

THE YEAR OF FAITH - 2022  
FASTING OVERVIEW & DEVOTIONAL SCRIPTURES  
THIRD BAPTIST CHURCH  
REV. JOHN F. KENNEY

**Fasting Purpose:** Our theme as a Church for 2022 is the Year of Faith. In 2022, we will be focusing our energies and efforts into intentional & demonstrative acts of faith, that reflects both our commitment and submission to the authority of God over our lives. This fast is to provoke personal and communal revival within the fellowship of Third Baptist Church.

**Fasting Scripture:** "Then Samuel said to all the house of Israel, if you are returning to the LORD with all your heart, then put away the foreign gods and the Astartes from among you. Direct your heart to the LORD, and serve him only, and he will deliver you out of the hand of the Philistines. So Israel put away the Baals and the Astartes, and they served the LORD only." (1 Samuel 7:3-4 NRSV)

**Fasting Timeframe:** January 1-January 31 2022; 8:00pm-8:00am daily

**Prayer Focus:** We will be praying for the following: **Finances, Fellowship & Faith**. The three areas will target our upcoming Capital Campaign, Open Chair Initiative (increased ministry participation) and the Spiritual Health of our congregation.

**Samuel Fast Format:** The fast will be conducted in the following ways:

- 1) Congregation to participate in 1 of 2 types of fasting from 8:00pm-8:00am daily: a) **Normal Fast** (no eating between these hours - water encouraged); b) **Partial Fast** (fruits & vegetables during these hours for those with medical conditions)
- 2) Spend 30-minutes during the fasting hours meditating over the weekly scripture (found below) followed with prayer. Prayer focus should include revival of our **finances, fellowship, families and faith**. Keep a journal and record the activity of God in your life.
- 3) During the hours of fasting, limit the amount of time watching television, searching the internet or viewing social media.



**FASTING SCRIPTURES & TIMEFRAME: Daily, 8:00pm-8:00am**

**SATURDAY, January 1-7, 2022**

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus” (Philippians 4:6-7 NLT)

**SATURDAY, January 8-14, 2022**

“And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.” (Matthew 6:16-18 NLT)

**SATURDAY, January 15-21, 2022**

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!” (Isaiah 26:3 NLT)

**SATURDAY, January 22-28, 2022**

“As the deer longs for streams of water, so I long for you, O God. I thirst for God, the living God. When can I go and stand before him?” (Psalm 42:1-2 NLT)

**SATURDAY, January 29-31, 2022**

“The one thing I ask of the lord— the thing I seek most— is to live in the house of the lord all the days of my life, delighting in the lord’s perfections and meditating in his Temple.” (Psalm 27:4 NLT)

