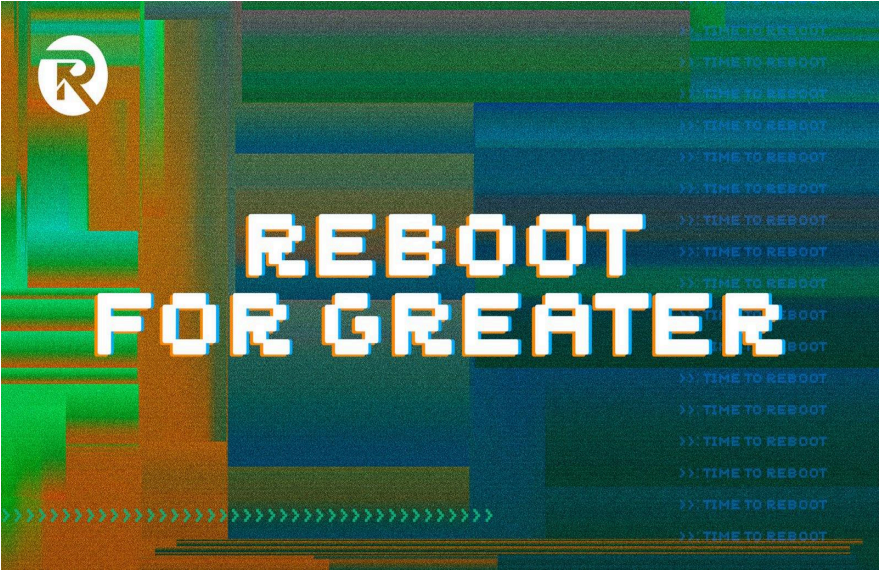


# PRAYER & FASTING GUIDE



## REBOOT

So he answered and said to me: “This is the word of the LORD to *The Restoration Place Church*: ‘Not by might nor by power, but by My Spirit,’ Says the LORD of hosts.  
Zechariah 4:6 NKJV (Italics added)

# REBOOT

## Greeting

At the beginning of every year, the Restoration family engages in a focused time of prayer and fasting for 21 days. This year's fast will be January 10-30th and we will seek God first as we enter into a powerful new year.

God has laid the word "reboot" on my heart for the month of January. "Reboot" refers to the process of restarting a computer, device, or system to reload its operating system and software, clearing temporary data, and refreshing the system. A reboot is often done to troubleshoot issues, apply updates, or improve performance. In a broader context, "reboot" is also used metaphorically to describe restarting or revitalizing various systems or processes.

I believe the first of the year is a significant time for us to reboot, individually and collectively, as well as spiritually and physically, so that we are prepared to make the most of the year. Our faith, our families, and our finances also need this opportunity to restart and revitalize. As a church, we will engage in rebooting our ministry systems and teams so that we are operating with fresh oil and aligned with God's will In 2024.

Fasting is a powerful catalyst for a "reboot". Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It creates a greater sense of clarity and prepares our hearts for all the good things God desires to bring into our lives.

I believe God has instructed us to make this year's fast less about food and more about prayer for 21 days. So, we will engage in a Prayer-Focused Fast. Yes, we will sacrifice food for a period, but our central sacrifice will be about prayer, meaning we will stretch in prayer beyond our comfort zone.

To that end, we will host in-person corporate prayer on campus each weekday at 6am-7am. On Saturdays, we will host prayer at 10am at the church. We will NOT host Monday Online Streaming Prayer Connection and Wednesday night Prayer Room Experience during the 21 days. I encourage you to press into all or as much of prayer as you can.

21 Days of Fasting and Prayer begins at midnight on Wednesday, January 10, 2024.

Let's get ready for more in 2024!

Love and Grace,

Dr. Dexter Howard  
Senior Pastor  
The Restoration Place

# REBOOT

## Why 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

# REBOOT

## Fasting Scriptures

### 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 & will heal their land.

### 1 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

I will call on you, my God, for you will answer me. Turn your ear to me and hear my prayer.

# REBOOT

## Fasting Scriptures Continued

Psalm 145:18

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.

# REBOOT

## Prayer

Wednesday, January 10 - Tuesday, January 30

Monday through Friday

6:00am - 7:00am

Saturday

10:00am - 11:00am

In building prayer

(Monday Online Streaming Prayer Connection and

Wednesday night Prayer Room Experience will not be held.)

# REBOOT

## Fasting

Days 1 through 3:

Wednesday, January 10 at 12:00am

through Friday, January 12 at 11:59pm

100% vegetable and fruit juice and liquids, and water

\*If under the care of a physician, please continue to follow your prescribed care and consult your physician before engaging in any fasting.

\*Whether under the care of a physician or not, please consider your own health and the wisdom of God in determining the type of fasting that is best for you. As always, consult your physician before engaging in any fasting.

# REBOOT

## Daniel & Intermittent Fasting

Days 4 through 21:

Saturday, January 13 through Tuesday, January 30

12:00am to 2:00pm

**Daniel Fast** : Based on Daniel 10:2-3

Daniel used a different diet for three weeks as he pursued God for wisdom and understanding.

**OR**

**Intermittent Fasting** : Intermittent fasting is an eating plan that switches between fasting and eating on a regular schedule. You determine that eating schedule.

# REBOOT

## Daniel Fast

### Foods to Eat

- +All fruits: fresh/raw, frozen, dried, juiced, canned in their own juice - not syrup.
- +All vegetables: fresh/raw, frozen, dried, juiced, and canned.
- +Whole grains: brown rice, oats, barley, grits, hot cereal, whole-pasta, etc.
- +Other natural foods: beans, peas, seeds and nuts, oils, rice milk, soy milk, spices, herbs, tofu, and soy vinegar.

### Foods to Avoid

- Meat
- White rice/white flour (no bread)
- Fried foods
- Caffeine
- Sugar and artificial sweeteners
- Dairy products (butter, milk, eggs, etc.)

# REBOOT

## Bible Reading

### January 10 - February 18

We will be reading together through the entire New Testament in 40 days. Please see the calendar with New Testament readings.



# REBOOT

## 21 Day Prayer Focus

Week 1		
Day	Focus	Scriptures
Wednesday, Jan 10	We repent and surrender our wills.	2 Chronicles 7:14-16, Isaiah 57:15, Matthew 7:21, Acts 3:19-21
Thursday, Jan 11	Reboot and Renewal	Zechariah 4:6, 2 Corinthians 5:17, Isaiah 43:18-19
Friday, Jan 12	We receive God's fresh oil.	Psalms 92 (emphasis :10)
Saturday, Jan 13	We become new wineskins to receive new wine.	Jeremiah 31:1-14 (emphasis :12), Matthew 9:14-17
Sunday, Jan 14	We receive the fresh presence of God in our homes & families.	Isaiah 6:1-3, Psalm 16:11
Monday, Jan 15	Our worship experience be filled with the presence of God.	1 Peter 2:1-9, Psalm 22:3 (KJV)
Tuesday, Jan 16	Our city and nation be filled with the presence of God.	Psalms 126 (emphasis :2), Psalm 72:11, 17

# 21 Day Prayer Focus

Week 2		
Day	Focus	Scriptures
Wednesday, Jan 17	We are filled daily with the Spirit and power of God.	Acts 2 (emphasis :1-4), Mark 16:16-20
Thursday, Jan 18	Our church be filled with the power of God.	Acts 9:31-43, Acts 10:44-48
Friday, Jan 19	Our city be full of the power of God.	Acts 2:1-12, :36-39, Acts 3:1-11, Acts 4:1-4
Saturday, Jan 20	Strongholds are broken in our city. Charlotte: Religious spirit & orphan spirit	Amos 5:8-9, 2 Corinthians 10:4-5, Galatians 5:1 (The Passion Translation)
Sunday, Jan 21	Our nation be full of the power of God.	Psalms 2 (emphasis :8) 1 Corinthians 2:2-5
Monday, Jan 22	No sick among us; health miracles experienced.	Psalms 91:5-7, Proverbs 3:7-8, Isaiah 53:4-5, Matthew 8:16-17
Tuesday, Jan 23	We flow and operate in the power of God.	Matthew 16:17-19 Acts 2:43 Romans 15:17-19

# 21 Day Prayer Focus

Week 3		
Day	Focus	Scriptures
Wednesday, Jan 24	Our faith increases.	Luke 17:5-6, James 2:14-26, Jude :20-21
Thursday, Jan 25	Ministry explode with evangelism, souls, and discipleship. Belong Groups filled	Acts 2:41-47, Acts 4:23 -35, Colossians 1:10
Friday, Jan 26	People will experience restoration through its members and partners.	Isaiah 43:1-21, Isaiah 61:1-2, 2 Corinthians 9:6-15
Saturday, Jan 27	Marriages and families	Joshua 24:14-15, Mark 10:7-9
Sunday, Jan 28	Finances: stronghold of debt broken, debt cancellation experienced, multiplication in giving, the seed increase in the people's hand. Fruition of Restoration Next strategic plan.	Proverbs 3:9-19, Amos 9:13-15 (MSG), 2 Corinthians 9:10
Monday, Jan 29	Election: the Kingdom of God be established, we have leaders after His own heart.	Romans 13:1, 1 Timothy 2:1-4
Tuesday, Jan 30	Ministry growth, 300+ attendance before end of 2024.	Acts 5:12-16, Acts 11:21-26



# JANUARY

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b> <i>Fasting begins 12am</i>		<b>11</b>		<b>12</b>		<b>13</b>	
						<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church <b>Fasting:</b> Juice & Liquids January 10 at 12am to January 12 at 11:59pm		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church <b>Fasting:</b> Juice & Liquids January 10 at 12am to January 12 at 11:59pm		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church <b>Fasting:</b> Juice & Liquids January 10 at 12am to January 12 at 11:59pm		Restoration Reboot 3D Dream Team Summit 10am-3pm Off Campus (See ministry website events tab) Prayer: No prayer at church. 12am - 2pm Daniel fast or Intermittent fasting	
						MATTHEW 1 - 7		MATTHEW 8 - 14		MATTHEW 15 - 21		MATTHEW 22 - 28	
<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>	
12am - 2pm Daniel fast or Intermittent fasting		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church 12am - 2pm Daniel fast or Intermittent fasting		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church 12am - 2pm Daniel fast or Intermittent fasting		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church 12am - 2pm Daniel fast or Intermittent fasting		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church 12am - 2pm Daniel fast or Intermittent fasting		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church 12am - 2pm Daniel fast or Intermittent fasting		<b>Prayer:</b> 10:00am-11:00am @ The Restoration Place Church 12am - 2pm Daniel fast or Intermittent fasting	
MARK 1 - 7		MARK 8 - 14		MARK 15 - LUKE 5		LUKE 6 - 12		LUKE 13 - 19		LUKE 20 - JOHN 2		JOHN 3 - 9	
<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>	
12am - 2pm Daniel fast or Intermittent fasting		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church 12am - 2pm Daniel fast or Intermittent fasting		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church 12am - 2pm Daniel fast or Intermittent fasting		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church 12am - 2pm Daniel fast or Intermittent fasting		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church 12am - 2pm Daniel fast or Intermittent fasting		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church 12am - 2pm Daniel fast or Intermittent fasting		<b>Prayer:</b> 10:00am-11:00am @ The Restoration Place Church 12am - 2pm Daniel fast or Intermittent fasting	
JOHN 10 - 16		JOHN 17 - ACTS 2		ACTS 3 - 9		ACTS 10 - 16		ACTS 17 - 23		ACTS 24 - ROMANS 2		ROMANS 3 - 8	
<b>28</b>		<b>29</b>		<b>30</b> <i>Fasting ends 2:00pm</i>		<b>31</b>							
12am - 2pm Daniel fast or Intermittent fasting		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church 12am - 2pm Daniel's fast or Intermittent fasting		<b>Prayer:</b> 6:00am - 7:00am @ The Restoration Place Church 12am - 2pm Daniel's fast or Intermittent fasting		New Testament Reading Continues							
ROMANS 9 - 15		ROMANS 16 - 1 COR 6		1 CORINTHIANS 7 - 13		1 COR 14 - 2 COR 4							

## FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
				New Testament Reading Continues		
				2 COR 5 - 11	2 COR 12 - GAL 5	GALTIANS 6 - EPH 6
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
PHILIPPIANS 1 - COL 3	COL 4 - 1 THESS 5	2 THESS 1 - 1 TIM 4	1 TIM 5 - 2 TIM 4	TITUS 1 - HEBREWS 3	HEBREWS 4 - 9	HEB 10 - JAMES 2
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
JAMES 3 - 1 PETER 3	1 PETER 4 - 1 JOHN 1	1 JOHN 2 - 3 JOHN 1	JUDE 1 - REV 4	REVELATION 5 - 9	REVELATION 10 - 14	REVELATION 15 - 19
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
REVELATION 20 - 22						
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>		