



Friendship Baptist Church of Christ Jesus  
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## A Call to Prayer and Fasting

We have stepped into the New Year of 2025, and realize we are getting closer to our Lord's return. We take time to evaluate our lives and examine ourselves through the Holy Spirit. Colossians 1:10 states, "that we might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God." The number one purpose God had in creating us was that we would know Him in a personal and intimate relationship, live a life pleasing unto Him, be a strong witness, and make God known everywhere we go by proclamation and Holy Ghost lifestyle.

As we embark on this God-chosen fast, let us relinquish any old baggage, surrender our lives Wholly to God, and be Holy as our God is Holy. *For without Holiness, no man shall see the Lord!* (Hebrews 12:14b) Let us as God's Disciples stand together in 2025, United by God's Love, Faith, Prayer, Purity, and Power, and do God's Work, God's Way, and Get God's Results Every Time! "Let us Thrive...in 2025"

### DANIEL FAST

The fast God has chosen for us is the partial fast patterned after the lifestyle of the prophet Daniel whose name means "God is my Judge". Daniel first entered into a fast to abstain from eating the King's meat or drinking the King's wine. (Daniel 1:1-21). The fast will be conducted as follows:

**January 19, 2025 (midnight) - February 18, 2025 (midnight)**

#### Allowable food items

**Whole Grains:** Rice, Oats, etc. - **Legumes:** Beans, Peas, Lentils, etc. - **Dairy/Protein:** Eggs, cheese, etc. - **Fruits, Vegetables, Nuts & Seeds:** all types - **Oils for sauteing:** Olive, Canola, Peanut oil - **Liquids:** Water, Fruit & Vegetable Juices

**NO meat, sweets or fried foods**

### SPIRITUAL PREPARATION

- Commit to confess, repent, and forsake all sin before and during the fast.
- Maintain a spiritual focus by removing distractions (media, literature, etc.)
- Set aside time daily for prayer, bible study, praise and worship- **See Prayer and Bible Reading Calendar**

### 2025 Church Theme- John 13:35

By this shall all men know that ye are my disciples, if ye have love one to another (KJV)

By this shall all men know that you are My disciples, if you have love and unselfish concern for one another (Amplified Bible)

This is how everyone will recognize that you are my disciples—when they see the love you have for each other (The Message Bible)