



**Progressive Prayer and Fasting ONLINE Guide
March 10– March 30, 2025**

General Guidelines

Let us unify in “The Year of BETTER” and corporately commit to fasting and praying for 21 days. In addition to physical fasting our spiritual fasting should integrate prayer, biblical reading and spending time with God in meditation or silence listening and looking for God. These actions combined are the ultimate demonstration of faith concentrated to grow us. Entertainment modifications like refraining from social media and limiting the amount of time we watch television aims to help you spend time more time in devotion and productivity. The three-week calendar outlines each week’s fast, which progressively grows each week to include dietary modifications, entertainment modifications and a character focus. **As always, if you need to adhere to a medical regiment, please modify the food-fasting portion as needed.**

WEEK #1: 3/10-3/16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
March 10	March 11	March 12	March 13	March 14	March 15	March 16
Prayer Focus: BETTER Communication						
<ul style="list-style-type: none"> • Dietary Modifications: Avoid Sweets, Drink only water and 100 percent Juice Only • Entertainment Modification: No social media, Limit television viewing to 12 hours for the week. • Character Focus: We will refrain from profanity, gossip, slander, and abusive language. 						
Affirmation Focus			Prayer Focus			
<p>As a better communicator, truth, kindness, and peace will lead me forward. No corrupt communication will come from my mouth. I will not gossip nor complain. I will be slow to anger. I speak with the power of life or death.</p> <p>I choose to breathe life into every word I speak. I choose to speak life over my finances and dreams. I choose to build up rather than tear down.</p>			<p>Heavenly Father, I come before You with a humble heart, yearning to grow as a communicator. I recognize my words hold immense power. Help me, Lord, to choose wisely and to speak life, not only over myself but over all those I encounter. I need your wisdom to guide my speech.</p> <p>References: Proverbs 18:21, James 1:19, Ephesians 4:29, Philippians 4:8, Proverbs 15:1</p>			



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WEEK #2: 3/17-3/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
March 17	March 18	March 19	March 20	March 21	March 22	March 23

Prayer Focus: BETTER Relationships

- **Dietary Modifications:** *Avoid Fried Foods,*
Avoid Sweets, Drink only water and 100 percent Juice Only
- **Entertainment Modification:** No social media, Limit television viewing to 12 hours for the **week**.
- **Character Focus:** *We will commit to reconciling strained relationship(s).*
We will refrain from profanity, gossip, slander, and abusive language.

Affirmation Focus	Prayer Focus
<p>I commit to nurturing my relationships with family, friends, neighbors, and community. I release bitterness and anger. I will practice patience. I will show up for others. Where there is strife, I will pursue peace. Where there is division, I will seek unity. Where there are rifts, I will bring reconciliation.</p>	<p>Almighty God, I come before You today with a grateful heart, recognizing the beautiful gift of relationships you have blessed me to have. I commit myself to nurturing these connections. As I embrace this commitment, I acknowledge the importance of releasing bitterness and anger; being kind and compassionate and forgiving those who offended me. Help me to let go of any grievances I may hold, and to replace them with kindness and compassion, reflecting the grace I have received from You.</p> <p>References: Ephesians 4:31-32, Romans 12:13, Galatians 5:22-23, Rom 7:19-25, Romans 14:19, 2 Corinthians 5:18, Ephesians 4:3</p>



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WEEK #3: 3/24-30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
March 24	March 25	March 26	March 27	March 28	March 29	March 30

Prayer Focus: BETTER Discipleship and Stewardship

- **Dietary Modifications:** Absolute fast – no food 6:00 am – 6:00 pm,
 Avoid Fried Foods, Avoid Sweets,
 Drink only water and 100 percent Juice Only

- **Entertainment Modification:** No social media, Limit television viewing to 12 hours for the **week**.

- **Character Focus:** We will demonstrate one Random Act of Kindness each day.
 We will set aside extra time each day for prayer and devotion.
 We will avoid ALL unnecessary purchases (like dining out or impulse buys).
 We will invite 2 people to join us in worship service.
We will commit to reconciling strained relationship(s).
We will refrain from profanity, gossip, slander, and abusive language.

Affirmation Focus	Prayer Focus
<p>As a better disciple, I commit to studying the Word of God, praying with intention, and listening with my heart. The way I love others proves I am a disciple of Jesus Christ. I extend grace to others. I willingly ask for forgiveness, and I quickly forgive offenses.</p> <p>As a better steward, I acknowledge all I have is a gift from God. I do not hoard what God gives freely. My body is the temple of the Holy Spirit; therefore, I will take care of it. My time, talent, and tithe are valuable. I will not waste what is holy. Some people, places, and things are not worthy of me.</p>	<p>Jehovah Jireh, the giver of every perfect gift. Empower me to use my gifts and resources wisely, as I remember everything I have, is a blessing from You. Teach me to serve others with joy and to honor You in all I do. May I reflect Your light in my actions and encourage others in their journeys of faith. I decree and declare, I have all I need. Every good and perfect gift comes from you.</p> <p>References: Matthew 16:24-25, 1 Peter 4:10, Luke 16:10, Colossians 3:23-24, Matthew 5:14-16</p>