

10

Days of  
Fasting And Prayer



The Pastors, Officers, Members and Friends  
of the Columbia District of the  
African Methodist Episcopal Church  
are called to  
10 Days of Prayer and Fasting  
January 4-13, 2021

“If My people who are called by My name will humble themselves,  
and pray and seek My face, and turn from their wicked ways,  
then I will hear from heaven, and will forgive their sin and heal their land.”

2 Chronicles 7:14

**The Columbia District  
Seventh Episcopal District - African Methodist Episcopal Church**

**10 Days of Prayer and Fasting  
Inviting the Newness: A Call to Refreshment and Intimacy**

2020 was quite a year! Each of us has been touched by events, both public and private, social, spiritual, medical and financial, which have challenged and sometimes defeated us. If ever there was a clarion call to “bury the past” 2020 is an appropriate candidate.

The drive to be different in 2021, to invite a refreshing wind of change to comfort and challenge us, to lead us into new paths and different solutions must begin with accessing our wounds and imperfections, with shaking off those things that limit and stifle us and with praying for insight to begin again, offering new solutions to old problems, but even more, to offer a new us, a better “us” to confront these age old matters.

We, therefore, call ourselves to a period of prayer and fasting, to a time set aside to seek the face of God that we might “see [God] more clearly, love [God] more dearly, follow [God] more nearly . . . day by day.” (Day by Day, from Godspell)

May the Lord bless us as we undertake this spiritual journey.

Type: The Daniel Fast is a partial fast where meat, carbs, sweets, wine, and other rich foods are avoided in favor of vegetables, salad, fruit, nuts and water in order to seek God. (Matt 6:33)

Length of Time: 10 Days, January 4 – 13, 2021, between the hours of 6:00 AM and 6:00 PM, we will eat only vegetables, salads, fruit, nuts and drink water. From 6:01 PM – 5:59 AM, we may drink only water.

6:00 AM – 6:00 PM: Food

6:01 PM – 5:59 AM: Only Water

**A NEW VISION - A NEW BEGINNING**  
**A Virtual Briefing – Sunday Night, January 3, 2020 @ 9:30 PM**

Music

Invocation ..... Rev. Camille Carpenter

What is Fasting?

Instructions ..... Elder Coleman

- Nightly Meditations at 9:30 PM
- Preparation for Self Reflection

Music

Prayer ..... Missionary Verna Starks

Benediction

**NIGHTLY MEDITATIONS**

Invocation  
Scripture  
Focus  
Prayer  
Benediction

**Fasting and Your Health** - We recommend you always consult your physician prior to beginning any type of fast. If you are in poor health or have concerns about your physical ability to fast, we especially urge you to consult a physician before beginning your fast. Your doctor can provide advice on how you can participate in this Daniel Fast, in a way that is healthy for you.

## TEN DAYS OF PRAYER TOPICS

**Day 1: (January 4<sup>th</sup>) Abiding in God's Presence**

**Read: Psalm 46:10**

Psalm 46:10 "...be still and know that I am God. . ."

### Self-Reflection

What is the Lord saying to me in this scripture?

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How can I apply this scripture to my life?

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Today, I will pray for...

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**Day 2: (January 5) Restoration “Being Restored”**

**Read: Psalm 23:2-3**

Read: – “He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: -Psalm 23: 2-3

**Self-Reflection**

What is the Lord saying to me in this scripture?

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How can I apply this scripture to my life?

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Today, I will pray for...

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**Day 3: (January 6) Getting rid of our Encumbrances**

**Read: 1 Peter 5:7**

1 Peter 5:7 “casting all your cares on him for he cares for you . . .”

**Self-Reflection**

What is the Lord saying to me in this scripture?

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How can I apply this scripture to my life?

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Today, I will pray for...

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**Day 4: (January 7) Strengthening our Relationship with God**  
**Read: Ephesians 6:10**

Ephesians 6:10 “be strong in the Lord, and in the power of his might.” –

**Self-Reflection**

What is the Lord saying to me in this scripture?

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How can I apply this scripture to my life?

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Today, I will pray for...

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**Day 5: (January 8) Submitting to God's Will**

**Read: Psalm 40:8**

Psalm 40:8 "I delight to do Your will, O my God, And your law *is* within my heart." –

**Self-Reflection**

What is the Lord saying to me in this scripture?

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How can I apply this scripture to my life?

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Today, I will pray for...

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**Day 6: (January 9) Prayers for Wisdom**

**Read: James 1:4-5**

James 1:4-5 “ If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering.”

**Self-Reflection**

What is the Lord saying to me in this scripture?

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How can I apply this scripture to my life?

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Today, I will pray for...

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**Day 7: (January 10) Prayers for the Body of Christ –**

**Read: Revelation 2:1-5**

Revelation 2:1-5 “This is what you must write to the angel of the church in Ephesus: I am the one who holds the seven stars in my right hand, and I walk among the seven gold lampstands. Listen to what I say. I know everything you have done, including your hard work and how you have endured. I know you won’t put up with anyone who is evil. When some people pretended to be apostles, you tested them and found out that they were liars. You have endured and gone through hard times because of me, and you have not given up. But I do have something against you! And it is this: You don’t have as much love as you used to. Think about where you have fallen from, and then turn back and do as you did at first.”

**Self-Reflection**

What is the Lord saying to me in this scripture?

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How can I apply this scripture to my life?

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Today, I will pray for...

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**Day 8: (January 11) Prayers for a more Just Society**  
**Read: Matthew 6: 6-13**

Matthew 6:6-13 “And when you pray, do not use vain repetitions as the heathen *do*. For they think that they will be heard for their many words. “Therefore do not be like them. For your Father knows the things you have need of before you ask Him. In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done, On earth as *it is* in heaven. Give us this day our daily bread. And forgive us our debts, As we forgive our debtors. And do not lead us into temptation, But deliver us from the evil one.

**Self-Reflection**

What is the Lord saying to me in this scripture?

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How can I apply this scripture to my life?

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**Day 9: (January 12) Prayers for Healing; Physical, Mental, Emotional,  
Spiritual**

**Read: James 5: 13-16**

James 5:13-16 “Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

Confess *your* trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”

**Self-Reflection**

What is the Lord saying to me in this scripture?

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How can I apply this scripture to my life?

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Today, I will pray for...

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**Day 10: (January 13) Governments and Nations of the World**

**Read: Isaiah 9:6-7, Romans 13:1 and Matthew 28:19-20**

Isaiah 9:6-7 "Let every soul be subject to the governing authorities. . ."

Romans 13:1 "For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of *His* government and peace *There will be no end . . .* "

Matthew 28:19-20 "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit. Teaching them to observe all things that I have commanded you, and Lo, I am with you always, even to the end of the age."

**Self-Reflection**

What is the Lord saying to me in this scripture?

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How can I apply this scripture to my life?

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