



Solid Rock Full Gospel Baptist Church Ministries International

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FOCUS: To Renew, Restore and Reset our commitment to the Lord and the Body of Christ

21 DAYS SPIRITUAL FASTING & CLEANSING PLAN

The 21-Day Fast will begin on Monday, January 3, 2022, at 6:00 p.m. and
conclude on Sunday, January 23, 2022, at 6:00 a.m.

What is the Daniel Fast?

The Daniel Fast is a healthy, 21-day fast, based on the Old Testament story of Daniel, who rejected the king's rich food in order to honor God's best for him and his friends. Daniel's request was not about a diet plan; rather, he understood God wanted him to live a healthy lifestyle so he could serve God no matter where he was located. Healthy living requires faith as the foundation, trusting that God's way is the best way, while following his prescription for your health.

"At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. So, the guard took away their choice food and the wine they were to drink and gave them vegetables instead."
Daniel 1:15-16

Practical Insight About Our Fast

Fasting is a way to demonstrate that we are serious with God. Fasting helps us gain a new perspective and a renewed reliance upon God. Anything given up temporarily, in order to focus all our attention on God can be considered a fast (*1 Corinthians 7:1-5*). Fast as the Lord would lead you. Some may not be able to fast from food due to medical restrictions.

- Fasting is a Christian's voluntary abstinence from food or spiritual purposes.
- Fasting does not have to be specifically food, but the denial of any legitimate desire for spiritual purposes.
- Scripture describes the fasting of numerous individuals including Jesus (Matthew 4:2), Daniel (Daniel 1:12), John the Baptist (Matthew 3:4) and Esther (Esther 4:16)

The intent is to permanently increase your awareness of what you are putting into your temple (*body*) and to increase your ability to deny the flesh when needed. An ability to deny the flesh is an ability to get closer to God and God's plan for your life. Each day has scriptural and meditative references.

It is strongly advised that you have a partner for support and strength (*such as a spouse, prayer partner or friend*) during the fast.

"...that ye may give yourselves to fasting and prayer; and come together again..." I Corinthians 7:5

"I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." Daniel 10:3

INSTRUCTIONS: It is important that you eliminate each of the following for the entire 21 day:

- Junk foods and snacks
- Beverages with caffeine, carbonation, corn syrup, fructose and sugar
- Bread, enriched grains, and rice
- Meats, fish, poultry, dairy, eggs
- Fried foods
- Margarine, shortening, high fat products

NOTE: You should consult your physician or other health care professional before starting this or any other diet program to determine if it is right for your needs.

IMPORTANT FAST RECOMMENDATIONS:

- Increase water consumption to 3-4 quarts per day
- As you eliminate meat (*all flesh foods*) from your diet, be sure to increase your intake of vegetables
- Fruit consumption is encouraged especially apples, pears, melons, papaya, grapes. These fruits help to cleanse the body and will limit acid in the stomach. Bananas may be eaten, but only when ripe with brown spots - no green edges. Citrus fruits should be limited or eaten with caution because of their acidic nature.
- Consider investing in an economical juice machine that will increase the nutritional value of juices, especially for vegetable juices. If you do not have a juicer, purchase fresh pressed vegetable juices and non-concentrated juices from a health center or health food store (*Fresh Fields, Trader Joe's, Whole Foods, MOM's, etc.*)
- Drink natural fruit juices, non-concentrated is preferred. Apple and cranberry helps to cleanse the body. Avoid all added sweeteners such as extra fructose, corn syrup and sugar.
- Strict vegetarians are especially advised to use a juice machine. Juice machines ensure "live" juices that have more nutrients. Drink the juice soon after preparation.
- Steam vegetables for 2-3 minutes in little water to preserve vitamins and minerals. Over cooking will kill the nutritional value of your vegetables. Eat okra in abundance – great for the colon. You may add olive oil sparingly to cook vegetables or raw salads – also good for the colon.
- Create your own salad dressing using olive oil, apple cider vinegar and spices (*onion, garlic, basil, cayenne*)
- For salt, it is preferable to use sea salt after cooking. All Spices are welcome except black pepper- use cayenne instead (*stimulates blood circulation*). Spices such as basil, bay leaves, and ginger are excellent.
- NO CONDIMENTS – mustard, mayonnaise, ketchup, hot sauce, relish, etc.
- Over consumption of vegetables before the days when you only drink fluids may cause a certain amount of withdrawal of calories and volume (*headaches and/or nightmares*). Taper off portions to gradually reduce the appetite.
- Include only daily natural cleanser in your diet, such as Psyllium husks, or the commercial product, Metamucil (*1 tbsp. in juice daily*).
- Steam vegetable pulp extracted from juicer and store to use as a broth or soup.

Day 1

Thought:

Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present.

Scripture for meditation:

“¹Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. ²Wash away all my iniquity and cleanse me from my sin. ³For I know my transgressions, and my sin is always before me. ⁴Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.” Psalm 51:1-4 (NIV)

Prayer:

Lord, my past has the tendency to haunt me. I need to give my past sins and shortcomings to you. I want to be an overcomer and walk in the newness of life that you have called me to. I know that you want me to live life and live it more abundantly. Help me to trust you and what you have for me. Amen.

Day 2

Thought:

Nothing satisfies like Jesus.

Scripture for meditation:

“¹³Jesus replied, “Anyone who drinks this water will soon become thirsty again. ¹⁴But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life.” ¹⁵“Please, sir,” the woman said, “give me this water! Then I’ll never be thirsty again, and I won’t have to come here to get water.” ¹⁶“Go and get your husband,” Jesus told her. ¹⁷“I don’t have a husband,” the woman replied. Jesus said, “You’re right! You don’t have a husband— ¹⁸for you have had five husbands, and you aren’t even married to the man you’re living with now. You certainly spoke the truth!” ³⁹Many of the Samaritans from that town believed in him because of the woman’s testimony, “He told me everything I ever did.” John 4:13-18, 39 (NLT)

Prayer:

Lord, I am a sinner in need of your Living Water – nothing else will do. Thank you for the blood you shed on the cross for my sins and for forgiving me every day. Help me to stand and boldly proclaim the truth of my salvation. Fill me with the passion of your Holy Spirit as I testify to a dying world that Your love is real. You are Living Water bubbling over in my soul. Amen.

Day 3

Thought:

God's grace is greater than any sin we could commit.

Scripture for meditation:

“²²Joshua said to the two men who had spied out the land, “Go into the prostitute’s house and bring her out and all who belong to her, in accordance with your oath to her.” ²³So the young men who had done the spying went in and brought out Rahab, her father and mother, her brothers and sisters and all who belonged to her. They brought out her entire family and put them in a place outside the camp of Israel. ²⁴Then they burned the whole city and everything in it, but they put the silver and gold and the articles of bronze and iron into the treasury of the LORD’s house. ²⁵But Joshua spared Rahab the prostitute, with her family and all who belonged to her, because she hid the men Joshua had sent as spies to Jericho—and she lives among the Israelites to this day.” Joshua 6:22-25 (NIV)

Prayer:

Lord, I thank you that you do not hold my past against me. Help me to recognize that your Grace has covered all my sin. Help me to have the faith like Rahab to serve you regardless of my past. Thank you Lord for your forgiveness and for the chance at a new life of serving you. Amen.

Day 4

Thought:

Trust the sender.

Scripture for meditation:

“¹⁰Come, I will send you to Pharaoh that you may bring my people, the children of Israel, out of Egypt.” ¹¹But Moses said to God, “Who am I that I should go to Pharaoh and bring the children of Israel out of Egypt?” Exodus 3:10-11 (ESV)

Prayer:

Lord God, I am apprehensive in serving you at times. I perceive that the threats before me are somehow greater than the God who made me. I need your courage to live without fear and doubt and to trust your will for my life. Guide my feet to travel into those areas that you have called me to. Allow me to have a boldness in you and trust your voice above all else. In Jesus name, I pray Amen!

Day 5

Thought:

Jesus forgives because he loves us and his forgiveness empowers us to serve Him.

Scripture for meditation:

“¹⁷A third time he asked him, “Simon son of John, do you love me?” Peter was hurt that Jesus asked the question a third time. He said, “Lord, you know everything. You know that I love you.” Jesus said, “Then feed my sheep.” John 21:17 (NLT)

Prayer:

Jesus, thank you for loving me despite my many sins. Even though I continuously fail, you forgive me and still use me for your glory. Although I make mistakes, I am still able to overcome my past through your power. Thank you for allowing my mistakes and your grace to work together for your glory. I praise you for the unmerited favor that you extend in spite of my past. Amen.

Day 6

Thought:

The past is a process.

Scripture for meditation:

“²He prayed to the LORD and said, “Please LORD, was not this what I said while I was still in my own country? Therefore, in order to forestall this; I fled to Tarshish, for I knew that You are a gracious and compassionate God, slow to anger and abundant in loving kindness, and one who relents concerning calamity. ³Therefore now, O LORD, please take my life from me, for death is better to me than life.” ⁴The LORD said, “Do you have good reason to be angry?” Jonah 4:2-4(NASB)

Prayer:

Lord, I trust you with every area of my life. My past, present, and future. I pray for continued healing and the strength to walk through the process that you are taking me through. I fully accept what you are doing, and I thank you for providing me a different perspective on the experiences that you have allowed me to go through. In Jesus name, Amen.

Day 7

Thought:

God has placed people in our lives.

Scripture for meditation:

“¹⁶But Ruth said, “Do not urge me to leave you or turn back from following you; for where you go, I will go, and where you lodge, I will lodge. Your people shall be my people, and your God, my God. ¹⁷Where you die, I will die, and there I will be buried. Thus may the LORD do to me, and worse, if anything but death parts you and me.” Ruth 1:16, 17 (NASB)

Prayer:

Lord, help me to make the most of every moment I get to share with those that you have placed in my life. Help me to celebrate the memories of what I was blessed to have in the past with hope of an even better future. Thank you for the rich relationships that have shaped my life and made me who I am today. Show me how to value the people you have placed in my life. In Jesus name, Amen.

Day 8**Thought:**

Our best response to temptation is to run away.

Scripture for meditation:

“¹²She caught him by his cloak and said, “Come to bed with me!” But he left his cloak in her hand and ran out of the house.” Genesis 39:12 (NIV)

Prayer:

Heavenly Father, my aim is to seek your Kingdom! Turn me away from evil temptation and toward your righteousness. Give me strength as I face the allurements of the world each day. Bless me to pursue things that are true, noble, right, pure, lovely, and admirable. Regulate my thoughts and actions so that I may please you. Amen.

Day 9**Thought:**

He is enough!

Scripture for meditation:

“⁴Then the LORD said to Moses, “Behold, I am about to rain bread from heaven for you, and the people shall go out and gather a day’s portion every day, that I may test them, whether they will walk in my law or not.” Exodus 16:4 (ESV)

Prayer:

God allow me to trust in you alone when it comes to my needs. Thank you for providing more than I need. You are faithful and just. Help me to trust that you will never leave me nor forsake me. Create a grateful heart in me, and help me to be content with what you have provided. Give me a generous heart so that I may freely give back to you in full measure how you have given to me. In Jesus name, I pray Amen!

Day 10**Thought:**

Our hearts are never hidden from God.

Scripture for meditation:

“¹But there was a certain man named Ananias who, with his wife, Sapphira, sold some property. ²He brought part of the money to the apostles, claiming it was the full amount. With his wife’s consent, he kept the rest. ³Then Peter said, “Ananias, why have you let Satan fill your heart? You lied to the Holy Spirit, and you kept some of the money for yourself. ⁴The property was yours to sell or not sell, as you wished. And after selling it, the money was also yours to give away. How could you do a thing like this? You weren’t lying to us but to God!” Acts 5:1–4 (NLT)

Prayer:

Lord, my heart is prone to wander from the God I love. I gravitate toward things and at times I am willing to go to great lengths to gain them. Lord, help me to be content with what I have and turn my heart toward you.

Day 11

Thought:

Comparison to others leads to discontentment.

Scripture for meditation:

“⁶When the men were returning home after David had killed the Philistine, the women came out from all the towns of Israel to meet King Saul with singing and dancing, with joyful songs and with timbrels and lyres. ⁷As they danced, they sang: “Saul has slain his thousands, and David his tens of thousands.” ⁸Saul was very angry; this refrain displeased him greatly. “They have credited David with tens of thousands,” he thought, “but me with only thousands. What more can he get but the kingdom?” ⁹And from that time on Saul kept a close eye on David.” 1 Samuel 18:6-9 (NIV)

Prayer:

Lord, bless me with a thankful spirit, full of gratefulness and appreciation for all the things that you have done for me. Thank you Lord for loving and forgiving me despite my sinful nature. Give me a clean heart God, renew a right spirit within me so that I can love others, free from the ugliness of pride, jealousy, envy, and hatred. Amen.

Day 12

Thought:

Let it Go:

Scripture for meditation:

“¹Adam made love to his wife Eve, and she became pregnant and gave birth to Cain. She said, “With the help of the LORD I have brought forth a man.” ²Later she gave birth to his brother Abel. Now Abel kept flocks, and Cain worked the soil. ³In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. ⁴And Abel also brought an offering—fat portions from some of the firstborn of his flock. The LORD

looked with favor on Abel and his offering, ⁵but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast.” Genesis 4:1-5 (NIV)

Prayer:

Lord, thank you for sending your son Jesus to conquer death, hell, and the grave. Because you died on the cross, I am more than a conqueror. Because you were raised from the dead, I have a seat in your kingdom. Thank you God that sin no longer controls me! Help me to learn to Let it Go! Lord help me to focus more on the plan you have for my future instead of the past that you saved me from. Thank you for saving me because I cannot save myself. Help me to understand that we are all equal at the foot of the cross and traits like anger and jealousy are not from you. Give me the wisdom to please you in all that I say and do. Amen.

Day 13

Thought:

Manipulation is never the better choice.

Scripture for meditation:

“⁴¹So Esau bore a grudge against Jacob because of the blessing with which his father had blessed him; and Esau said to himself, “The days of mourning for my father are near; then I will kill my brother Jacob.” ⁴²Now when the words of her elder son Esau were reported to Rebekah, she sent and called her younger son Jacob, and said to him, “Behold your brother Esau is consoling himself concerning you by planning to kill you. ⁴³Now therefore, my son, obey my voice, and arise, flee to Haran, to my brother Laban!” Genesis 27:41-43 (NASB)

Prayer:

Lord, help me to be fully aware of moments when I am manipulating a situation for my benefit at the expense of others. Help me to focus on the necessary changes in my life to have an eternal focus. Replace my desire for earthly significance, with the desire for eternal significance so that I can be used to impact the world for you. In Jesus name, Amen

Day 14

Thought:

Appearance over reality.

Scripture for meditation:

“⁴⁷While he was still speaking a crowd came up, and the man who was called Judas, one of the Twelve, was leading them. He approached Jesus to kiss him, ⁴⁸but Jesus asked him, “Judas, are you betraying the Son of Man with a kiss?” ⁴⁹When Jesus’ followers saw what was going to happen, they said, “Lord, should we strike with our swords?” ⁵⁰And one of them struck the servant of the high priest, cutting off his right ear. ⁵¹But Jesus answered,

“No more of this!” And he touched the man’s ear and healed him. ⁵²Then Jesus said to the chief priests, the officers of the temple guard, and the elders, who had come for him, “Am I leading a rebellion, that you have come with swords and clubs? ⁵³Every day I was with you in the temple courts, and you did not lay a hand on me. But this is your hour—when darkness reigns.” Luke 22:47-53 (NIV)

Prayer:

Lord, thank you for the many lessons I can learn in your word. Help me to be open about the struggles I face in this life. Help me to not hide my sins or try to appear perfect because I know I need your amazing grace and mercy. Thank you Lord that you always know my heart. Create in me a clean heart Lord so that I may truly worship you. Amen

Day 15

Thought:

Fear is False Evidence Appearing Real.

Scripture for meditation:

“⁵Then Moses and Aaron fell face down on the ground before the whole community of Israel. ⁶Two of the men who had explored the land, Joshua son of Nun and Caleb son of Jephunneh, tore their clothing. ⁷They said to all the people of Israel, “The land we traveled through and explored is a wonderful land! ⁸And if the LORD is pleased with us, he will bring us safely into that land and give it to us. It is a rich land flowing with milk and honey. ⁹Do not rebel against the LORD, and don’t be afraid of the people of the land. They are only helpless prey to us! They have no protection, but the LORD is with us! Don’t be afraid of them!” Numbers 14:5–9 (NLT)

Prayer:

Lord, help me to push past being frightened and paralyzed about failing. Lord reveal your words of affirmation and assurance when I encounter fear. When I do fail, help me to fail forward and learn the valuable lessons you want to teach me for your glory. Amen.

Day 16

Thought:

Fasting and Prayer opens doors.

Scripture for meditation:

“¹⁰Then she instructed him to say to Mordecai, ¹¹“All the king’s officials and the people of the royal provinces know that for any man or woman who approaches the king in the inner court without being summoned the king has but one law: that they be put to death unless the king extends the gold scepter to them and spares their lives. But thirty days have passed since I was called to go to the king.” ¹²When Esther’s words were reported to Mordecai, ¹³he sent back this answer: “Do not think that because you are in the king’s house you alone of all the Jews will escape. ¹⁴For if you remain silent at this time, relief

and deliverance for the Jews will arise from another place, but you and your father's family will perish. And who knows but that you have come to your royal position for such a time as this?" ¹⁵Then Esther sent this reply to Mordecai: ¹⁶"Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish." Esther 4:10-16 (NIV)

Prayer:

Lord, I thank you for this time of prayer and fasting. I come to you with a desire to hear a word from you. Speak to me Lord. Lead and guide me on this life's journey and help me to know the plans you have for my life. Help me to be in your will and to obey what you have called me to do. Amen.

Day 17

Thought:

We never lose when we are obedient to God.

Scripture for meditation:

¹Sometime later God tested Abraham. He said to him, "Abraham!" "Here I am," he replied. ²Then God said, "Take your son, your only son, whom you love—Isaac—and go to the region of Moriah. Sacrifice him there as a burnt offering on a mountain I will show you." ⁹When they reached the place God had told him about, Abraham built an altar there and arranged the wood on it. He bound his son Isaac and laid him on the altar, on top of the wood. ¹⁰Then he reached out his hand and took the knife to slay his son. ¹¹But the angel of the LORD called out to him from heaven, "Abraham! Abraham!" "Here I am," he replied. ¹²"Do not lay a hand on the boy," he said. "Do not do anything to him. Now I know that you fear God, because you have not withheld from me your son, your only son." ¹³Abraham looked up and there in a thicket he saw a ram caught by its horns. He went over and took the ram and sacrificed it as a burnt offering instead of his son. ¹⁴So Abraham called that place The LORD Will Provide. And to this day it is said, "On the mountain of the LORD it will be provided." Genesis 22:1-2, 9-14 (NIV)

Prayer:

God of compassion, God of mercy, I trust you. Help me to trust You Father with my fears. Lord, help me to be obedient. Help me to place your will for my life above my desires. Allow me to hear your voice and to act on your directions. Amen.

Day 18

Thought:

Growth can occur in unlikely places.

Scripture for meditation:

“⁵⁴Coming to his hometown, he began teaching the people in their synagogue, and they were amazed. “Where did this man get this wisdom and these miraculous powers?” They asked. ⁵⁵“Isn’t this the carpenter’s son? Isn’t his mother’s name Mary, and aren’t his brothers James, Joseph, Simon and Judas? ⁵⁶Aren’t all his sisters with us? Where then did this man get all these things?” ⁵⁷And they took offense at him. But Jesus said to them, “A prophet is not without honor except in his own town and in his own home.”

Matthew 13:54-57 (NIV)

Prayer:

Dear God, thank you for how you created me and for my beginning. You made me in a unique way. Help me to not be concerned with how others view me. Let me be concerned with seeking acceptance from you alone. Help me to find comfort in knowing that I am loved and accepted by you! Amen

Day 19

Thought:

God’s grace covers our inadequacies.

Scripture for meditation:

“¹⁵When the water was gone, she put the boy in the shade of a bush. ¹⁶Then she went and sat down by herself about a hundred yards away. “I don’t want to watch the boy die,” she said, as she burst into tears. ¹⁷But God heard the boy crying, and the angel of God called to Hagar from heaven, “Hagar, what’s wrong? Do not be afraid! God has heard the boy crying as he lies there. ¹⁸Go to him and comfort him, for I will make a great nation from his descendants.” ¹⁹Then God opened Hagar’s eyes, and she saw a well full of water. She quickly filled her water container and gave the boy a drink.” Genesis 21:15–19 (NLT)

Prayer:

Lord, at times I feel I am not good enough. Open my eyes to see myself as you see me. Lord, help me to believe what you say about me over what others say about me. Help me to turn to you for reassurance when I feel I am inadequate. Amen

Day 20

Thought:

Fear, I’m sorry but I must evict you! Faith lives here now.

Scripture for meditation:

“¹³One day when Job’s sons and daughters were feasting and drinking wine at the oldest brother’s house, ¹⁴a messenger came to Job and said, “The oxen were plowing and the donkeys were grazing nearby, ¹⁵and the Sabeans attacked and made off with them. They put the servants to the sword, and I am the only one who has escaped to tell you!” ¹⁶While he was still speaking, another messenger came and said, “The fire of God fell from the

heavens and burned up the sheep and the servants, and I am the only one who has escaped to tell you!” ¹⁷While he was still speaking, another messenger came and said, “The Chaldeans formed three raiding parties and swept down on your camels and made off with them. They put the servants to the sword, and I am the only one who has escaped to tell you!” ¹⁸While he was still speaking, yet another messenger came and said, “Your sons and daughters were feasting and drinking wine at the oldest brother’s house, ¹⁹when suddenly a mighty wind swept in from the desert and struck the four corners of the house. It collapsed on them and they are dead, and I am the only one who has escaped to tell you!” ²⁰At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship.” Job 1:13-20 (NIV)

Prayer:

Father, teach me to put my trust in you and you alone. Help me to not fear losing anything but your presence. Remind me that in you I have all that I need. There is no insufficiency in you. Teach me that suffering for righteousness sake allows you to get the glory and my tests to become testimonies. In Jesus name, Amen!

Day 21

Thought:

Take Courage!

Scripture for meditation:

¹Then Jerubbaal (that is, Gideon) and all the people who were with him rose early and encamped beside the spring of Harod. And the camp of Midian was north of them, by the hill of Moreh, in the valley. ²The LORD said to Gideon, “The people with you are too many for me to give the Midianites into their hand, lest Israel boast over me, saying, ‘My own hand has saved me.’ ³Now therefore proclaim in the ears of the people, saying, ‘Whoever is fearful and trembling, let him return home and hurry away from Mount Gilead.’” Then 22,000 of the people returned, and 10,000 remained. ⁴And the LORD said to Gideon, “The people are still too many. Take them down to the water, and I will test them for you there, and anyone of whom I say to you, ‘This one shall go with you,’ shall go with you, and anyone of whom I say to you, ‘This one shall not go with you,’ shall not go.” ⁵So he brought the people down to the water. And the LORD said to Gideon, “Everyone who laps the water with his tongue, as a dog laps, you shall set by himself. Likewise, everyone who kneels down to drink.” ⁶And the number of those who lapped, putting their hands to their mouths, was 300 men, but all the rest of the people knelt down to drink water. ⁷And the LORD said to Gideon, “With the 300 men who lapped I will save you and give the Midianites into your hand, and let all the others go every man to his home.” ⁸So the people took provisions in their hands, and their trumpets. And he sent all the rest of Israel every man to his tent, but retained the 300 men. And the camp of Midian was below him in the valley.” Judges 7:1-8 (ESV)

Prayer:

God, there are obstacles and barriers in my life today that I am afraid to face. I need you to give me your spirit of courage. I have tried to make this “thing” go away and yet it remains so God today by your power remove my fear. I need new eyes to view you through, and a new perspective to witness your hand at work. Allow me to accept your plan of protection for everything in my life. The battle is yours. In Jesus’ name, I pray Amen!

We thank God for each of you and pray that you continue to strive to renew, restore and reset your relationship with Him and the body of Christ.