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RE*Vival* **Encounter** ²⁰₂₅ **Come Alive**

NOV. 6, 7 • 7PM & NOV. 9 • 9AM

RE 25
FASTING GUIDE

ADULT



INTRODUCTION

Welcome to your spiritual preparation guide for the New Psalmist Baptist Church's Fall Revival Encounter 2025! This year, under the powerful theme "Jesus Revealed" and subtheme "Come Alive," we are embarking on a sacred journey of REnewal, REfreshing, REvitalizing, REvelation, REenergizing, and REcommitting. This guide is designed to help you spiritually prepare for this transformative event through a guided 3-day fast, focused prayer points, and daily devotional content, all aligned with the vision of RE:25 Revival Encounter '25.

Our prayer is that as you engage with this material, you will not only encounter God in a deeper way but also become a conduit of His power in the world. May your mind be REnewed, your heart REaligned, and your spirit REignited, so that you may truly Come Alive in purpose, refilled with power, and recommitted to the call. This Revival Encounter is more than

just an event; it is a movement of the Spirit, through us, for the world.

As we prepare, we must also see the **hand of God** in our lives, guiding us through tests and trials, and strengthening our commitment to His will. This preparation is about seeking His face, trusting Him for endurance, and allowing His godly wisdom to direct our decisions. We aim to live righteously before men, pulling down strongholds of negativity, and allowing the glory and model of Christ to be revealed through us. This is a time for casting vision and covering the Revival 2025, preparing for the advancement of Kingdom principles and values for such a time as this.



GUIDED 3-DAY FASTING PLAN

Fasting is a spiritual discipline that, when practiced with a sincere heart, can draw us closer to God, sharpen our spiritual senses, and prepare us to receive divine revelation. It is a time of consecration, self-denial, and heightened focus on God's presence and will. As we embark on this 3-day fast, our aim is to align ourselves with the vision of Revival Encounter 2025: "Jesus Revealed" and "Come Alive." We seek to REnew our minds, REfresh our spirits, REvive our purpose, REveal God's power, and truly Come Alive in Him.



TYPES OF FASTING

(Choose what is appropriate for you):

- 1. The Daniel Fast:** This fast involves abstaining from meat, dairy products, sugar, and processed foods. Participants typically consume fruits, vegetables, whole grains, nuts, and legumes. This is a great option for those new to fasting or with health considerations.
- 2. Liquid Fast:** This fast involves consuming only liquids such as water, natural fruit juices, vegetable broths, and herbal teas. This type of fast requires careful attention to hydration and nutrient intake.
- 3. Partial Fast:** This involves abstaining from certain foods or meals for the duration of the fast. For example, you might choose to skip one or two meals a day, or abstain from specific indulgences like caffeine, social media, or television.



Important Note:

Before beginning any fast, especially if you have pre-existing health conditions, please consult with your doctor. Listen to your body and break the fast if you experience any adverse health effects.





GENERAL FASTING INSTRUCTIONS

Umbrella Scripture: 2 Chronicles 20

Spiritual Practices

(Inspired by Richard Foster):

- **Morning: Centering Prayer**

- Quiet your heart and welcome God's presence. (Mark 1:35)

- **Noon: Intercession**

- Pray for others and the church body. (Matthew 6:9-13)

- **3 PM: SOUND THE ALARM**

- Pray/reflect on what God is revealing. (Acts 3)

- **Evening: Worship**

- End the day in gratitude and song.

- **Journal** each day what you hear, feel, and receive.
- **Close the fast** in worship and thanksgiving on the evening of November 5.



DAILY GUIDELINES FOR THE 3-DAY FAST:





DAY 1



REnew (Mind & Spirit)

*Humility Before God: Returning to
the Essence of Righteousness*

Focus: Mental clarity, spiritual renewal, breaking old patterns, and preparing our minds to receive God's truth. Seeking God in humility and obedience.

Scriptures: Romans 12:2, Ephesians 4:23, Philippians 4:8, 2 Chronicles 20:3–4, 1 Kings 9:9–19, Psalm 51:17

Aim: Acknowledge our dependence on God and return to His righteous ways.

Objective: Consecrate our hearts to walk uprightly before Him.

Vow: “I will seek God with a humble heart and turn from every way that displeases Him.”

Devotional Thought:

Welcome to the first day of our spiritual preparation for Revival Encounter 2025! Today, our focus is on REnewing our minds. In a world constantly vying for our attention and shaping our thoughts, it is crucial to intentionally align our minds with God's truth. This is not merely about acquiring new information, but about a profound transformation of our inner being.

Romans 12:2 exhorts us, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." The world has its patterns, its ways of thinking, its values. If we are not careful, we can unconsciously adopt these patterns, hindering our ability to discern God's will. Renewing our mind means actively resisting these worldly influences and allowing God's Word to reshape our thoughts, attitudes, and perspectives.

Ephesians 4:23 encourages us to "be made new in the attitude of your minds." This speaks to the ongoing nature of this process. It's not a one-time event, but a continuous journey of allowing the Holy Spirit to sanctify

our thoughts. As we engage with scripture, pray, and seek God, our inner attitudes are progressively transformed, leading to a more Christ-like mindset.

Philippians 4:8 provides a practical guide for this renewal: “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” Our thoughts are powerful. What we dwell on shapes our emotions, our words, and our actions. By intentionally focusing on things that are true, noble, and pure, we cultivate a mind that is receptive to God’s revelation and less susceptible to the enemy’s schemes.

In 1 Kings 9, the Lord reminded Solomon that His presence would dwell only where righteousness reigned. When the king and his people forsook God’s ways, ruin followed. Like Jehoshaphat, we begin this fast by bowing low — recognizing that righteousness is not self-made but Spirit-birthed. Richard Foster teaches that fasting exposes what controls us; as we empty ourselves, God fills us with holy desire for purity and truth.

As you fast and pray today, ask God to expose any areas of your thinking that are not aligned with His Word. Invite the Holy Spirit to transform your mind, granting you spiritual discernment and a hunger for His truth. Let this day be a powerful step towards a renewed mind, ready to receive all that God desires to reveal during Revival Encounter 2025.

Prayer Points:

- Lord, search my heart and remove every form of pride, idolatry, and self-reliance.
- Restore reverence for Your righteous ways in our homes and church.
- Let humility be the soil where Your righteousness takes root.
- Cleanse our leaders and families with the fire of repentance and renewal.
- **For Renewed Minds:** Pray that God would renew your mind according to His Word, removing any negative thoughts, doubts, or worldly perspectives (Romans 12:2).
- **For Spiritual Understanding:** Ask God to open the eyes of your understanding, that you may comprehend the depth of His truth and wisdom (Ephesians 1:18).
- **For Repentance and Forgiveness:** Confess any known sins and ask for God's forgiveness, allowing His cleansing to prepare your heart for His presence (1 John 1:9).

- **For Clarity of Vision:** Pray for clear vision for your personal life and for the direction of New Psalmist Baptist Church, that God's perfect will would be revealed.
- **For Breaking Old Patterns:** Ask God to break any old habits, strongholds, or patterns that hinder your spiritual growth and walk with Him.

Character Focus:

Solomon: Though Solomon began with wisdom and favor, his heart drifted from God's commands. Our fast is a return to the heart that says, "Not my will, but Yours be done."



DAY 2



REfresh & REvive (Heart & Purpose)

Breaking Strongholds & Reviving Faith

Focus: Emotional cleansing, spiritual refreshing, rekindling purpose, and allowing God to breathe new life into our hearts. Deliverance, intercession, and revived faith.

Scriptures: Psalm 51:10, Isaiah 40:31, John 7:38, 1 Samuel 7:5–8, Esther 5:1–14, Isaiah 58:6

Aim: Invite God to break spiritual bondages and renew our confidence in Him.

Objective: Stand as a faith-filled church that cries out for deliverance and justice.

Vow: “I commit to release every burden and trust God to fight for me.”

Devotional Thought:

On this second day of our spiritual preparation, we turn our hearts towards REfreshing and REviving. Life can be draining, and sometimes, even in our spiritual walk, we can feel weary, dry, or disconnected from our initial passion. Today is about inviting God to breathe new life into our spirits and rekindle the divine purpose He has placed within each of us.

Psalm 51:10 is a heartfelt cry: “Create in me a pure heart, O God, and renew a steadfast spirit within me.” This verse speaks to a deep desire for internal cleansing and a fresh start. A pure heart is essential for experiencing God’s refreshing presence. When we allow God to cleanse us, He doesn’t just remove what is impure; He also renews a steadfast spirit, one that is firm, unwavering, and committed to Him. This renewal is a prerequisite for true spiritual refreshing.

Isaiah 40:31 offers a powerful promise: “but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” When we feel exhausted or our purpose seems unclear, our hope in the

Lord becomes our anchor. It is in waiting on Him, in trusting His timing and His plan, that our strength is supernaturally renewed. This renewal isn't just a temporary boost; it's a transformative power that enables us to rise above challenges, run with endurance, and walk without faltering. This is the essence of being REfreshed and REvived.

John 7:38 declares, "Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." Jesus promises an internal wellspring of life for those who believe in Him. This living water is the Holy Spirit, who brings refreshing, cleansing, and an unending supply of spiritual vitality. When we are filled with the Spirit, we become channels through which God's life flows, not just for ourselves but also to others. This is how our purpose is not only revived but also empowered to impact the world around us.

Foster describes fasting as a means of "spiritual warfare through submission." When Israel fasted under Samuel's leadership (1 Sam. 7), the Lord thundered against their enemies and restored peace. Esther's fast brought deliverance for her people against

Haman's plot. Both stories reveal a truth: when God's people humble themselves and fast, He releases power that no enemy can resist. True fasting breaks yokes of fear, unbelief, and injustice.

As you continue your fast and prayer today, open your heart to receive God's refreshing. Ask Him to revive any area of your life that feels dry or stagnant. Pray for a renewed sense of purpose and for the Holy Spirit to flow through you like rivers of living water. May this day be a profound experience of spiritual REfreshing and a powerful REvival of your God-given purpose.

Prayer Points:

- **For Refreshing of the Holy Spirit:** Pray for a fresh anointing and refreshing of the Holy Spirit in your life, bringing new strength and vitality (Acts 3:19).
- **For Revival in Hearts and Lives:** Ask God to ignite a fire of revival within your heart and the hearts of every member of the congregation, leading to a deeper passion for Him.
- **For Rekindling Passion and Purpose:** Pray that any dormant gifts, talents, or callings within you would be rekindled and revived for God's glory.
- **For Emotional Healing:** Ask God to heal any emotional wounds, past hurts, or anxieties, bringing His peace and comfort.
- **For Joy and Peace:** Pray for an overflowing measure of God's joy and peace to fill your heart, even amidst challenges (Philippians 4:7).

- Break every chain of fear, doubt, and spiritual heaviness.
- Uproot strongholds of addiction, bitterness, and complacency.
- Revive faith in homes, marriages, and generations.
- Grant the courage of Esther to stand in righteous boldness.
- Let righteous justice flow through our city like a mighty river.

Character Focus:

Esther and Samuel: : Esther's courage was born in a fast; Samuel's leadership was rooted in intercession. Both demonstrate that righteousness revived always leads to deliverance manifested.



DAY 3



REveal & Come Alive (Power & Recommitment)

Revival and Spiritual Defense

Focus: Divine revelation, experiencing God's power, recommitment to the call, and becoming conduits of His power in the world. Empowerment and victory through the Spirit.

Scriptures: John 14:21, Acts 1:8, Ephesians 3:20, Acts 9:17–19, Romans 8:37, 2 Chronicles 20:20–22

Aim: Be revived and re-commissioned to walk in righteous authority.

Objective: Enter revival with Spirit-filled vision and victory.

Vow: “I commit to walk in righteous victory, guided by the Spirit of God.”

Devotional Thought:

Today marks the final day of our spiritual preparation, a day dedicated to REvealing God's glory and truly Coming Alive in His power. Our ultimate desire for Revival Encounter 2025 is not just to hear about God, but to encounter Him personally, to see Jesus Revealed in our midst, and to be so filled with His Spirit that we become conduits of His power in the world.

John 14:21 states, "Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them." This verse reveals a profound truth: obedience to God's commands is directly linked to experiencing His presence and seeing Him REveal Himself to us. As we have fasted, prayed, and renewed our minds, we have positioned ourselves to encounter Jesus in a deeper way. This encounter is not a fleeting emotion but a transformative revelation that changes everything.

Acts 1:8 provides the blueprint for living in power: "But you will receive power when the Holy Spirit comes on you; and you will be

my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” The power to Come Alive and to be effective witnesses for Christ comes directly from the Holy Spirit. It is not by our might or strength, but by His Spirit. This power enables us to overcome obstacles, to share the Gospel boldly, and to demonstrate God’s love to a broken world. As we seek a fresh infilling of the Holy Spirit today, we are asking for the empowerment to live out the vision of Revival Encounter 2025 – to be conduits of God’s power.

Ephesians 3:20 reminds us of God’s boundless ability: “Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.” This verse is a powerful affirmation that God is not limited by our understanding or our requests. His power, which is already at work within believers, can accomplish far beyond what we can conceive. As we conclude our fast, let us pray with audacious faith, believing that God will do immeasurably more than we can ask or imagine during the Revival Encounter.

After Ananias prayed, Paul rose up with sight restored and purpose renewed. Righteousness revived produces vision restored. Similarly, Jehoshaphat and his army worshiped before the battle, and God fought for them. Foster reminds us that fasting and prayer open the soul to divine strength — it is not about deprivation, but about alignment with God's power. We emerge not weakened but empowered to wage righteous warfare.

As you conclude your fast and prayer today, pray for a fresh, tangible encounter with Jesus. Ask Him to reveal Himself more fully to you, and recommit your life, talents, and resources to His service. Ask for empowerment to fulfill His call. Pray for the Revival Encounter 2025, that God's power would be evident and lives would be transformed.

Prayer Points:

- **For Divine Revelation and Encounters with Jesus:** Pray for personal encounters with Jesus, that He would reveal Himself to you in new and profound ways (John 14:21).
- **For Empowerment by the Holy Spirit:** Ask God to fill you with His Holy Spirit, empowering you to live a life that demonstrates His power and love (Acts 1:8).
- **For Being Conduits of God's Power:** Pray that you and the congregation would become effective conduits of God's power, bringing transformation to your spheres of influence.
- **For Recommitment to God's Call:** Recommit your life fully to God's will and purpose, asking for the grace to walk in obedience and faith.
- **For the Manifestation of God's Glory:** Pray that God's glory would be manifested powerfully during the Revival Encounter 2025, drawing many to Him.

- Lord, revive us with fresh anointing and boldness for Your Kingdom.
- Strengthen us to stand as more than conquerors through Christ (Romans 8:37).
- Equip our church with the armor of God for spiritual defense.
- Let praise be our weapon and righteousness our shield.
- Release revival fire that awakens our generation to Your glory.

Character Focus:

Paul and Jehoshaphat: Both men experienced revival through obedience and faith. Paul's blindness turned to vision; Jehoshaphat's fear turned to faith. Revived righteousness transforms fear into triumph.



BREAKING THE FAST SAFELY:

It is crucial to break your fast gradually to avoid digestive upset and other health issues.

- **Start with light foods:** Begin with small portions of easily digestible foods like fruit (especially watermelon or berries), vegetable soup, or a small salad.
- **Avoid heavy, fatty, or sugary foods:** These can shock your system after a period of fasting.
- **Chew slowly:** Take your time and savor your food.
- **Stay hydrated:** Continue to drink plenty of water.

- **Gradually reintroduce foods:** Over the next 24-48 hours, slowly reintroduce other food groups into your diet.



CLOSING COMMITMENT

At the end of the fast:

- Record your testimonies and answered prayers.
- Share what God revealed about His righteousness in your life.
- Reaffirm your commitment to walk in Spirit-led obedience.
- Join corporately in thanksgiving and worship as we declare — “The Lord is our righteousness, and we shall not be moved!”

SIMPLIFIED 3-DAY FASTING PLAN SUPPLEMENT FOR ADULTS

This supplement provides a simplified, practical guide for the 3-day spiritual fast, focusing on key actions and prayer points for adults. Remember to consult your doctor before beginning any fast, especially if you have pre-existing health conditions.

GENERAL FASTING INSTRUCTIONS

Choose Your Fasting Type:

- **Full Fast:** Water/juices only.
- **Daniel Fast:** Fruits, vegetables, whole grains, nuts, legumes (no meat, dairy, sugar, processed foods).
- **Partial Fast:** Abstain from certain foods, meals, or indulgences (e.g., caffeine, social media, specific meals).

Daily Spiritual Practices:

- **Morning: Centering Prayer** – Quiet your heart and welcome God's presence. (Mark 1:35)
- **Noon: Intercession** – Pray for others and the church body. (Matthew 6:9-13)
- **3 PM: SOUND THE ALARM** – Pray and reflect on what God is revealing. (Acts 3)
- **Evening: Worship** – End the day in gratitude and song.
- **Journal:** Write down what you hear, feel, and receive each day.
- **Close the fast:** In worship and thanksgiving on the evening of November 5.

DAILY FOCUS & PRAYER POINTS



DAY 1: REnew (Mind & Spirit)

Humility Before God

Focus: Mental clarity, spiritual renewal, breaking old patterns, and seeking God in humility.

Key Scripture: Romans 12:2 (“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”)

Prayer Points:

- Ask God to reveal and remove pride, idolatry, and self-reliance from your heart.
- Pray for renewed reverence for God’s righteous ways in your life, home, and church.
- Confess any known sins and ask for God’s forgiveness (1 John 1:9).
- Pray for clarity of vision for your personal life and the church.
- Ask God to break old habits and strongholds that hinder your spiritual growth.

DAY 2: REfresh & REvive (Heart & Purpose)

Breaking Strongholds & Reviving Faith

Focus: Emotional cleansing, spiritual refreshing, rekindling purpose, and inviting God to break spiritual bondages.

Key Scripture: Isaiah 40:31 (“but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”)

Prayer Points:

- Pray for a fresh anointing and refreshing of the Holy Spirit (Acts 3:19).
- Ask God to ignite a fire of revival within your heart and the congregation.
- Pray for dormant gifts, talents, or callings to be rekindled for God’s glory.
- Ask God to heal emotional wounds, past hurts, or anxieties.
- Pray for an overflowing measure of God’s joy and peace (Philippians 4:7).
- Pray for chains of fear, doubt, addiction, bitterness, and complacency to be broken.

DAY 3: REveal & Come Alive

(Power & Recommitment)

Revival and Spiritual Defense

Focus: Divine revelation, experiencing God's power, recommitment to His call, and becoming conduits of His power.

Key Scripture: Acts 1:8 ("But you will receive power when the Holy Spirit comes on you; and you will be my witnesses...")

Prayer Points:

- Pray for personal encounters with Jesus, asking Him to reveal Himself in new ways (John 14:21).
- Ask God to fill you with His Holy Spirit, empowering you to live a life that demonstrates His power and love.
- Pray that you and the congregation become effective conduits of God's power.
- Recommit your life, talents, and resources to God's service.
- Pray for God's glory to be powerfully manifested during the Revival Encounter 2025.

- Pray for fresh anointing and boldness for God's Kingdom.
- Ask for strength to stand as more than conquerors through Christ (Romans 8:37).

BREAKING THE FAST SAFELY



- **Start with light foods:** Small portions of easily digestible foods (fruit, vegetable soup, small salad).
- **Avoid heavy foods:** No fatty or sugary foods immediately after the fast.
- **Chew slowly:** Take your time.
- **Stay hydrated:** Continue drinking plenty of water.
- **Gradually reintroduce foods:** Slowly bring back other food groups over 24-48 hours.

ROADBLOCKS AND ROADBLOCK BUSTERS



During your spiritual journey, especially during a fast, you might hit some **roadblocks** – distractions or challenges that try to stop your progress. These can be internal, like fear, doubt, or lack of motivation, or external, such as unexpected demands, temptations, or even physical discomfort. Recognizing these roadblocks is the first step to overcoming them.

But for every roadblock, God provides **roadblock busters** – skills, strategies, and actions to identify and overcome these obstacles, allowing you to move forward in your spiritual walk. These are rooted in God's Word and empowered by His Spirit.

Identifying Roadblocks:

- **Internal:** Doubts about your faith, feelings of inadequacy, fear of failure, impatience, or a wandering mind during prayer.
- **External:** Social pressures, unexpected work/family demands, physical hunger/fatigue, or temptations to break your fast.

Roadblock Busters (Scriptural Basis):

1. Prayer and Supplication

(Philippians 4:6-7):

When anxiety or doubt arises, turn to God in prayer. “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Prayer is your direct line to divine strength and peace.

2. Reliance on the Holy Spirit (Romans 8:26):

When you feel weak or don't know how to pray, the Holy Spirit intercedes for you. “In the same way the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.” Lean on the Spirit's power to sustain you.

3. Fasting and Scripture (Matthew 4:4):

When physical hunger or temptation strikes, remember Jesus' example. “Man shall not live on bread alone, but on every word that comes from the mouth of God.” Nourish

your spirit with God's Word, which is more sustaining than any food.

4. Community and Accountability

(Hebrews 10:24-25):

Don't go it alone. "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching." Share your struggles with a trusted spiritual friend or mentor for encouragement and support.

5. Renewing Your Mind (Romans 12:2):

Combat negative thoughts or worldly patterns by intentionally focusing on God's truth. "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." Actively choose to think on what is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy (Philippians 4:8).

6. Perseverance (James 1:2-4):

View challenges as opportunities for growth. "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing

of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.” Your endurance builds character and deepens your faith.

By actively using these spiritual **roadblock busters**, you can navigate the challenges of your fast and emerge stronger, more focused, and deeply connected to God.

**GOSPEL SONG
PLAYLIST**
**FOR SPIRITUAL
PREPARATION AND FASTING**



1. **“He Binds The Broken Heart - In Your Presence - He Binds Reprise - The Fire Of Your Love”** by Paul Wilbur (YouTube)
2. **“Oceans (Where Feet May Fail)”**
by Hillsong United
3. **“Way Maker”** by Sinach
4. **“Break Every Chain”**
by Tasha Cobbs Leonard
5. **“Goodness of God”** by CeCe Winans
6. **“Reckless Love”** by Cory Asbury
7. **“Raise a Hallelujah”** by Bethel Music
(Jonathan David & Melissa Helser)
8. **“The Blessing”** by Kari Jobe, Cody Carnes,
Elevation Worship

- 9. “No Longer Slaves”** by Bethel Music
(Jonathan David & Melissa Helser)
- 10. “You Say”** by Lauren Daigle
- 11. “Oh, The Glory of His Presence”**
by Terry MacAlmon
- 12. “All in His Hands”** by Anthony Brown &
FBCG Combined Choir
- 13. “I Give Myself Away”** by William McDowell



This playlist is designed to inspire and uplift you as you engage in spiritual preparation and fasting, helping you to stay focused on God and overcome any challenges you may encounter.



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