



# FASTING AND PRAYER

21 DAYS JAN 5-25 7 AM PRAYER

# CALL TO COVENANT RENEWAL

As we step into a new year, God is not calling us to make new resolutions—but to renew old commitments.

This is a sacred moment to return to what God already spoke, to realign our lives with God's will, and to stand before the Lord together.

Covenant renewal is not about becoming someone new—it's about returning to who God has already called us to be.

# THE BIBLICAL FOUNDATION

In Deuteronomy 29, Moses gathers the entire community—leaders, elders, children, and strangers—to stand before God.

They stand between what God has already done and what God is about to do.

This moment is not about nostalgia.

It's about responsibility, recommitment, and readiness.

*That same call rests on us now.*

# THE JOURNEY

This 21-day devotional is our shared journey as a church family. Together, we will:

- Recommit to Word and Worship
- Reinforce our identity and unity
- Remove barriers to faithfulness
- Ready ourselves for the future

God is unfolding

We are not walking alone—we are walking together.

# HOW TO PARTICIPATE

Each day is intentionally simple and spiritually focused:

- A **Scripture** to anchor your spirit
- A **Reflection Question** to examine your heart
- A **Renewal Activity** to practice faithful obedience
- A **Prayer** to offer back to God

Move slowly. Reflect honestly.

Covenant renewal happens when what God reveals within is lived outwardly.

# FASTING OPTIONS

## Consecration Through Fasting

As part of this season, you are invited to fast as the Lord leads:

- **Denial Fast:** Water only, 7AM–3 PM
- **Daniel Fast:** Fruits, vegetables, and water (Full food list available at [starbethbc.org](http://starbethbc.org))

Choose the fast that aligns with your health and spiritual capacity.

*Fasting is not about comparison—it is about consecration.*

# FASTING COMMITMENTS

During the fast, we commit to:

- **Morning Devotional** (Mon–Fri/7AM)
- **Bible Study & Sunday School** as acts of covenant faithfulness
- **Sacred Prelude** (Sundays, 10:45 AM)

## Acts of Faith

- Sow a seed of **\$21 or \$121**
- Pray daily for **seven people** who have strayed away from God to return.

**What we commit to together, God uses to transform us.**

# WEEK 1: JAN 5 - 11

## KEY PRINCIPLE: STANDING BEFORE GOD

### MON. JAN 5TH - STANDING TOGETHER (DEUTERONOMY 29:10-12)

- **Reflection Question:** How am I showing up spiritually and relationally, as part of God's covenant community?
- **Renewal Activity:** Attend worship, prayer, or Scripture reading this week with full presence—no multitasking, no rushing, no distractions.

### TUES. JAN 6TH - REMEMBERING GOD'S FAITHFULNESS (PSALM 77:11-12)

- **Reflection Question:** How does recalling God's faithfulness shape my trust today?
- **Renewal Activity:** Write down three specific moments where God sustained you and thank God aloud for each one.

### WED. JAN 7TH - HEARING FROM GOD CLEARLY (1ST SAMUEL 3:10)

- **Reflection Question:** What distractions are competing with God's voice in my life?
- **Renewal Activity:** Spend five minutes today in silence: no phone, no music, simply listening before God.

### THURS. JAN 8TH - OBEDIENCE AS A WAY OF LIFE (JOHN 14:21)

- **Reflection Question:** Where is God inviting me to align my actions more fully with God's will?
- **Renewal Activity:** Act on one instruction God has already made clear, without delay.

### FRI. JAN 9TH - FAITH BEYOND THE PRESENT (JOEL 2:28-29)

- **Reflection Question:** How might my faithfulness today impact someone beyond me?
- **Renewal Activity:** Pray intentionally for someone younger or newer in faith and ask God how you might encourage them.

### SAT. JAN 10TH - SHAPED BY THE WORD (COLOSSIANS 3:16)

- **Reflection Question:** How is Scripture shaping my attitudes and decisions right now?
- **Renewal Activity:** Read one Scripture slowly today before engaging any media or messages.

# WEEK 2: JAN 11 - 17

## KEY PRINCIPLE: LIVING THE COVENANT

### SUN JAN 11TH - WORSHIP THAT REORIENTS (PSALM 95:1-7)

- **Reflection Question:** What posture am I bringing into worship this season?
- **Renewal Activity:** Offer God intentional praise today through song, spoken gratitude, or prayer.

### MON JAN 12TH - ONE BODY, MANY MEMBERS (ROMANS 12:4-5)

- **Reflection Question:** How am I contributing to the health and unity of the church?
- **Renewal Activity:** Reach out to one person in the church this week with encouragement or care.

### TUES. JAN 13TH - GUARIND UNITY (PHILIPPIANS 2:1-4)

- **Reflection Question:** Where is God calling me to choose humility for the sake of unity?
- **Renewal Activity:** Practice restraint today by pausing before reacting, speaking, or assuming.

### WED. JAN 14<sup>TH</sup> ESTABLISHED AS GOD'S PEOPLE (1<sup>ST</sup> PETER 2:9-10)

- **Reflection Question:** How does knowing I belong to God shape my confidence and conduct?
- **Renewal Activity:** Affirm your identity in Christ through prayer rather than performance today.

### THURS. JAN 15TH - LIGHT FOR THE NEXT STEP (PSALM 119:105)

- **Reflection Question:** What step of faith is God inviting me to take next?
- **Renewal Activity:** Take one forward step today, even if the full path is not clear.

### FRI JAN 16<sup>TH</sup> - GUARDING THE HEART (PROVERBS 4:20-23)

- **Reflection Question:** What influences are shaping my heart right now?
- **Renewal Activity:** Limit one negative influence today, media, conversation, or habit.

### SAT JAN 17<sup>TH</sup> - FAITH THAT ACTS (JAMES 2:17)

- **Reflection Question:** What specific action am I willing to commit to that reflects a living, active faith?
- **Renewal Activity:** Schedule and complete one tangible act of service, generosity, or reconciliation this week.

# WEEK 3: JAN 18 - 25

## KEY PRINCIPLE: CLEARING THE WAY & PREPARING

### SUN JAN 18TH - REST AS COVENANT PRACTICE (EXODUS 20:8-10)

- **Reflection Question:** What keeps me from resting trustfully in God?
- **Renewal Activity:** Create intentional rest today by disconnecting, pausing, and breathing.

### MON JAN 19TH - NAMING WHAT HINDERS (HEBREWS 12:1)

- **Reflection Question:** What habit, pattern, or mindset is God calling me to release so I can live more holy?
- **Renewal Activity:** Establish one boundary today that supports a holier way of living, and keep it for seven days.

### TUES. JAN 20TH - REPENTANCE & RENEWAL (ACTS 3:19)

- **Reflection Question:** What do I need to turn away from so renewal can take place?
- **Renewal Activity:** Confess honestly before God and receive grace without self-condemnation.

### WED. JAN 21ST MAKING ROOM FOR THE NEW (LUKE 5:36-38)

- **Reflection Question:** What change is God inviting me to embrace?
- **Renewal Activity:** Release one outdated pattern or expectation today.

### THURS. JAN 22ND - PREPARING BEFORE CROSSING (JOSHUA 1:10-11)

- **Reflection Question:** How can I prepare spiritually and practically for what lies ahead?
- **Renewal Activity:** Organize one area of your life today to reflect readiness rather than delay.

### FRI JAN 23RD - WALKING BY FAITH (2 CORINTHIANS 5:7)

- **Reflection Question:** Where is God calling me to trust beyond my comfort?
- **Renewal Activity:** Take one courageous step today without over-explaining or delaying.

### SAT 24TH - RENEWED STRENGTH (ISAIAH 40:31)

- **Reflection Question:** What does waiting on God look like for me right now?
- **Renewal Activity:** Slow your pace today and resist the urge to rush, making one decision.

# WEEK 3: JAN 18 - 25

## KEY PRINCIPLE: CLEARING THE WAY & PREPARING

## SUN JAN 25TH -ESTABLISH FOR THE FUTURE (EXODUS 20:8-10)

- **Reflection Question:** What commitment am I making this first quarter to walk renewed, united, and ready?
- **Renewal Activity:** Write down your first-quarter commitment, pray over it, and revisit it weekly.

## NOTES

THE YEAR OF  
**COVENANT**  
*Renewal*

DEUTERONOMY 29:9 - 15