration:** Give God praise and honor for who He is as Lord overall.
- 2. Confession:** Honestly deal with the sin in your prayer life.
- 3. Thanksgiving:** Verbalize what you're grateful for in your life and in the world around you.
- 4. Supplication:** Pray for the needs of others and yourself.

During your time of Adoration, here are some attributes of God that you can incorporate: Self-Existence, Transcendence, Eternalness, Omnipotence, Immutability, Omniscience, Wisdom, Sovereignty, Faithfulness, Love, Infinitude, Immensity, Goodness, Justice, Mercy, Grace, Omnipresence, Immanence, Holiness, Perfection... (Read "The Attributes of God: A Journey into the Father's Heart" - A.W. Tozer)

SAMPLE PRAYER

Adoration: Dear God, I love you. I trust you and you are my shepherd and king. You represent love & goodness. I know that you are all loving and all caring. You are my salvation.

Confession: Please forgive me for all of the times that I hurt others. Help me to forgive those who have hurt me. Lord, I want to be a better person, with your grace.

Thanksgiving: Thank you, Lord, for all that you do for me. Thank you for dying on the cross to save me from my sins. Thank you for my family and my friends. Thank you for the chance to learn and to get a good education. Thank you for giving me clothes to wear and food to eat. Thank you for everything.

Supplication: Please, Lord, help me to be a better person. Help me to be more loving and caring. Help me to be able to do well at work. Help me to get along with my coworkers. Please bless my family and my friends. Help them to get what they want in life. Amen

TIPS FOR SUCCESS

- Give God your best you.
- Find an accountability partner who you can connect with daily.
- Journal about your discoveries.
- Consider reading as a couple or family together.
- Aim for 20 minutes.

BIBLE STUDY TOOLS

Online Tools

www.YouVersion.com

- YouVersion is the leading online Bible website that offers various Bible versions and reading plans. You can access it from your phone or computer.
- <http://faithlifebible.com/> - This is an exceptional and free online study Bible that will greatly assist your study with explanations, illustration, maps and other support material.

Tools to Help You in Your Study

- Bible Version *Recommended: NIV or ESV (app also available)*
- Study Bible *Recommended: Zondervan NIV Study Bible (app also available)*
- *Recommended: ESV Study Bible*
- Bible Dictionary
- *Recommended: Zondervan Bible Dictionary by J. D. Douglas, Merrill C. Tenney*
- English Dictionary
- Commentaries *Recommended: Zondervan NIV Bible Commentary, Volume One: Old Testament Recommended: Zondervan NIV Bible Commentary, Volume Two: New Testament*

SCRIPTURES ON FASTING

Matthew 6:16-18 – Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces that they may appear unto men to fast. Verily I say unto you, they have their reward.

Acts 14:23 – And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed.

Luke 2:37 – And she [was] a widow of about fourscore and four years, which departed not from the temple, but served [God] with fastings and prayers night and day.

Mark 9:29 – And he said unto them, this kind can come forth by nothing, but by prayer and fasting.

Joel 2:12 – Therefore also now, saith the LORD, turn ye [even] to me with all your heart, and with fasting, and with weeping, and with mourning.

FOCUS POINTS DURING FAST

1. Revival of the Church
2. Five-Fold Ministry (Apostles, Prophets, Evangelists, Pastors and Teachers)
3. Incoming President and Cabinet
4. Healing of COVID-19, Safety of Vaccines, Essential Workers
5. Divine Health – mentally, physically and emotionally
6. The Increase of Spirituality; Carnal desires crucified
7. Keen Discernment for the end time
8. Changing of the Guards
9. Divine Favor and Financial Increase
10. Perseverance to Keep the Faith in God.

FASTING CONFESSION

"Father, I commit this time of fasting to you. I commit to honor you and draw closer to you in order to obey your will for my life. Daily I will pray and read your word in order to not fulfill my fleshly desires. My heart is open to be cleansed, molded and shaped into what you would have it to be. I confess that I open myself up to Psalm 139:23-24 (Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me and lead me in the everlasting way. Strengthen me Lord as I pursue Your will. Thank you for your strength and grace is more than enough to assist me and for drawing me closer to you during this time and showing me how to live a life that is more focused and pleasing in your sight in Jesus's name, Amen!"

**What Spiritual things do you want to see during the 21 days of Prayer,
Fasting & Focus?**

**What Natural things do you want to see during the 21 days of Prayer,
Fasting & Focus?**

[illegible]

Day 1 – January 4th – MEDITATION AND DEVOTION

Day 2 – January 5th – MEDITATION AND DEVOTION

Day 3 – January 6th – MEDITATION AND DEVOTION

Day 4 – January 7th – MEDITATION AND DEVOTION

Day 5 – January 8th – MEDITATION AND DEVOTION

Day 6 – January 9th – MEDITATION AND DEVOTION

Day 7 – January 10th – MEDITATION AND DEVOTION

Day 8 – January 11th – MEDITATION AND DEVOTION

Day 9 – January 12th – MEDITATION AND DEVOTION

Day 10 – January 13th – MEDITATION AND DEVOTION

Day 11 – January 14th – MEDITATION AND DEVOTION

Day 12 – January 15th – MEDITATION AND DEVOTION

Day 13 – January 16th – MEDITATION AND DEVOTION

Day 14 – January 17th – MEDITATION AND DEVOTION

Day 15 – January 18th – MEDITATION AND DEVOTION

Day 16 – January 19th – MEDITATION AND DEVOTION

Day 17 – January 20st – MEDITATION AND DEVOTION

Day 18 – January 21st – MEDITATION AND DEVOTION

Day 19 – January 22nd – MEDITATION AND DEVOTION

Day 20 – January 23th – MEDITATION AND DEVOTION

[illegible]

[illegible]