



21 Days of Prayer & Fasting – Generosity Initiative

Saturday, March 8 – Friday, March 28, 2025

Second Baptist Church

21-DAY PRAYER & FASTING GUIDE

Fasting is voluntarily going without food-or some other regularly enjoyed gift from God-for spiritual purposes. In short, **we fast from food so we can feast on God**. Fasting is not our attempt to manipulate God to do what we want Him to do. Fasting does not bring God into alignment with our desires but brings our desires into alignment with God's.

Why are we embarking on a 21-day corporate fast? Two words: **Dependency and Desire**. Our fasting and prayer for generosity involves setting aside a period of time to abstain from food or a particular indulgence while focusing dedicated prayer to cultivate a more generous spirit, asking God to open our hearts to give freely of our time, resources, and love to others, reflecting His own abundant generosity towards us.

We long to be closer to Him, to experience greater degrees of His manifest presence, to know Him more intimately, and to clearly understand His heart towards us as we align our vision with **Christ** at the center while focusing on our **church, children** and **community**. It is the combination of dependency and desire that moves us to fast. During this fast we are seeking the active presence of God to bless us, as we come together in prayer and fasting as a church family to build a lasting legacy of generosity – empowering future leaders and strengthening the mission of our church for generations to come.

During the 21 days between **March 8 - 28, 2025**, we will engage corporately in a time of prayer and fasting. We are asking everyone to participate in some way.

One great model after the fast of the prophet Daniel. In this type of fast you remove meat, sweets, and bread from your diet, consuming water and juice for fluids and fruits and vegetables for food. If you are unable to participate in the Daniel Fast, we still encourage you to participate in fasting with us during these 21 days through a partial fast or distraction fast.

DANIEL FAST

Foods to Eat:

Fruits of any kind

Nuts: Almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds

Whole Grains: barley, brown rice, oats, millet, whole wheat, quinoa
(must be made without yeast or sugar)

Legumes: black beans, black eyed peas, cannellini beans, garbanzo beans, kidney beans, lentils, pinto beans, split peas

Vegetables of any kind

Beverages: water, V8, juiced vegetables and fruit

Other: spices, salt, pepper, seasonings, soy products, tofu

Foods to Avoid

Meat: beef, fish, pork, poultry, etc.

Dairy Products: butter, cheese, cream, eggs, milk

Sweeteners: agave nectar, artificial sweeteners, cane juice, honey, molasses, raw sugar, granulated sugar, brown sugar, sweet stuff in general

Leavened Bread: baked goods, Ezekiel bread, any bread with yeast

Deep Fried Foods: chips, french fries, potato chips, etc.

Solid Fats: lard, margarine, shortening

Beverages: alcohol, caffeine, carbonated drinks, coffee, energy drinks, green tea, herbal tea, sweet tea

PARTIAL FAST

You can fast from one particular meal during the day, setting that time apart to meet with God. For example, you may choose to use your lunchtime daily. Another option is to fast daily from sunup to sundown. With this option you can fast from morning and afternoon meals and then eat dinner in the evenings.

DISTRACTION FAST

While fasting usually involves going without food, removing other unnecessary distractions from your life for the purpose of seeking intimacy with God is also spiritually beneficial. If you cannot fast from food due to medical conditions, then you may consider removing social media, TV, or some other activity in your life that can become a distraction in your pursuit of God. Even with this fast, remember, the goal is not merely to remove something from our life but also to intentionally seek the Lord.

NOTE: We encourage you to use a journal or to write prayers and reflections throughout the 21-day generosity focused journey.

Week 1 Generosity Focus – Christ, Church, Children, and Community

Day 1

"For all those things My hand has made, and all those things exist, says the Lord. But on this one will I look: on him who is poor and of a contrite spirit, and who trembles at My word." Isaiah 66:2 (NKJV)

Prayer Focus: Pray that our hearts be prepared for these twenty-one days of prayer and fasting. Pray that God's Spirit will give us hearts of humble contrition as we focus on Christ's view of generosity. Pray that we will be responsive to God's Word and His Spirit as He gives us ears to hear what He wants to say to us, and He gives us the grace to respond in faith.

Day 2

"The desire of the righteous is only good, but the expectation of the wicked is wrath. There is one who scatters, yet increases more; and there is one who withholds more than is right, but it leads to poverty. The generous soul will be made rich, and he who waters will also be watered himself."

Proverbs 11:23-25 (NKJV)

Prayer Focus: Pray that we all give freely, without restraint, and yet gain even more.

Day 3

"For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness. Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it." Hebrews 12:10-11 (NKJV)

Prayer Focus: Pray that we may be disciplined in our living and our giving.

Day 4

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them." Ephesians 2:10 (NKJV)

Prayer Focus: Pray that we diligently live and walk in the assurance that we are here to be unique pieces in God's master plan for generosity.

Day 5

"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 9:11 (NIV)

Prayer Focus: Pray that we will be radically generous within and outside of the church. Also, pray and give thanks to God for His remarkable system of giving that He has established.

Day 6

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. James 1:2-4 (NIV).

Prayer Focus: Pray that we be resilient in our generosity journey so that we may be mature and complete, not lacking anything.

Day 7

"Freely you have received, freely give." Matthew 10:8b (NKJV)

Prayer Focus: Pray that we be sacrificial in all that we generously give as we have freely received from God.

Week 2 Generosity Focus- Christ, Church, Children, and Community

Day 8

"I planted, Apollos watered, but God gave the increase." 1 Corinthians 3:6 (NKJV)

Prayer Focus: Pray that we trust God to increase all that is sown during this generosity journey.

Day 9

"So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver." 2 Corinthians 9:7 (NKJV)

Prayer Focus: Pray that we all be purposeful, cheerful, and generous givers.

Day 10

"Give, and it will be given to you: good measure, pressed down, shaken together and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you." Luke 6:38 (NKJV)

Prayer Focus: Pray that we live our lives in a spirit of generosity. Pray that we always look for ways to give to our church and to others and that we find God's way of giving to be satisfying.

Day 11

"Bring all the tithes into the storehouse, that there may be food in My house, and try Me now in this, says the Lord of hosts, if I will not open for you the windows of heaven and pour out for you such blessing that there will not be room enough to receive it." Malachi 3:10 (NKJV)

Prayer Focus: Pray that God will throw open the windows of heaven (the very floodgates of His blessings) and pour out on us so much provision that we do not have room enough to receive it all as we remain diligent and resilient in our generosity journey.

Day 12

"Sell what you have and give alms; provide yourselves money bags which do not grow old, a treasure in the heavens that does not fail, where no thief approaches nor moth destroys." Luke 12:33 (NKJV)

Prayer Focus: Pray that through our generosity, we store up an endless, inexhaustible supply of treasure in heaven that no thief can steal and no moth can devour.

Day 13

"They are always generous and lend freely; their children will be a blessing." Psalm 37:26 (NIV)

Prayer Focus: Pray that we always have enough so that we may be generous and lend freely, and our children will enjoy His abundance as well.

Day 14

"But these are the ones sown on good ground, those who hear the word accept it, and bear fruit: some thirtyfold, some sixty, and some a hundred." Mark 4:20 (NKJV)

Prayer Focus: Pray that we receive God's word with an open heart and understand the principles of seedtime and harvest that are contained within it. Also pray that as we operate these principles, we reap a harvest even one hundred times as much as what we sow.

Week 3 Generosity Focus – Christ, Church, Children, and Community

Day 15

"But seek first the kingdom of God and His righteousness, and all these things shall be added to you." Matthew 6:33 (NKJV)

Prayer Focus: Pray that God will continue to align our hearts and actions with His will in this generosity journey.

Day 16

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!" Psalm 46:10 (NKJV)

Prayer Focus: Ask for quietness of heart and clarity to hear God's guidance.

Day 17

"Now the multitude of those who believed were of one heart and one soul; neither did anyone say that any of the things he possessed was his own, but they had all things in common." Acts 4:32 (NKJV)

Prayer Focus: Pray for unity among church members and a shared spirit of generosity.

Day 18

"So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver." 2 Corinthians 9:7 (NKJV)

Prayer Focus: Ask for boldness and trust in sacrificial giving, believing God will provide.

Day 19

"Let your light so shine before men, that they may see your good works and glorify your Father in heaven." Matthew 5:16 (NKJV)

Prayer Focus: Pray that our testimony and acts of generosity inspire others to glorify God.

Day 20

"I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing." John 15:5 (NKJV)

Prayer Focus: Ask for spiritual growth and deeper faith as we connect with God's purpose.

Day 21

"Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning; Great is Your faithfulness." Lamentations 3:22-23 (NKJV)

Prayer Focus: Thank God for the blessings and faithfulness of Christ in our lives and in our church, children, and community.