

2023 THE YEAR TO

RETURN
BACK TO
GOD

JANUARY 9-20

12 DAYS OF PRAYER FASTING & FOCUS

BARBARA CALLOWAY MINSTRIES PRESENTS

2023 THE YEAR TO

RETURN BACK TO GOD

JANUARY 9-20



**12 DAYS OF PRAYER, FASTING & FOCUS
MONDAY-FRIDAY • 5AM CST**

APOSTLE KADESHA JENKINS | BISHOP CARL A. PIERCE SR. | BISHOP ROBERT NICHOLS JR.
SUPT. NATHANIEL GREEN | PASTOR YPJ | BISHOP SHAWN & LADY FAYE BELL
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FASTING GUIDE

*WE SUGGEST CONSULTING YOUR DOCTOR AND USING WISDOM BEFORE AND DURING THE FAST.

MONDAY-WEDNESDAY

FRUITS + VEGETABLES + WATER AFTER 3PM

THURSDAY-SATURDAY

FAST UNTIL 3PM
PROTEIN + FRUIT + VEGETABLES + WATER

SUNDAY

PROTEIN + FRUIT + VEGETABLES + WATER

WHEN IT'S TIME TO END THE FAST

SOUPS + SOFT FOODS ARE SUGGESTED +
WATER/HOT TEA

Hello BCM Friends and Partners, Here we are in a New Year 2023 by the grace of God and for that we are thankful. I'm also thankful you have decided to participate in a time of corporate consecration to bring about refreshment in every area of our lives.

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 12-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 twelve days. May God continue to bless you and keep you as you Return Back to God !

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



**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

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

FASTING CONFESSION

"Again I say unto you, that if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven." —Matthew 18:19

LORD, as we fast, we ask, believe, and agree together for you to do these things for us in 2023... Supernatural healings from all types of diseases. We thank you that our health is springing forth speedily. (Isaiah 58:8)

We thank you Lord for wisdom and direction in our lives, families, careers, and ministries. We thank you for adding to the church daily such as should be saved. (Acts 2:47) That people are being saved, healed, and delivered in record breaking numbers around the world. (Mark 16:15-18)

We thank you Lord for divine protection this year. Your angels have charge over us and our loved ones to keep us in all of our ways. (Ps. 91:11) We thank you Lord that you are helping us to walk in the God kind of love that is shed abroad in our hearts by the Holy Ghost according to 1Cor. 13:4-8

We thank you Lord that we are being led by your Holy Spirit this year. We are your sheep, and we hear your voice and a stranger we will not follow. Because we have a covenant with you, we have favor everywhere we go. No weapon formed against us shall prosper, and everything we put our hands to prospers. (Rom 8:14, Isaiah 54:17)

In Jesus Name we Confess and Believe, Amen!

FASTING GUIDELINES



1. **Connect Weekly:** Monday – Friday on FB Live, YouTube @BarbaraCallowayMinistries or the Spiritual Awakening Prayer Call @ 5:00 AM CST - To listen to the recorded prayer call 667-770-1535 access code 380231#
2. **Consecrate Yourself:** Determine one thing you will abstain from or lay aside during this time. Social Media, TV, excessive telephone calls, social activities. Focus on spiritual things.
3. **Follow Weekly Fasting Guide**
4. **Commit to Daily Bible YouVersion Devotional**
 - [Return Back to God](#)
 - [Return Back to God's Plan for the Family](#)
 - [Return to God's Purpose For Our Life](#)
5. **Pray and Believe** for the increase of souls into The Kingdom of God and **Pray for Others** as often as you pray for yourself (See prayer list in journal)
6. **Connect with an Accountability Partner:** In order to encourage and keep one another accountable to and determined to end the fast strong!
7. **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.
8. **Give to others:** Words of encouragement, acts of kindness (paying for meals, gas, groceries, cashapp blessings)
9. **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. Remember, it is not just about the seed but the heart and mind, and how you sow it.

THE REASON WHY WE FAST?



THE REASON WHY WE 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. Jesus assumes his followers will fast, and even promises it will happen. He doesn't say "if," but "when you fast" (Matthew 6:16) When we fast, we exchange what we need to survive for what we need to live—more of God.

- 1) **Repentance.** Jonah called Nineveh to repentance, and the entire city responded. The king proclaimed a fast that even included animals. God saw Nineveh's desperation and was moved to show mercy. One purpose of fasting is to express our repentance for personal or corporate failure and sin. Fasting becomes an outward sign of our inward brokenness and desperate hope for forgiveness.
- 2) **Revelation.** The minute Saul of Tarsus' life-changing encounter with Jesus ended, he was blind and disoriented. He was led by the hand into the city and stayed at the house of Judas for three days, during which he did not eat. Saul fasted and prayed for God's direction; he needed revelation. Millions of Christians today are also in need of direction. The discipline of fasting and prayer prepares our hearts to receive the grace of God's direction.
- 3) **Release.** The searching father brought the demon-possessed young man to church, but disappointment followed. Despite the disciples' best efforts, the boy was still in bondage. Then Jesus came, and the boy was instantly delivered. Later, the disciples asked Jesus why they were unable to cast out the evil spirit. Jesus told them the key to spiritual power is found through prayer and fasting.
- 4) **Restoration.** The prophet Joel spoke of a time when locusts would bring God's judgment against those in Israel whose hearts had wandered far from God. He called Israel to a holy fast, and God took pity on His people. Is it not time to blow the trumpet, sound an alarm, and sanctify a fast to undo the damage of today's invisible locusts?

POWER THROUGH FASTING



POWER THROUGH FASTING

During the fast, your physical senses are under submission and your flesh is being crucified. It's not uncommon to go many days, sometimes VERY MANY DAYS, WITHOUT FEELING anything when you pray. This is when you must be reminded that "we walk not after the flesh, but after the Spirit" (Rom.8:1) the SPIRIT does not FEEL but prays in FAITH knowing that God is hearing the prayers.

I John 5:14 tells us, "this is the CONFIDENCE that we have in him, that, if we ask any thing ACCORDING TO HIS WILL, he heareth us: And if we know that he hear us, whatsoever we ask, WE KNOW that we have the petitions that we desired of him." During those times that you arise early in the morning and the Spirit is willing, but the flesh is weak -- pray in the Holy Ghost--pray in tongues and let the Spirit pray through you. This is how the MOUNTAIN MOVING FAITH is acquired. "Building up yourselves on your most holy faith, praying in the Holy Ghost." (Jude 1:20)

THE POWER OF EARLY MORNING PRAYER

In the book of beginnings, Genesis, we see that GOD MET WITH MAN IN THE EARLY MORNING. "And they heard the voice of the Lord God walking in the garden in the COOL OF THE DAY ..." The 'cool of the day' is not in the evening time. The coolest hour of the day is the hour just before daybreak. It's when the sky is still dark, right before the sun rises in the morning. Moses was commanded by God to, "Rise up early in the morning" to stand before Pharaoh, and command him to let God's people go (Exodus 9:13). God destroys captivity EARLY IN THE MORNING!

There is usually a very special visitation by God for those who give Him the first fruits of their day. David knew this secret as he prayed early in the morning. He said, "*My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto thee and will look up.*" (Psalm 5:3)

**RETURN
BACK TO
GOD WITH
YOUR MIND**



RETURN BACK TO GOD WITH YOUR MIND

Scripture: Romans 12:1-2 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."

Imagine driving on a stormy day and trying to look out of your rear window to realize you can't see anything. Imagine that you've had this car for several years but had no idea there was a windshield wiper in the back. Even though the wiper was mentioned in the manual that came with the car, you were unaware that it existed or how to take advantage of it. The Bible is our manual of grace and is designed to show all God's provisions for every believer. However, the manual is not intended just to be available to the believer. It is intended to be used! God's Word is powerful and can tell us how to live in this world and how things work.

If we are serious about returning to God, we have to return to God through His Word. God's Word is inerrant. It is an errorless revelation of Him. He has disclosed Himself and what He wants us to know about Him based on His Word. The Holy Spirit oversaw the recording of the inspired Word and ensured that the perfect revelation would be comprehensive, complete, and sufficient. Scripture is the voice of God in print, not merely information about God, so we need to take Scripture seriously.

Scripture is the provision given to us by God to help us clearly see ourselves and our world. However, it does us no good if we don't utilize it through reading, memorizing and obeying God's truth. Scripture can operate because it is alive. It works when the hearer of Scripture is willing to receive the Word and when the enemies of Scripture are rejected. When the Word of God is believed and acted on, we will see the accomplishment of Scripture and its transformational work in our lives

**RETURN
BACK TO
GOD'S
PLAN FOR
THE FAMILY**



RETURN BACK TO GOD'S PLAN FOR THE FAMILY

Scripture: Joshua 24:15b As for me and my house, we will serve the Lord

If you have ever built a house, you know that having a good foundation is critical. Without a solid foundation, you run the risk of having issues that become costly. Like the foundation of a house, God made family the foundation for society and civilization's well-being. When that foundation is eroded by governmental decisions and refusal to protect the family as God intended, the very fabric of society begins to unravel at a swift, breakneck pace.

The role of family was made clear in the Creation narrative in Genesis 1:26-28. There, we see the first family formed and purposed to reflect and mirror God; to multiply His image throughout the world and to exercise God's rule and dominion here on the earth. As the family creator, God established a specific way in which He saw fit for a family to be formed and to function. Marriage between a man and a woman was the first building block in the Lord's construction of a family.

The government's mission should be to protect the image of God found in the family unit while protecting families' sovereignty to uniquely fulfill their created purpose. When a government attempts to derail the structure and purpose that God set forth, the results are disastrous for all involved. Poverty, abuse, and confusion set in. Chaos and confusion are sure to follow when governments redefine instead of support and protect the family. In a time where paganism led the people in their institutions, the prophet Isaiah warned Israel by telling them God's definition of family was being replaced. Isaiah 3:12b states, "Those who guide you lead you astray and confuse the direction of your paths."

Kingdom Men, Women, Young Adults and Children must declare as Joshua did in (Joshua 24:15b) "As for me and my house, we will serve the Lord"

RETURN TO GOD'S PURPOSE FOR OUR LIFE



RETURN TO GOD'S PURPOSE FOR OUR LIFE

Scripture: Ephesians 2:10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

The Bible is very clear as to what our purpose in life should be. Men in both the Old and New Testaments sought for and discovered life's purpose. Solomon, the wisest man who ever lived, discovered the futility of life when it is lived only for this world. He gives these concluding remarks in the book of Ecclesiastes: "Here is the conclusion of the matter: Fear God and keep his commandments, for this is the whole duty of man. For God will bring every deed into judgment, including every hidden thing, whether it is good or evil" (Ecclesiastes 12:13-14). Solomon says that life is all about honoring God with our thoughts and lives and thus keeping His commandments, for one day we will stand before Him in judgment. Part of our purpose in life is to fear God and obey Him.

Another part of our purpose is to see life on this earth in perspective. Unlike those whose focus is on this life, King David looked for His satisfaction in the time to come. He said, "And I—in righteousness I will see your face; when I awake, I will be satisfied with seeing your likeness" (Psalm 17:15). To David, full satisfaction would come on the day when he awoke (in the next life) both beholding God's face (fellowship with Him) and being like Him (1 John 3:2).

Our purpose in life, as God originally created man, is 1) glorify God and enjoy fellowship with Him, 2) have good relationships with others, 3) work, and 4) have dominion over the earth. But with man's fall into sin, fellowship with God is broken, relationships with others are strained, work seems to always be frustrating, and man struggles to maintain any semblance of dominion over nature. Only by restoring fellowship with God, through faith in Jesus Christ, can purpose in life be rediscovered.

12 DAY PRAYER JOURNAL



What Spiritual things do you want to see during the 12 days of Prayer, Fasting & Focus?

What Natural things do you want to see during the 12 days of Prayer, Fasting & Focus?

[illegible]

Day 1 – January 9th – MEDITATION AND DEVOTION

Day 2 – January 10th – MEDITATION AND DEVOTION

Day 3 – January 11th – MEDITATION AND DEVOTION

Day 4 – January 12th – MEDITATION AND DEVOTION

Day 5 – January 13th – MEDITATION AND DEVOTION

Day 6 – January 14th – MEDITATION AND DEVOTION

Day 7 – January 15th – MEDITATION AND DEVOTION

Day 8 – January 16th – MEDITATION AND DEVOTION

Day 9 – January 17th – MEDITATION AND DEVOTION

Day 10 – January 18th – MEDITATION AND DEVOTION

Day 11 – January 19th – MEDITATION AND DEVOTION

Day 12 – January 20th – MEDITATION AND DEVOTION

[illegible]

HOW TO BREAK YOUR FAST



When your designated time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

END YOUR FAST GRADUALLY

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

- Break an extended fast with fruit such as watermelon.
- While continuing to drink fruit or vegetable juices, add broth and light soups along with the following:
- First day: Add a raw salad.
- Second day: Add baked or boiled potato, no butter or seasoning.
- Third day: Add a steamed vegetable.
- Thereafter: Begin to reintroduce your normal diet.
-

Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

A FINAL WORD ABOUT YOUR FAST



EXPECT RESULTS

God notices when you fast. He sees what this sacrifice means to you. When we take steps to draw nearer to God, He notices. Jesus says in Matthew 6 that God will reward you for fasting.

As forementioned the result of your fast is being connected to God's power source

Jesus told the disciples that certain miracles could only be performed through prayer *and* fasting. Some acts of God require more than just prayer alone. Fasting is what you do when you're ready to open your heart and pour your deepest burdens out to God.

Favor and Protection

You want favor and protection on the lives of your children, your grandchildren, and your grandchildren's children? The fasting you just committed to God released it.

As you given this time to God, we agree with you that your spirit will continue to long for more and more and more! Remember this is the year to RETURN BACK TO GOD!

God Bless You Richly

Prophetess Barbara Calloway