

OAK RIDGE MISSIONARY BAPTIST
Ricky D. Turner, Senior Pastor

21 DAYS – Prayer & Fasting
Theme: The Blessing in Praying and Fasting with Sacrifice
(Luke 18:1 & Romans 12:1)

Oak Ridge's 21 Days of Prayer and Fasting begins Sunday, March 12 and ends Sunday, April 2, (Palm Sunday. During the 21 days of prayer, fasting and devotion.

We will have 21 days of daily devotions along with praying and fasting each day.

From the authors of The Word Today, "We all need a little faith, hope, and courage to face the day. And some days, we need as much as we can." So brothers and sisters, let us enter this fast expecting an increase in all these areas.

Participants are to set aside personal quiet time, choose your own fast and keep a journal to record and commemorate their prayer and fasting journey.

I suggest we do the following to maximize our commitment during this season of fasting and praying:

(1) Personal Quiet Time – Daily personal devotion or quiet time is simply time set apart to spend with God. This time should allow one to draw closer to God without distractions. It consists of practicing the spiritual disciplines of prayer, worship, listening, journaling, scripture reading and meditating on God's Word. We must desire to know God better and be willing to obey the Lord God that we seek know. It is imperative that each of us intensifies our commitment to living in accordance and obedience to the Word of God to experience the glory of the Lord like never before!

(2) Praying Fervently Each Day – James says, . . . "The effective, fervent prayer of a righteous man avails much."

(3) Personal Fast – Your fast should be so impactful that in your sacrifice you are constantly reminded of the power and presence of God in your life.

Choose your personal fast:

- abstaining from certain foods (example: Daniel Fast, eliminating meats, dairy, sugars, junk foods, fried foods or etc.)
- minimizing the use of technology/television/social media
- eliminating non-essential spending

Divine cleansing and renewal of our bodies are some of the benefits of a personal fast. Pray for God's wisdom to make appropriate choices during this time of fasting.

It is recommended that you consult with your physician before beginning a food fast. Remember to drink plenty of water, and get sufficient rest.

(4) 21-Day Devotional – We will start each day with The Word, prayer, and devotionals provided each by Oak Ridge text each morning.

“Without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him” (Hebrews 11:6).

My Oak Ridge family, it should be our desire during these 21 days and beyond to be pleasing to God. The prayer of faith is important. When we come, we must believe. For, the bible says, “. . . that if we ask anything according to his will, he hears us. . .” (1 John 5:14).

We are living in times of uncertainty. As we pray, we are trusting the Lord with our world, our church, our community and our families. We will need increased faith, hope, and courage.

Remember God's joy is our strength (Nehemiah 8:10), especially when times get tough. The enemy will use every possible device to get us to focus on our problems. Let's give him less attention, and give more attention to JESUS, our SAVIOR

(5) 21-Day Journal – journal your 21 days of fasting and prayer journey.

Let's get started Oak Ridge!

Pastor RD Turner – 03/23