

**2023 BREAKTHROUGH  
PRAYER AND FASTING GUIDE**



**The year of good success**

**A year of acceleration**

**Manifested promises**

*“See the power of prayer break through your relationships, work, family, and every area of your life.”*

At the beginning of every year, our Restoration Church family engages in a focused time of prayer and fasting. For 21 days, from January 11th through January 31st, we will faithfully seek God first, trusting in His power alone to create a lasting impact in our lives, our church, and our world through prayer and fasting. At the end of our 21 Days of Breakthrough Prayer, we offer you the opportunity to continue fasting through February 19 as we continue with daily New Testament scripture readings. Our Church family and friends will corporately release our faith to align with the Word of God regarding 2023 – to experience a year of Good Success! We anticipate a year of acceleration and manifested promises.

We encourage fasting as a spiritual next step that can bring clarity and revelation into your life. The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our souls and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

If you sense that God has more for your life, 21 Days of Breakthrough Prayer & Fasting is a great place to start believing Him for all that He has for you. As you practice seeking Him first, He will move on your behalf like never before. You will start to see the power of prayer break through your relationships, work, family, and every area of your life.

Join us for Corporate Prayer on campus at The Restoration Place each Wednesday at 7 pm, online on Mondays at 7:00 am and for our 12 noon Wednesday online Pastoral Touchpoint on our Facebook page.

Fasting will begin at 12 AM, Wednesday, January 11th, 2023.

Love and Grace,



Apostles Dexter & Genette Howard



# Why Do We Fast and Pray?

## SPIRITUAL BENEFITS

- It refocuses our attention on God. By pulling away from food and drawing closer to God in prayer, we experience greater intimacy with the Father.
- It strengthens and renews our spirit (inner man). It gives us the capacity to receive more from God, keeping our relationship with God relevant, fresh, and alive!
- It breaks the power of the flesh. When we fast and pray, our flesh no longer has the power to control us. We can experience true freedom.
- It destroys the power and plans of the enemy in our lives.

## PHYSICAL BENEFITS

- Mental clarity
- Reduced stress
- Reduced depression & anxiety
- Improved attitude
- Decreased risk of disease
- Quicker emotional and physical recovery

## SCRIPTURES ON PRAYER & FASTING

Matthew 6:16-18	When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head & wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; & your Father, who sees what is done in secret, will reward you.
2 Chronicles 7:14	If my people, who are called by my Name, will humble themselves & pray & seek my face & turn from their wicked ways, then I will hear from heaven & will forgive their sin and will heal their land.
I John 5:14-15	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.
Mark 11:24	Therefore, I tell you, whatever you ask for in prayer, believe that you have received it, & it will be yours.
Psalms 17:6	The Lord is near to all who call on Him, to all who call on Him in truth.
Philippians 4:6	Do not be anxious about anything, but in every situation, by prayer & petition, with thanksgiving, present your requests to God.
James 5:16	The effectual fervent prayer of a righteous man availeth much.

# THE PLAN

## FASTING

Wednesday, January 11 at 12 am - Sunday, February 19 at 6 pm

**Days 1 thru 3:** WED 1/11 @ 12 am through FRI 1/13 @ 11:59 pm

### **Total Abstinence**

Water and juice (100%)

**Option** for those taking medication or with health conditions preventing total fast: Daniel Fast

**Days 4 thru 21:** FRI 1/13 through TUES 1/31 from 12 am to 6 pm daily

Optional February Fasting: WED 2/1 – SUN 2/19 from 6 am to 6 pm daily

## FOODS AND BEVERAGES INCLUDED

**Total Abstinence:** Spring or distilled water and 100% all-natural fruit & vegetable juices. No food allowed.

**Daniel Fast:** Eat fruits, vegetables, whole grains, nuts, and seeds. Drink spring or distilled water, and 100% all-natural fruit & vegetable juices.

**Foods included:** All fresh, frozen, dried, juiced, or canned fruits & vegetables. All whole grains, nuts, seeds, legumes, peas, beans, quality oils, & healthy fats.

**Foods not included:** Meats, fish, poultry, dairy products, eggs, sugar, sugar substitutes, sugar products, caffeine, bread, enriched grains, & rice.

**Beverages included:** 100% all-natural fruit & vegetable juices, & spring or distilled water.

## PRAYER

Mondays at 7:00 am - **Streaming Prayer Connection** on Facebook and YouTube

Dates: JAN 16 through FEB 13

Wednesdays at 12: 30 pm – **Pastoral Touchpoint** on Facebook and YouTube

Dates: JAN 11 through FEB 15

Wednesdays at 7:00 pm – **Prayer Room Experience** at The Restoration Place Church, Charlotte

Dates: JAN 11 through FEB 15

## BIBLE READING

JAN 11 through FEB 19

We will read together through the entire New Testament in 40 days. Daily readings are listed on the Prayer and Fasting Calendar.

## PRAYER FOCUS

### 21-DAY SPECIFIC PRAYER FOCUS

- Have an average of 300 attendees in each service this year.
- Strengthening our church: new growth caused by God!

#### **Isaiah 60:22 NKJ**

A little one shall become a thousand, and a small one a strong nation: I the Lord will hasten it in His time.

#### **Isaiah 60:22 NLT**

The smallest family will become a thousand people, and the tiniest group will become a mighty nation. At the right time, I, the LORD, will make it happen.

#### **Jeremiah 30:17-22**

17 For I will restore health to you And heal you of your wounds,' says the Lord, 'Because they called you an outcast saying: This is Zion; Whom No one seeks after. 18 Thus says the Lord: 'Behold, I will bring back the captivity of Jacob's tents, And have mercy on his dwelling places; The city shall be built upon its own mound, And the palace shall remain according to its own plan. 19 Then out of them shall proceed thanksgiving And the voice of those who make merry; I will multiply them, and they shall not diminish; I will also glorify them, and they shall not be small. 20 Their children also shall be as before, And their congregation shall be established before Me, And I will punish all who oppress them. 21 Their nobles shall be from among them, And their governor shall come from their midst; Then I will cause him to draw near, And he shall approach Me; For who is this who pledged his heart to approach Me?' says the Lord. 22 You shall be My people, And I will be your God.'

#### **Jeremiah 30:19** God's Word Translation (GW)

The people who live there will sing songs of praise, and the sound of laughter will be heard from there. I'll make them numerous, and their number won't decrease. I'll bring them honor, and they won't be considered unimportant.

#### **Jeremiah 30:19** English Standard Version (ESV)

Out of them shall come songs of thanksgiving, and the voices of those who celebrate. I will multiply them, and they shall not be few; I will make them honored, and they shall not be small.

- **Humble ourselves.** Asking for forgiveness for our sins and the sins of our land. (2 Chronicles 7:14)
- **Seek God.** Declaring our dependence on God in every area of our lives. (1 Chronicles 16:11)
- **His Kingdom Come.** Praying for the completion of the Great Commission & for revival in our generation. (Matthew 6:10)
- **Hear from Heaven.** Invite the Presence of God in our church & our lives. Pray for souls to be saved, signs, wonders, miracles, & transformed lives. (Exodus 33:15)
- **Believing God for answered prayer to our specific needs.** (Philippians 4:6)

- Praying for people to take the next steps in their journey of faith to know God, find freedom, discover purpose, and make a difference. (Ephesians 1:17-18)

## DAILY SCRIPTURE & PRAYER FOCUS

### The Word

Day 1 - Psalm 119:105, Psalm 119:9, Matthew 24:35

Day 2 - Jeremiah 15:16, Luke 11:28, Psalm 19:7-8

Day 3 - Joshua 1:8-9, James 1:21-23, Romans 10:17

Day 4 - John 1:1, Hebrews 4:12, Matthew 4:4

Day 5 - Proverbs 30:5, Psalm 107:20-21, Psalm 119:11

Day 6 - Acts 20:32, Deuteronomy 11:18, 2 Timothy 4:2

Day 7 - 2 Timothy 3:16, James 1:22, Proverbs 13:13

### Your Worship

Day 8 - John 4:24, Psalm 100:2, Revelation 4:8-11

Day 9 - Isaiah 25:1, Psalm 103:1, Psalm 95:6

Day 10 - Daniel 2:20, Deuteronomy 10:21, Revelation 14:7

Day 11 - Luke 4:8, John 4:23, Hebrews 12:28-29

Day 12 - Psalm 75:1, 1 Samuel 15:22, 1 Chronicles 16:29

Day 13 - Psalm 99:5, 1 Corinthians 6:20, Psalm 63:3-4

Day 14 - Psalm 71:23, Romans 12:1, Psalm 40:3

### Your Witness

Day 15 - Matthew 28:16-20, Mark 16:14-20, Luke 24:44-53

Day 16 - Psalm 9:1-2, 11, Psalm 34:1-3, Psalm 66:1-5, 8, 16

Day 17 - John 1:1-8, John 15:26-27, John 16:31-33

Day 18 - Psalm 68:34-35, Psalm 73:28, Psalm 75:9

Day 19 - Mark 5:18-20, 1 Timothy 6:11-12, Acts 1:8

Day 20 - Psalm 92:4, Proverbs 14:25, Isaiah 63:7

Day 21 - Acts 2:14-21, Acts 4:32-35, Acts 5:29-32

