

Rising Sun Baptist Church
7-Day Fall Fast
Sunday, December 5 thru Saturday, December 11, 2021

Fasting Schedule	Prayer Focus/ Scripture Readings	Congregational/ Community Prayer
<p>Sunday, December 5</p> <p>6 a.m. to 12 noon: Cereals and Fruits</p> <p>12 noon to 6 p.m.: Fish/Poultry, Salads, Fruits, and Vegetables, Carbohydrates (Bread)</p> <p>After 6 p.m.: No Food Water and Juices</p>	<p>Prayer Focus: Healing</p> <p>That we desire and are determined to follow God’s commands and live according to his will in every area of our lives—including diet. That by so doing we will enjoy good health and healing from all diseases.</p> <p>Scripture Reading Exodus 15:24-26 Isaiah 53:5</p>	<p>Gracious Father, you said in your word that the wheat and the tare would grow together. Thus, the righteous and the unrighteous share in the world’s resources. But we pray, O God, that you would touch our food and our water supply so that that which would afflict our enemy would be a blessing to us. Let the healing waters have their way with us. In Jesus’ name we pray. Amen.</p>
<p>Monday, December 6</p> <p>6 a.m. to 12 noon Cereals and Fruits</p> <p>12 noon to 6 p.m.: Fish/Poultry, Salads, Fruits, and Vegetables, Carbohydrates (Bread)</p> <p>After 6 p.m.: Water and Juices</p>	<p>Prayer Focus: Spiritual Growth</p> <p>That we would no longer be shallow in our faith, ignorant of the Word of God, weak in our daily worship, excuse-making when opportunities for spiritual growth are presented to us, or casual in our walk with the Christ.</p> <p>Scripture Reading: Ephesians 4:11-16 1 Peter 2:1-2</p>	<p>Our Lord and Our God, we beseech you in the name of Jesus to move us from spiritual milk to spiritual meat, to inspire us to deeper fellowship with you, to grow us up in areas where we are weak and immature, and lead us into stronger faith. Hear our prayer, Lord we pray. In Jesus’ name. AMEN.</p>
<p>Tuesday, December 7</p> <p>6 a.m. to 12 noon: Cereals and fruits</p> <p>12 noon to 6 p.m.: Fish, Fruits, Nuts and Vegetables,</p> <p>After 6 p.m.: Water and Juices</p>	<p>Prayer Focus: Love for Church</p> <p>That we would have true, authentic love for one another in the fellowship. That we yield and meet each other where we are.</p> <p>Scripture Readings: Ephesians 5:21 1 Corinthians 13</p>	<p>Dear Father, help me to remember that all of us belong to you. We are all your creation and you are not a respecter of persons. I must love my brother and sister because they belong to you. Fill me with your spirit that I, too, will love mercy, do justly and walk humble before you. AMEN.</p>
<p>Wednesday, December 8</p> <p>6 a.m. to 12 noon: Cereals and fruits</p> <p>12 noon to 6 p.m. Fish, Fruit, Nuts and Vegetables</p> <p>After 6 p.m.: Water and Juices</p>	<p>Prayer Focus: Love for Family</p> <p>Prayer for healing of broken family relationships, reconciliation of tarnished family relationships; closer bonds between family members; and strong, faithful family units.</p> <p>Scripture Readings: Genesis 50:15-21 Joshua 24:14-15</p>	<p>Lord, please hear our prayer. We ask you, in the name of Jesus, to strengthen family relationships that are already strong, heal family relationships that are currently strained, reconcile divided family members, reclaim lost family members, and to reign supreme in every family on earth. In Jesus’ name. AMEN.</p>

<p>Thursday, December 9</p> <p>6 a.m. to 12 noon Cereals and fruits Only</p> <p>12 noon to 6 p.m. Fruit, Nuts and Vegetables</p> <p>After 6 p.m. Water Only</p>	<p>Prayer Focus: Strong Faith</p> <p>That we will not allow situations and circumstances influence our faith, but that through it all we will trust in the Lord.</p> <p>Scripture Readings: Mark 9:14-24 Hebrews 11:1-6</p>	<p>O Lord, Our God, we come today thanking you for the gift of salvation and the way of faith. It is often challenged and sometimes it takes all that we have to hold on to it. Lord, we believe, but help our unbelief. In Jesus' name.</p> <p style="text-align: right;">Amen.</p>
<p>Friday, December 10</p> <p>6 a.m. to 12 noon Cereal, fruit, bread</p> <p>12 noon to 6 p.m. Fruit, Nuts and Vegetables</p> <p>After 6 p.m. Water Only</p>	<p>Prayer Focus: Love for Justice</p> <p>That we, individually and as a church body, work towards justice for the disadvantaged and left out.</p> <p>Scripture Readings: Micah 6:6-8 Matthew 5:1-12</p>	<p>Father, we praise you and magnify you for our great grace and mercy. We pray Lord that your spirit reside in our spirit that we, too, may be just and compassionate in all of our dealings. Help us to help others in the name of Jesus.</p> <p style="text-align: right;">Amen.</p>
<p>Saturday, December 11</p> <p>6 a.m. to 12 noon Cereal, fruit, bread</p> <p>12 noon to 12:00 a.m. Fruit Juices and Water Only</p>	<p>Prayer Focus: Compassion</p> <p>That we imitate our God and have compassion on all – friend, family and enemy.</p> <p>Scripture Readings: Psalm 78:37-39 Matthew 18:23-35</p>	<p>Merciful Master, we thank and praise you for loving us when we were unlovely. When we were yet enemies, you loved enough to die for us and redeem us unto yourself. And we pray Lord that we have that same compassion for our brothers and sisters, that through our acts of compassion they will come to know you and be saved. In Jesus' name,</p> <p style="text-align: right;">Amen.</p>
<p>Sunday, December 12</p> <p>Break the Fast</p>		

DURING THE 7-DAY FASTING PERIOD:

- * No sodas, coffee, sweets, candies, fast foods.
- * A minimum 1 hour of prayer and meditation each day.
- * Identify up to three different people each day to single out in prayer
- * Attend Wednesday evening and Thursday noon prayer services.
- * Set aside one night this week for “quality family time.”
- * Select 3 days for no television, social media or Internet usage (except emails and work assignments)
- * No PlayStation, XBOX, Video or Internet games Monday through Friday the week of the fast.

***** If you have a medical issue that prevents you from refraining from food, please adopt the non-food aspects of the fast to your discipline during this period.**