



CALVARY
BAPTIST CHURCH

2025

**The Year to
Thrive
Fasting Guide**

www.calvaryforward.org

Bishop W. James Thomas, II, Senior Pastor

Prayer

Make a daily commitment to spend extra time praying and seeking God.

Wednesday Evening Corporate Prayer

Join us on January 8, 2025, at 7:00 PM in the Sanctuary.

Prayer is an essential ingredient when fasting. Prayer also requires a focus. Prayer is not us providing God with a list of wants as much as it is opening ourselves to the will of God.

To simplify the process, we will provide you with a focus to add to those items that are most pressing on your heart. Be open to hearing what God wants to show you, knowing that the breakthroughs, miracles, and answers are the result of prayer.

Pray prayers of total surrender, aim to glorify God, and make knowing Jesus your primary goal. Focusing first on Who God is because this will allow you to make Him larger than your challenges.

Set a time and place to pray daily. Don't overcomplicate this! Just talk to God. If you don't plan to pray, you won't be disciplined.

“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 I will hear from heaven, and I will forgive their sin and will heal their land.”

- 2 Chronicles 7:14

Fasting

For 21 days, we are encouraging you to participate in the Daniel Fast—no meat, no bread, no dessert. You are encouraged, however, to go deeper and choose something unique and personal to fast, such as TV, social media, or anything that will specifically stretch or challenge you.

The following are some types of fasting:

1. **Normal Fast** - Going without food of any kind for a certain number of days and instead drinking plenty of water. Depending on the length of the normal fast, you may also choose to take clear broth and juices to maintain strength.
2. **Partial Fast** - A partial fast usually involves giving up particular foods and drinks for an extended period. (The most common example is Daniel’s fast, where Daniel refused to eat choice meats and sweets from the king’s table, asking instead only to eat vegetables and water.)
3. **Soul Fast** – Sometimes, we use the word “fast” when abstaining from pleasures besides food, like TV, the internet, or, for married couples, sex. You might know people who have gone on a “social media fast” or a “screen fast” for spiritual reasons. Social media, TV, etc.

“So we fasted and petitioned our God about this, and he answered our prayer.”

- Ezra 8:23

Important Note: Fasting requires reasonable precautions for those with health concerns. *Please consult your physician prior to beginning your fast*, especially if you have any pre-existing conditions, are taking medication, are pregnant, or are nursing a baby.

“The key to finishing strong is to start strong. We’re encouraging everyone to commit to the **Daniel Fast (which means no bread, no meat, and no dessert for 21 days)**; however, we understand that you may need to modify your fast for medical or personal reasons.

Do not allow what you choose to eat or eat to become the focus. Keep the main thing the main thing: disconnecting from your regular patterns and habits in order to connect to God. We are all in different places in life. Our jobs, schedules, health conditions, and personal walks with God each present various levels of demands on our energy and time. Whether you’ve fasted before or this is your first time, start where you are. While your personal fast should present a level of challenge, it’s very important to know your own body and follow what the Holy Spirit leads you to do. Remember, the goal of fasting is not just to abstain from food. The goal is to get closer to God.

Fasting Tips

In preparation for these 21 Days of Prayer & Fasting, here are some tips that will make your journey successful. **Please read the following information and prayerfully consider how it may or may not apply to your personal circumstances and convictions.**

1. **Begin and end well.** Prepare your body before starting the fast. The same principle applies to breaking your fast. When your fast is over, gradually add food to your diet. (i.e., it may not be wise to break your fast with greasy food).
2. **Consult your doctor.** If you’re nursing, pregnant, have an eating disorder, or suffer from a pre-existing health condition, then fasting certain foods or changing your nutritional diet drastically may not be the safest, healthiest, or wisest choice for you. Consider modifying the fast menu to meet your dietary restrictions and/or sacrificing something such as television shows, movies, or social media.
3. **Plan out your meals ahead of time.** Determine what each day and week will look like. Get your items ahead of time so you will not be tempted to veer off course.

4. **Maintain your energy throughout the day.** Eat or drink smaller portions every two-and-a-half to three hours. Depriving yourself can cause an energy deficiency and the temptation to overstuff at your next meal.
5. **Drink tons of water.** Drink a lot of water to support your liver function as it filters the body. Not drinking enough water can stop the liver from functioning at its highest capacity.
6. **Attend church as often as possible.** Being around other believers helps with accountability and will encourage you to keep going when fasting gets difficult. This includes Sunday services and Wednesday Bible Study.
7. **Select food items wisely.** Prepare a plan ahead of the fast, don't get legalistic about it, and be intentional. Stick to whole foods as much as you can, and limit artificial ingredients. Being unprepared will set you up to give in to temptation. With that in mind, don't allow food to become the focus of your fast.
8. **Lastly, don't get discouraged — even if you mess up.** Get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22–23). He wants you to finish, and He will give you the grace and strength to do it.

Daniel Fast

The Daniel Fast is a highly effective model to follow. With a healthy balance of spiritual focus and bodily discipline, benefits also include purification of the body and soul. Although it is one of the most commonly referred-to fasts, there is still room for broad interpretation.

The book of Daniel documents two separate accounts where the prophet Daniel fasted. In Chapter 1, he only ate vegetables and water, but in Chapter 10, Daniel ate no rich (or "choice") foods and abstained from meat and wine.

When referenced together, we can see that either of these, or combinations of the two, constitute a Daniel Fast. **Participating in the Daniel Fast means you're primarily allowed to eat fruits and vegetables— completely abstaining from**

meat, bread, and dessert (sugar) for 21 days. Allowing starchy vegetables and dairy is an individual decision.

Legumes

Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Oranges, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tomatoes, Tangelos, Tangerines, Watermelon

Vegetables

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Turnips, Watercress, Yams, Zucchini. *Veggie burgers are an option

Liquids

Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices, Herbal Teas.

Others

Brown Rice, Oats, Seeds, Nuts, Sprouts.

Try to Avoid:

All refined or processed food products. All animal products (meat, dairy, fish, etc.).

Meat (beef, poultry, lamb, etc.). Bread and other baked goods. Dairy products (milk, cream, etc.). Fried foods. Caffeine. Carbonated beverages. Foods containing preservatives or additives. Refined sugar and sugar substitutes. White flour and all products containing it. Margarine, shortening, and high-fat products.

Scripture Focus

Daily Bible-Reading is the other essential ingredient when fasting. We have provided some Scriptures to help you enhance your personal devotional time.

Week One – Vision - Priorities and Purpose

- January 6 – Purpose - Jeremiah 29:11
- January 7 – My Heart – Psalm 51:10
- January 8 – Limitlessness – Philippians 4:13
- January 9 – Relationships – Proverbs 27:17
- January 10 – Faith – Ephesians 1:18
- January 11 – Community – Matthew 5:14

Week Two – Power - Strength

- January 13 – Overcoming Weakness – 2 Corinthians 12:9
- January 14 – Faith – Hebrews 11:1
- January 15 – Journey – Isaiah 40:31
- January 16 – Overcoming Temptation – 1 Corinthians 10:13
- January 17 – Selflessness – Galatians 6:9
- January 18 – Witness – Acts 1:8

Week Three – Persistence – Prayer and Endurance

- January 20 – Prayer – 1 Thessalonians 5:17
- January 21 – Trials – James 1:2, 3
- January 22 – Doing Good – Hebrews 12:1
- January 23 – Hope – Romans 15:13
- January 24 – Serving – 1 Peter 4:10
- January 25 – God’s Promises – 2 Peter 3:9

Week Four – Thriving

- January 27 – Future – Psalm 27:13
- January 28 – Waiting – Psalm 27:14
- January 29 – Finishing – Philippians 3:13, 14

Please be intentional about this 21-day fast. Turn your desire to experience God into a discipline by serving, praising, worshipping, and obeying Him daily. Knowing that the joy of your salvation is unchanging can help you stay firm in your walk, regardless of what life brings your way. The prayer, fasting, and personal devotion you practice over this time of corporate fasting are all simple principles that you can incorporate long-term into your everyday life. These 21 days are designed to help us create space for God to fill. Protect that time and make God your priority each day. Maintain the Bible readings, consistent church attendance, and prayer.

Remember — this is not a legalistic thing. This is an “I GET TO experience God” thing. It is like taking your car in for a tune-up so it can run better. Don’t ever settle for anything less than a life full of passion and spiritual zeal that allows you to THRIVE. Keep the fire for God burning in your heart, and do whatever it takes to THRIVE, in Jesus’ name.

The historic Calvary Baptist Church of Dover, Delaware
410 Fulton St | Dover, DE 19904
Bishop W. James Thomas, II, D.Min., Senior Pastor

Sunday Worship: 8:00 AM & 11:00 AM
Sunday Church School & New Members Orientation: 9:45 AM
Wednesday Bible Study: 12 Noon & 7:00 PM

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