



# Fasting & Prayer Guide 2025

**The Year of Momentum: Season of Fasting & Prayer: January 26 – 31, 2025**

Prayer Line: (848) 888-9025 daily at 7:00 PM CST.

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*The Place Where God Is Transforming Lives*

### What Is Fasting?

Fasting is an intentional denial rooted in a quest to get closer to God. Fasting is a physical sacrifice for spiritual growth and results in our personal lives. Fasting is also designed to break yokes of bondage and become free from demonic influence or oppression. Because the corporate church will be joining together in fasting and prayer, everyone who participates in the fast will see God move powerfully in the church as well as personally. Fasting is a commitment to deny your physical fleshly desires, to increase your spiritual awareness. Fasting requires much prayer and discipline. Fasting is strictly between you and God. Do not advertise verbally or via social media making it known that you are fasting; do not complain or make unfruitful comments pertaining your sacrifice; to say what you're fasting from or why is just like broadcasting on Facebook how *much* your last financial offering was to God. (Read: Mark 9:29, Matthew 6:18, Isaiah 58:6)

### What Is Prayer?

Prayer is your intentional reach for God's direct and specific involvement in your life. Prayer is communication with God, giving thanks, requests and desires, knowing He can and will respond with thought, ideas, situations, people and primarily His Word. (Read: James 5:16)

Daily Intercession will be at 7 PM CST via the prayer line (848)888-9025

### What Is Meditation?

Meditation is an act of giving your time, focus and attention to God and His Word. To meditate means to consider. Each day during the fast we have provided you with Scriptures; spend quiet time *meditating* on the Word and write down your reflections that come to you during your time of meditation. (Read: Psalm 1, Joshua 1:8)

### Fasting Details:

**Prohibited:** bread, sweets, fried foods, carbonated drinks, beef, pork, turkey, chicken, lamb

**Allowed:** [pescatarian diet which includes fish], 100% fruit juices, potatoes, fruits, vegetables, nuts, seeds, whole grains, beans, eggs and dairy

## The Year of Momentum – Prayer Targets and Schedule

Fasting begins at 6pm on Sunday, January 26th and concludes Friday, January 31st after prayer.

January 26th	Mantle of Momentum	Isaiah 60:22; Romans 9:28
January 27th	Momentum Vision	Habakkuk 2:2-3; Jeremiah 1:11-12
January 28th	Momentum Healing	3 John 1:2; Mark 5:34
January 29th	Momentum Deliverance	John 8:36; Acts 16:18
January 30th	Momentum Transformation	Jeremiah 18:1-6; Philippians 3:21
January 31st	Momentum Promises	2 Corinthians 1:20; Romans 4:21