

# 2021 Prayer & Fasting Journal

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. ”

*Matthew 6:16-18 NKJV*

Fast Begins: Wednesday, February 24th @ 12:01 am

Fast Ends: "RESURRECTION SUNDAY" April 4th @ 12 noon

## *The Purpose of This Year's Fast*

This year, we will journey together during these 40 days of fasting and prayer by becoming more acquainted with some of the different names of God, and their meanings. The names of God are a direct reflection of His nature and His character. Our understanding of these Names will help us approach the Throne of Grace with confidence and assurance as we make our petitions known in prayer. The world may be changing, but our God remains the same. Yesterday, today, and forevermore...

*He continues to be the Unchanging, Prayer - Answering God.*

### Foods to abstain from:

- All Fried Foods and Pork
- Sweets (i.e. cookies, candy, cakes, sugar, gum, mints, etc.)
- All Junk Foods, Soft Drinks (Sodas), & Caffeine

### Activities to Abstain from:

- Secular T.V. programs | Unnecessary Shopping | Unnecessary Social Media Time
- Filling Your Days with Pleasure - filled Activities to Pass the Time

### Things to Do:

- Give ourselves daily to prayer and bible study. Read scriptures, and meditate on them. Reading them in different translations will be very helpful.
- Shut off the T.V, radio, computer, etc. and spend family time in prayer, bible study, bible reading and communication. Read together and discuss what you've read.
- Eat fruit, poultry, fish, beans, vegetables and all other items that are healthy.
- Absolute Fast (Water ONLY) - each Wednesday from 12:01 am until 12:00 noon (12 hours)

**MT. HEBRON**  
*Church Ministries*

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# Unchanging



## IN AN EVER CHANGING WORLD

Hebrews 13:8

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