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|  | | January 2024  31 Days of Prayer and Consecration @ FMBC | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
| Begin your  prayer journal  **Fasting This Week:**  *Caffeine, Soda, and your favorite snacks/foods* | *I Thessalonians*  *5:16-18*  **Pray** for FMBC disciple members and this month of prayer. | *I Timothy 2:1*  **Pray** for Pastor Butler,  Sister La Keisha, Dahlia and D.J. | *I John 5:14-15*  **Study the Word of God** Noon Bible Study and 6:30 pm study on prayer | *Matthew 6:9-13*  **Pray** for our ministerial and administrative staff. | *Mark 11:24*  **Pray** for our church leadership (deacons, trustees, and ministry leaders). | **Pray** for spiritual unity among disciple members |
| 7 | 8  Ephesians 6:17-18 | 9 | 10 | 11 | 12 | 13 |
| **Worship with Us and attend** Sunday School  **Fasting This Week:**  *Bread, Sweets, and social media* | *Psalm 145:17-21*  **Pray** for our children and youth | *Philippians 4:6-7*  **Pray** for the unsaved and for opportunities to witness | *James 5:16*  **Study the Word of God** Noon Bible Study and 6:30 pm study on prayer | *Matthew 6:5-8*  **Pray** for the church renovations and the renovation committee | *Psalm 69:13*  ***Pray*** for each FMBC ministry and ways you can use your gift(s). | **Pray** for spiritual and emotional breakthroughs. |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| **Worship with Us and attend** Sunday School  **Fasting This Week:**  *One Meal per day (partial fast)* | *Romans 8:26-27*  **Pray** for our Keenagers | *Psalm 4:1*  **Pray** for our Associate Ministers, Sunday School, bible study and mission teachers | *Daniel 9:17-19*  **Study the Word of God** Noon Bible Study and 6:30 pm study on prayer | *Psalm 55:22*  **Pray** for our Sick and Shut-in disciple members | *Jeremiah 29:12*  **Pray** for spiritual renewal and that spiritual gifts are stirred up. | **Pray** that strongholds against the body of Christ will be broken. |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| **Worship with Us and attend** Sunday School  **Fasting This Week:**  *Fruits and Vegetables Only* | *Ephesians 4:11-13*  **Pray** for Pastor Butler.  *Happy Birthday!* | *Hebrews 12:1-3*  **Pray** for our custodial staff | *Jeremiah 33:3*  **Study the Word of God** Noon Bible Study and 6:30 pm study on prayer | *Psalm 39:12*  **Pray** for our disciple members suffering from grief and bereavement. | *Hebrews 4:16*  **Pray** for marriages, families, and our single disciple members. | **Pray** for renewal, restoration, revival, and recommitment. |
| 28 | 29 | 30 | 31 |  |  |  |
| **Worship with Us and attend** Sunday School  **Fasting This Week:**  *6:00 am – 6:00 pm* | *Proverbs 15:29*  **Pray** for our college students and young adults | *Psalms 121:1-2*  **Pray** for a hunger and thirst to grow in God’s Word | *Colossians 4:2*  FMBC Day of Prayer 5:30 am – 5:30 pm | Review your prayer journal-THANK God for answered prayer |  |  |

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time. During this month of prayer and consecration, we invite you to participate as a church family in reading and meditating on the daily scriptures as well as praying for our faith family. We also invite you to fast during this time of consecration. Due to health concerns, specific dietary requirements, and other factors, you may be unable to participate in certain types of fasts. Other options are outlined below to allow you an opportunity to engage in this spiritual discipline. Here are a few fasts for you to consider as we begin 2024 drawing closer to God and listening for His voice.

Daniel Fast (partial fast)

Based on Daniel 1:12 - "Please test your servants for ten days and let them give us vegetables to eat and water to drink." Typical fast includes eating fruits, vegetables, no meat, no sweets, no bread, and drinking water and juice only (variations do exist).

Full Fast

Juice fast: drink fruit and vegetable juices and water only in place of solid food Water fast: no eating of food or drinking any other liquid except water  
***A full fast may require receiving instruction from your doctor, and it also requires a specific plan leading up to and following the completion of the fast***

Specific Food or Activity Fast

Omit one specific item from your meal plan (soda, sweets, etc.)

In cases where a food fast is not possible because of medical conditions or health concerns, you may also choose to omit a specific activity (social media, television, etc.)

**Please join us for prayeron Tuesday morning (5:00 am) and/or Friday morning (7:00 am). Call (717) 908-1834; Access Code: 254268#**

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God.” Philippians 4:6-7