



21 Days of Prayer and Fasting

2 Chronicles 7:14

2022 Vision: The Year of REVIVAL

21 Days of Prayer and Fasting

January 10 - 31, 2022

From The Pastor's Desk

Greetings, Mount Zion!

How blessed we are to have made it to see the year 2022! So much has changed over the last two years, both in our world and our Church, but through it all God has remained faithful, and for this, we give Him all of the praise!

As we move forward into this new year together, I am reminded of the words of Joshua to the Children of Israel as they prepared to cross over Jordan. The Bible says, "Then Joshua said to the people, 'Sanctify yourselves; for tomorrow the Lord will do wonders among you.'" (Joshua 3:5) As we move into this year of REVIVAL, we dare not pray and plan for revival without sanctifying and consecrating ourselves for the days ahead.

With this in mind, I am very excited to begin this season of consecration as a Church Family together as we engage in 21 Days of Prayer and Fasting. This season will be an intentional time of reconnecting with God, releasing those things that hinder our spiritual growth, and readying ourselves spiritually for the REVIVAL we expect to experience in every area of our Church and lives.

This document you are reading has been prepared to guide you through these 21 Days of Prayer and Fasting. In it, you will find our corporate Prayer Focus for the entire 21 Days and a Daily Prayer Focus for each day. This guide is also packed with promises from Scripture to encourage you to continue to pray each day. You will also find helpful information regarding what you can and cannot eat while on the Daniel Fast.

While I know that this idea of fasting may be new for many, I believe it is necessary for where we are headed as a Church Family. Therefore, my prayer is that EVERY member of our Church would join us in this time of consecration! Powerful things happen when the Church prays! (Read Acts 12:1-17!)

It is my honest belief that God has some amazing things in store for our Church and YOU in 2022! So then, let's begin our year by denying our flesh so that we can strengthen our spirits and truly experience REVIVAL spiritually, emotionally, mentally, physically, and financially in 2022!

It's Up From Here,

A handwritten signature in cursive script that reads "Joshua M. Daniels".

Pastor Joshua M. Daniels
January 2022

21 Day Prayer Focus: 2 Chronicles 7:14

1. **Repentance:** Asking for forgiveness for our sins and the sins of our land.
2. **Seeking God:** Declaring our dependence on God in every area of our lives.
3. **Hearing from Heaven:** Inviting the presence of God into our church and our lives. Believing Him for souls saved, miracles, signs, wonders, and transformed lives in 2022.
4. **Deeper Devotion:** Becoming stronger disciples dedicated to spiritual disciplines and sensitive to God's divine directives.
5. **Salvation of Many:** Praying that hundreds of lost souls will come to Christ through Mount Zion this year.
6. **Transformation of Many:** Praying that hundreds of people will experience restoration and transformation through the power of Jesus Christ at Mount Zion this year.
7. **Mount Zion Missionary Baptist Church:** Praying that God will empower us to be a Christ-Centered, Bible-Based, and Spirit-Led congregation committed to operating in a spirit of excellence and grace as we glorify God through continually engaging in Worship, Prayer, the Study of God's Word, Evangelism, Discipleship, Outreach, and the promotion of Social Justice. To this end, all people will be touched and transformed through the power of learning and living out the Gospel of Jesus Christ
8. **Personal Requests:** Believing God for answered prayer to our specific needs.

Important To Remember:

We will participate in the Daniel Fast during the 21 Days of Prayer.

We will pray together on the Prayer Line each day at 6:00am.

857-799-9242

Daily Prayer Focus:

Week 1: Soul Cleansing

Day 1: Repentance

God's Prayer Promise: "We have this confidence before God and receive from Him anything we ask, because we obey His commands and do what pleases him." (1 John 3:21-22)

Day 2: Forgiveness

God's Prayer Promise: "If we confess our sins, He is faithful and just and will forgive our sins and purify us from all unrighteousness." (1 John 1:9)

Day 3: A Hunger For God

God's Prayer Promise: ". . . and we receive of Him anything we ask, because we obey His commands and do what pleases Him." (1 John 3:22)

Day 4: Peace (Internal, External, and Eternal)

God's Prayer Promise: "Everything is possible for him who believes." (Mark 9:23)

Day 5: Focus

"Let us approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." (Hebrews 4:16)

Day 6: The Heart of God

God's Prayer Promise: "Call to me and I will answer you and tell you great and unsearchable things you do not know." (Jeremiah 33:3)

Day 7: The Mind of Christ

God's Prayer Promise: "If you remain in me and my words remain in you, ask whatever you wish, and it will be given you." (John 15:7)

Week 2: Intercession

Day 8: Mount Zion Missionary Baptist Church

God's Prayer Promise: "This is the confidence we have in approaching God: that if we ask anything according to His will He hears us. And if we know that he hears us - whatever we ask; we know that we have what we asked of Him." (1 John 5:14-15).

Day 9: Pastor Joshua M. Daniels

"I will tell you the truth, my Father will give you whatever you ask for in my name. Until now, you have not asked for anything in my name. Ask and you will receive, and your joy will be complete." (John 16:23b-24)

Day 10: Our City, Nation, and World

God's Prayer Promise: "Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper." (Jeremiah 29:7)

Day 11: The Lost

God's Prayer Promise: "But I, when I am lifted up from the earth, I will draw all men to myself." (John 12:32b)

Day 12: Families, Marriages, and Singles

God's Prayer Promise: "Fear not for I have redeemed you; I have summoned you by name; you are mine." (Isaiah 43:1b)

Day 13: The Needs of Another

God's Prayer Promise: "But he said to me, my grace is sufficient for you, for my power is made perfect in weakness." (2 Corinthians 12:9a)

Day 14: Revival to Break Forth In Our Church and City

God's Prayer Promise: "After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the Word of God boldly." (Acts 4:31)

Week 3: Personal Needs

Day 15: Healing

God's Prayer Promise: "The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will." (Romans 8:26-27)

Day 16: Provision

God's Prayer Promise: "Every good and perfect gift is from above, coming down from the Father." (James 1:17)

Day 17: Dreams, Plans, Goals, and Aspirations

God's Prayer Promise: "Everything is possible for him who believes." (Mark 9:23)

Day 18: Deliverance

God's Prayer Promise: "He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him." (Psalm 91:15)

Day 19: Grief

God's Prayer Promise: "We do not have a priest who is unable to sympathize with our weakness, but we have one who has been tempted in every way, just as we are - yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." (Hebrews 4:15-16)

Day 20: Breaking of Generational Curses

God's Prayer Promise: "Have faith in God. Whatever you ask for in prayer, believe that you have received it, and it will be yours." (Mark 11:22, 24)

Day 21: Restoration

God's Prayer Promise: "If my people, who are called by my name, will 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 heal their land." (2 Chronicles 7:14)

The Daniel Fast Food List

- **All fruit** – fresh, frozen, dried, juiced, or canned.
- **All vegetables** – fresh, frozen, dried, juiced, or canned.
- **All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- **All legumes** – canned or dried; black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **All quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- **Beverages**– distilled water, filtered water, and spring water.
- **Other** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg’s Liquid Aminos, soy products, and tofu.

Foods to Avoid on the Daniel Fast

- **All meat & animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- **All dairy products** – butter, cheese, cream, milk, and yogurt.
- **All sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- **All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).
- **All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **All deep-fried foods** – corn chips, French fries, and potato chips.
- **All solid fats** – lard, margarine, and shortening.
- **Beverages** – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.