



2022 Year of P.R.E.S.S.



Prayer and Fasting Guide
March 27-April 16, 2022

OUR FAST

In Joel 1, God instructed the prophet Joel to announce a fast for the Israelites because they lived in perilous times. Only the Lord's help could save them. In like manner, corporately at Second Baptist Church of Ann Arbor, we will honor a time of fasting and prayer seeking God for supernatural power in the times and lives we live.

To gain access to the supernatural, we must die to our own desires and worldly influences. We must believe in God's ability to do exceedingly above what we ask. During the fast, we will take our eyes off the things of this world, and intently focus on God.

For 21 days from March 27-April 16, we are challenging ourselves to follow the Daniel Fast. Specifics are on the following page. Visit [Daniel Fast Guide Online](#) for more details.

If you have health concerns, please contact your health professional for advice before committing to any fast.

DANIEL FASTING GUIDELINES

Foods to EAT

WHOLE GRAINS

barley, brown rice, quinoa, whole grain pasta, whole wheat, and wild rice

BEANS AND LEGUMES

Black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, peanuts, pinto beans, and split peas

NUTS AND SEEDS

Almonds, cashews, hazelnuts, nut butters, pecans, pine nuts, pistachios, walnuts, sesame seeds, sunflower seeds

VEGETABLES AND FRUITS

All are allowed

OILS

Coconut, olive, and sesame. Avoid deep-frying

UNLEAVENED BREAD

Whole grain bread made without yeast, sugars, or preservatives

HERBS, SPICES, SEASONINGS

All are allowed

BEVERAGES

Spring, filtered, sparkling, mineral waters. 100% fruit juice

Foods to AVOID

ANIMAL PRODUCTS

All meats and seafoods, butter, cheese, eggs,

ADDED SUGAR

Agave, nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar

REFINED GRAINS

White flour and white rice

PROCESSED FOOD

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

DEEP-FRIED FOOD

French fries and potato chips (Baked chips without other restricted ingredients)

SOLID FATS

Butter, lard, margarine, and shortening

CHOCOLATE

Milk, semi-sweet, dark chocolate

CAFFEINATED AND ALCOHOLIC BEVERAGES

OUR PRAYERS

We are fasting and praying for 21 days. Both fasting and prayer require discipline. During this season, we need to align with God's will and what better way to do it than to pray what the Bible says about everything.

For each prayer, we will focus on a different topic and ask for Godly intervention in that area. Each prayer centers on what God says about that topic in the Bible. Use the space after each prayer to record your spiritual impressions or experiences. **These prayers seek to change and challenge us.**

Jesus counseled the disciples to "Watch and pray, that ye enter not into temptation" (Matthew 26:41). Through prayer, we can overcome temptations. Fasting maybe more difficult some days. On those days, ask God to strengthen you.

As you pray daily, invite the Holy Spirit to be with you. The Holy Spirit can give you answers, help you feel God's love, and bring peace and joy into your heart regardless of what you experience.

In 21 short days, we will have even more testimonies of how God showed up and brought us through. This season of prayer and fasting will strengthen us to P.R.E.S.S. throughout the year. We will... **P**ush and keep pushing, **R**elease the past, **E**ncourage ourselves, **S**tay the course and **S**trengthen ourselves in the Lord. Let us pray.

DAY 1

March 27

The Spirit of P.R.E.S.S.—All powerful God, teach me to look pass what I see with my eyes and to press towards the very best you have for me. Help me to release the past and to grab hold of your will and promises. **Philippians 3:12-14**

DAY 2

March 28

Spiritual Maturity Gracious God, give me a Spirit that pursues your love, joy, peace, patience, kindness, goodness, faith, gentleness, and self-control. Empower me to grow in wisdom and exemplify your grace towards others. **Galatians 5:22-24**

DAY 3

March 29

Release Pride Almighty God, I seek your will and your way in all things. I acknowledge your goodness to promote me and bless me. All goodness comes from you. I realize all power belongs to you and I am a humble servant. I give you gRlory. **Proverbs 8:13, 11:2, 16:3**

DAY 4

March 30

Release Anger —God of Justice, thank you for emotions. Thank you for seeing all injustice. You have empowered me to hold my tongue and to master myself. I release anger and limit its ability to control my actions. **Matthew 5: 22-24**

DAY 5

March 31

Release Depression –Oh Righteous God, thank you for listening to my heart and rescuing me from all my troubles. I need to feel your presence when I am discouraged. Teach me how to seek your joy when I feel burdened.

Psalm 34:17-18, John 16:33

DAY 6

APRIL 1

Release Anxiety –God of tender mercies, you have given me the ability to overcome anxiety with steadfast faith that all is well with my soul. I give you my burdens and uneasiness and I take on your rest and peace.

Philippians 4:6, Matt 11:28-30

DAY 7

APRIL 2

My Family –God of the Trinity, thank you for creating family in your image. You have given us a diversity of gifts and service to each other. Bless us, protect us and prosper us to honor and promote each other. Thank you for long life, peace, joy and prosperity. **Psalm 91:16, I Corinthians 12:4-6, I Tim 5:8**

DAY 8

APRIL 3

First Family–God, my Shepherd, thank you for my pastor and family. Bless me to honor and love them, keep them from harm and watch over their coming and going. Use them to magnify your name in all they do. **Psalm 121:7-8, Thessalonian 5:12-13**

DAY 9

APRIL 4

Church Family– Christ, head of the church, bless our church family to walk worthy of your calling. May our interactions towards each other demonstrate forgiveness, unity, and love. Keep our hearts humble and gentle. Grant us your patience, peace, and unity. May we thrive to be a blessing for generations to come. **Ephesians 4:1-3**

DAY 10

APRIL 5

Forgiving Heart– Heavenly Father, I invite You to shine Your revealing light into my heart. You are a safe place. Reveal to me the places in my heart that need mending. You do everything out of an unconditional, everlasting love, I trust that I am safe in Your arms. **Psalm 18:28, 91:4, 143:10; Hebrews 4:12**

DAY 11

APRIL 6

The Spirit of P.R.E.S.S.–All powerful God, teach me to look pass what I see with my eyes and to press towards the very best you have for me. Help me to release the past and to grab hold of your will and promises. **Philippians 3:12-14**

DAY 12

APRIL 7

Our Nation – Omniscience God, you establish and tear down rulers. We beseech you to install those obedient to your will. Protect and promote us under all administrations. Bless our nation with peace and prosperity. **Jeremiah 29:7**

DAY 13

APRIL 8

World Peace– Lord Jesus, you taught us that in this life there will be wars and rumors of wars. Through You, the world may be saved. O Lord, send Your spirit into the hearts of leaders, that the world might know true peace through Your abundant mercy. **Matthew 24:6-13**

DAY 14

APRIL 9

Increased Faith– Our Faithful and True God, may everything you said about us come true. All things are possible. Have mercy on our unbelief. You have the power to keep us sturdy and always abounding according to your reliable Spirit. **James 1:6**

DAY 15

APRIL 10

Enemies – Omnipotent God, all power belongs to you. Empower me to forgive those who spitefully use and abuse me. Increase my trust that you will rectify all things. Help me to overcome evil with good and believe you will always fight for me. **Romans 12:19-21**

DAY 16

APRIL 11

Signs and Wonders –Holy God, thank you for trusting humanity with your power. Teach us to understand your signs. Allow us gifts of interpretation and discernment accompanied by wisdom. We exist to glorify and publish your name throughout all creation. **Acts 8:13, Mark 16:17**

DAY 17

APRIL 12

Addictions –In the name of Jesus we break the power of all addictions that prevent us from living righteously. By the power of the Blood that empowers us, we claim victory over anything that compels us to desperation and depravity. We are free through Christ Jesus. Strengthen us to guide others to the light. **Proverbs 25:28, Titus 2: 11-12**

DAY 18

APRIL 13

Health and Strength – Oh Mighty God, lift us up with your strong right hand. Encourage us to endure and wait on you. According to your Word, you will reward us at just the right time. We mount up on eagles' wings, run, are not weary, walk, and do not faint. **Isaiah 40:31**

DAY 19

APRIL 14

Incarcerated – Holy Spirit, we know you as a heart regulator. Visit our brothers and sisters who are incarcerated. Plant a seed of freedom in their hearts. Open doors of opportunities for them to learn of your goodness and grace. Thank you that forgiveness is available for the asking. We proclaim, in Jesus' name, new paths, new promises, and new opportunities are theirs. **Luke 4:18**

DAY 20

APRIL 15

Renewed Walk – Gracious God, empower us to live praiseworthy lives that bring you glory and give your name creditability. Bind up the sin that lurks within us and release righteousness to guide us. **Romans 13:12-14**

DAY 21

APRIL 16

The Spirit of P.R.E.S.S.—All powerful God, teach me to look pass what I see with my eyes and to press towards the very best you have for me. Help me to release the past and grab hold of your will and promises. You are as faithful God who leads me to steadfast righteousness. I will encourage myself to run and keep running until I possess all you designed and ordained for me. I will stay on your righteous path because you give me strength and you know my future. **Philippians 3:12-14**
