

Bethel Baptist Church

2024 Fasting Guide



Bishop Darren A. Ferguson, Pastor
229 Wallace Street
Orange, NJ 07050

Day 1: (Monday, January 6th, 2024)

Morning/Evening Scriptures: James 1: 17-21/22-25

Focus for the day: ***Doers of the Word***

Day 2 (Tuesday, January 7th 2024)

Morning/Evening Scriptures: I Corinthians 3:5-11/12-17

Focus for the day: ***The Servant's Temple***

Day 3 (Wednesday, January 8th, 2024) Begin Phase I

Scripture: Isaiah 40:26-28/29-31

Focus for the Day: Strength

Day 4 (Thursday, January 9th, 2024)

Morning/Evening Scriptures Ephesians 6:1-10/11-18

Focus for the Day: ***Armor Up!***

Day 5 (Friday, January 10th, 2024)

Morning/Evening Scriptures James 4:1-7/8-17

Focus for the Day: ***Submission to God***

Day 6 (Saturday, January 11th, 2024)

Morning/Evening Scriptures: Matthew 18:18-20/ 21-22

Focus for the Day: ***Power and Forgiveness***

Day 7 (Sunday, January 12th, 2024)

Focus for the day: *Fasting*

Scriptures Isaiah 58:3-7/8-12

Day 8 (Monday, January 13th, 2024)

Morning/Evening Scriptures: Isaiah 61:1-5/6-10

Focus for the day: ***Salvation***

Day 9 (Tuesday, January 14th, 2024)

Morning/Evening Scriptures: Proverbs 1:7/ I Corinthians 1:18-30

Focus for the day: ***Wisdom***

Day 10 (Wednesday, January 15th, 2024) Begin Phase II

Focus for the day: ***Vision***

(Proverbs 29:18/Habakkuk 2:1-3)

Day 11 (Thursday, January 16th, 2024)

Morning/Evening Scriptures: I Timothy 1:12-16/17-20

Focus for the day: ***Transformation***

Day 12 (Friday, January 17th, 2024)

Morning/Evening Scriptures: John 8:31-41/42-59

Focus for the day: ***Christian Identity***

Day 13 (Saturday, January 18th, 2024)

Morning/Evening Scriptures: II Timothy 1:3-6/7-10

Focus for the day: ***Power***

Day 14 (Sunday, January 19th, 2024 – MLK Observance

Focus for the day: *The Fight For Justice*

Day 15 (Monday, January 20th, 2024)

Morning/Evening Scriptures: Psalm 27:1-7/8-14

Focus for the day: ***Assurance***

Day 16 (Tuesday, January 21st, 2024)

Morning/Evening Scriptures: Exodus 20:1-8/9-17

Focus for the day: ***Obedience***

Day 17 (Wednesday, January 22nd, 2024) Begin Phase III

Focus for the day: Purpose

(Romans 8:28; 2 Timothy 1:9)

Day 18 (Thursday, January 23rd, 2024)

Morning/Evening Scriptures: Philippians 2:3-6/7-11

Focus for the day: ***Humility***

Day 19 (Friday, January 24th, 2024)

Morning/Evening Scriptures: Daniel 3:1-8/9-18

Focus for the day: ***Faithfulness***

Day 20 (Saturday, January 25th, 2024)

Morning/Evening Scriptures: Daniel 3:19-25/26-30

Focus for the day: ***Deliverance***

Day 21 (Sunday, January 26th, 2024)

Morning/Evening Scriptures: James 1: 17-21/22-25

Focus for the day: ***Doers of the Word***

Monday, January 27th, 2024

Special Post – Fast ZOOM Worship/Prayer Experience @ 7:00 PM

Focus for the Day – Victory!!

Scripture: Revelation 21:6-7

Fasting Phases 1-3

Phase I Day 1-7¹

Diet remains the same, but all alcoholic beverages should cease during this week

Phase II: Day – 8-14

No Starch (includes all breads, pastas, or rice) - No Sodas or Sports Drinks

Phase III: Day 15-21

No Dairy (Milk, Cheese, Butter, etc.), No Candy or Snacks (Chips, Pretzels, etc.) or sugar products (white sugar, candy or gum – sugarless gum only)

Phase III: Day 22-28

No Meat or Poultry;

Only fruits, vegetables and water (No canned foods if possible)

¹ All Alcohol and alcohol related beverages should be refrained from during the course of the fast – this includes wine and beer, this transition should begin during week one- don't have a "last drink" on the last possible day, but begin to cleanse your spirit and your body from alcoholic products to prepare you for the diet portion. Smoking should also be reduced as much as possible during this fast.