

2012
Fasting & Praying
For a Breakthrough Year
21 Days to Seek God
January 8-29, 2012

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?" Isaiah 58:6

Sow for yourselves righteousness, reap the fruit of unfailing love, and break up your unplowed ground; for it is time to seek the LORD, until he comes and showers righteousness on you." Hosea 10:12

1. Breakthrough favor with God

"May the words of my mouth and the meditation of my heart be pleasing in your sight, O lord, my Rock and my Redeemer." Psalm 19:14

To walk in alignment with Christ and Kingdom principles.

- . Ears to hear from the Lord
- . Eyes to see the Lord at work
- . A heart to understand
- . A will to obey (radical obedient, personal holiness and moral integrity)

2. Breakthrough favor with man

"Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you win favor and a good name in the sight of God and man."

Proverbs 3:3-4

- . Favor within our church family
- . Favor with our neighbors - business associates, classmates, extended family
- . Favor with leaders in business, government, media, healthcare, and education

3. Breakthrough team work for all our leaders - both governance and management

"A new command I give you: Love one another. As I have loved you, so you must love one another."

John 13:34

For God to anoint and to add more.

- . Pastoral Staff
- . Pastoral Ministries: Elders, Associate Ministers, Deacons/Deacons' Wives, Mothers' Ministry, Counselors, Armor Bearers
- . Power of Twelve Leaders & Sub-Leaders
- . Ministry Leaders and Teachers

New Jerusalem Church

Dr. Dwayne K. Pickett, Sr., Pastor
www.NJC-ms.org

4. Breakthrough prayer

"Ask of me, and I will make the nations your inheritance, the ends of the earth your possession." Psalms 2:8

- . For God to fill Bible Study every Wednesday and Sunday.
- . For God to fill Sunday Worship with His manifest presence
- . For our entire church family to become prayer-filled disciples
- . For SOULJAS to encounter God in His fullness
- . For our children to become champions and warriors in prayer

5. Breakthrough provision

"Then you will look and be radiant, your heart will throb and swell with joy; the wealth on the seas will be brought to you, to you the riches of the nations will come."

Isaiah 60:5

- . To make at least \$500,000 over our \$2,450,000 dollar budget
- . To significantly reduce our building mortgage
- . For NJ academy to make budget and to raise an additional \$150,000

6. Breakthrough evangelism and outreach

"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

Acts 1:8

- . For our neighbors closest to our church properties
- . For our members to effectively love neighbors
- . For 500 baptisms in 2012
- . For a successful Media Ministry & Outreach
- . For an effective Missions Ministry around the world

7. Breakthrough discipleship through Power of 12 groups

"Write down the revelation and make it plain on tablets so that a herald may run with it." Habakkuk 2:2

- . For every member of our church to be participating in a Power of 12 by December 2012.

Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.


All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.



Join Us For Weekly Prayer

Come with expectancy from a move of God!

South Campus

6A-7A (Mon., Wed. & Fri.)

12 Noon & 6P (M-F)

North Campus

6A-7A (Tues. & Thurs.)

12 Noon & 6P (M-F)

MidTown Campus

6:45A-7:45A (Tues. & Thurs.)

12 Noon & 6P (M-F)

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.

2 Chronicles 7:14