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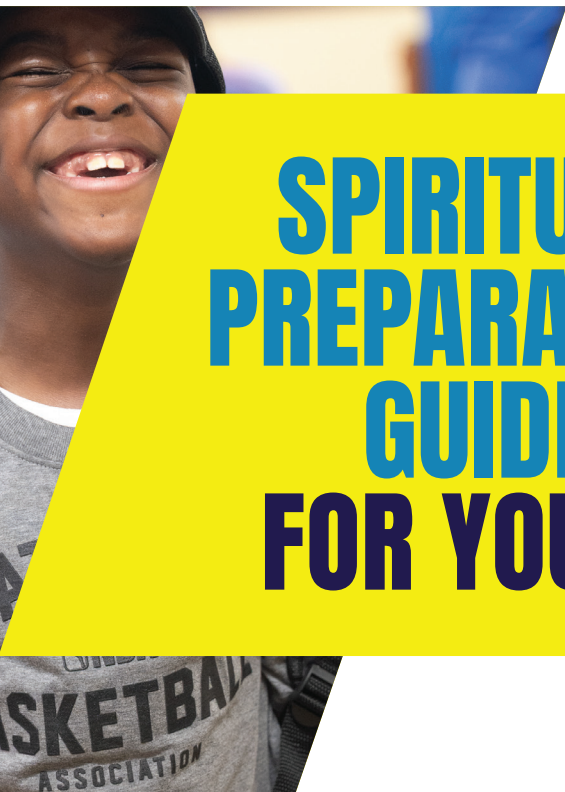
RE*Vival* **Encounter** ²⁰₂₅ **Come Alive**

NOV. 6, 7 • 7PM & NOV. 9 • 9AM

RE 25
FASTING GUIDE

CHILDREN & YOUTH





SPIRITUAL PREPARATION GUIDE FOR YOUTH





INTRODUCTION

Hey awesome youth! Welcome to your spiritual preparation guide for the New Psalmist Baptist Church's Fall Revival Encounter 2025! This year, our theme is "Jesus Revealed" and our subtheme is "Come Alive." We're going on a special journey of REnewal, REfreshing, REvitalizing, REvelation, REenergizing, and REcommitting. This guide is here to help you get spiritually ready for this amazing event through a guided 3-day fast, focused prayer points, and daily devotional content, all connected to the vision of RE:25 Revival Encounter '25.

Our prayer is that as you explore this guide, you won't just hear about God, but you'll actually **experience Him** in a deeper way. We pray you'll become a way for His power to work in the world. May your mind be REnewed, your heart REaligned, and your spirit REignited, so you can truly Come Alive in your purpose, filled with power, and recommitted to what

God wants for you. This Revival Encounter is more than just an event; it's God's Spirit moving through us, for the world.

As we get ready, let's remember to look for the **hand of God** in our lives. He's guiding us through tough times, making us stronger in our commitment to His plan, and giving us wisdom to make good choices. Our goal is to live right, break free from negative things, and let Jesus' glory shine through us. This is a time to understand the vision for Revival 2025 and help spread God's Kingdom values, because now is the perfect time!



GUIDED 3-DAY FASTING PLAN

Fasting is a spiritual practice that helps us get closer to God, sharpen our spiritual senses, and be ready to hear from Him. It's a time to set ourselves apart, say no to some things, and focus more on God's presence and His will. As we start this 3-day fast, our goal is to connect with the vision of Revival Encounter 2025: "Jesus Revealed" and "Come Alive." We want 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 works best for you
and with your parents' guidance):**

- 1. The Daniel Fast:** This fast means avoiding meat, dairy products, sugar, and processed foods. You'll mainly eat fruits, vegetables, whole grains, nuts, and beans. This is a good choice if you're new to fasting or have health considerations. **Always discuss this with your parents or guardians.**
- 2. Partial Fast:** This means giving up certain foods or meals for the fast, or abstaining from specific indulgences. For example, you might choose to skip one meal a day, or give up things like social media, video games, or certain snacks for a set time. This is often a great option for youth.

3. Media/Activity Fast: This involves abstaining from things like social media, video games, TV, or other activities that take up a lot of your time. This helps create more time and space to focus on God.



Important Note:

Before starting any fast, **always talk to your parents or guardians and consult with a doctor**, especially if you have any health conditions. Listen to your body and stop the fast if you feel unwell.





GENERAL FASTING INSTRUCTIONS

Umbrella Scripture: 2 Chronicles 20

Spiritual Practices

(Inspired by Richard Foster):

- **Morning: Quiet Time with God**

- Start your day by being still and inviting God's presence. (Mark 1:35)

- **Noon: Pray for Others**

- Pray for your friends, family, church, and people around the world. (Matthew 6:9-13)

- **3 PM: SOUND THE ALARM**

- Pray and take some time to reflect on what God might be telling you. (Acts 3)

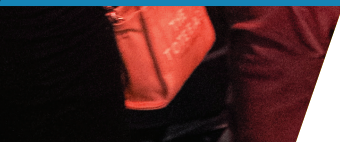
- **Evening: Worship**

- End your day by thanking God and singing praises.

- **Journal** each day about what you hear, feel, and learn from God.
- **Close the fast** with worship and thanksgiving on the evening of November 5.



DAILY GUIDELINES FOR THE 3-DAY FAST:





DAY 1



REnew (Mind & Spirit)

Humility Before God:

Getting Back to What's Right

Focus: Getting clear thoughts, spiritual renewal, breaking bad habits, and getting our minds ready to understand God's truth. Seeking God with 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: Realize we depend on God and choose to live His way.

Objective: Dedicate our hearts to live right before Him.

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

Devotional Thought:

Welcome to Day 1! Today, we're focusing on REnewing our minds. The world constantly tries to get our attention and shape how we think. It's super important to intentionally make our thoughts line up with God's truth. This isn't just about learning new things; it's about a deep change inside of us.

Romans 12:2 tells 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 own ways of thinking and values. If we're not careful, we can accidentally start thinking like the world, which can stop us from knowing God's will. Renewing our mind means actively saying no to these worldly influences and letting God's Word change our thoughts, attitudes, and how we see things.

Ephesians 4:23 encourages us to "be made new in the attitude of your minds." This means it's an ongoing process, not just a one-time event. It's a continuous journey of letting the Holy Spirit make our thoughts holy. As we read the Bible, pray, and seek God, our inner

attitudes slowly change, helping us to think more like Jesus.

Philippians 4:8 gives us practical advice: “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 think about shapes our feelings, our words, and our actions. By intentionally focusing on things that are true, noble, and pure, we build a mind that is open to hearing from God and less likely to be tricked by negative influences.

In 1 Kings 9, God reminded King Solomon that His presence would only stay where people lived right. When Solomon and his people turned away from God, bad things happened. Just like King Jehoshaphat, we start this fast by humbling ourselves – recognizing that being right with God isn’t something we can do on our own; it comes from His Spirit. Richard Foster teaches that fasting shows us what truly controls us; as we empty ourselves, God fills us with a holy desire to be pure and truthful.

As you fast and pray today, ask God to show you any thoughts that don't match His Word. Invite the Holy Spirit to change your mind, giving you spiritual understanding and a hunger for His truth. Let today be a powerful step towards a renewed mind, ready to receive everything God wants to show you during Revival Encounter 2025.

Prayer Points:

- Lord, look into my heart and remove any pride, idols, or self-reliance.
- Help us to respect Your righteous ways again in our homes and church.
- Let humility be the ground where Your righteousness grows.
- Cleanse our leaders and families with a desire to turn from sin and be made new.
- **For Renewed Minds:** Pray that God would renew your mind with His Word, taking away any negative thoughts, doubts, or worldly ideas (Romans 12:2).
- **For Spiritual Understanding:** Ask God to open your spiritual eyes so you can understand His deep truth and wisdom (Ephesians 1:18).
- **For Repentance and Forgiveness:** Confess any sins you know about and ask for God's forgiveness, letting His cleansing prepare your heart for Him (1 John 1:9).

- **For Clarity of Vision:** Pray for a clear vision for your own life and for the direction of New Psalmist Baptist Church, so God's perfect will can be revealed.
- **For Breaking Old Patterns:** Ask God to break any old habits, strongholds, or patterns that stop you from growing spiritually and walking with Him.

Character Focus:

Solomon: Even though Solomon started with wisdom, his heart eventually drifted from God's commands. Our fast is about returning to a 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. Freedom, praying for others, and renewed 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 chains and make our trust in Him strong again.

Objective: Be a church full of faith that cries out for freedom and fairness.

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

Devotional Thought:

On this second day, we're focusing on REfreshing and REviving our hearts. Life can be tiring, and sometimes, even in our spiritual journey, we can feel worn out, dry, or disconnected from our first passion for God. Today is about inviting God to breathe new life into our spirits and reignite the amazing purpose He has placed inside each of us.

Psalm 51:10 is a heartfelt prayer: "Create in me a pure heart, O God, and renew a steadfast spirit within me." This verse shows a deep desire for inner cleansing and a fresh start. A pure heart is super important to experience God's refreshing presence. When we let God cleanse us, He doesn't just take away what's impure; He also renews a steadfast spirit – one that is strong, steady, and committed to Him. This renewal is needed for true spiritual refreshing.

Isaiah 40:31 gives us 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's when we wait on Him, trusting His timing and His plan, that our strength is supernaturally renewed. This renewal isn't just a quick boost; it's a powerful change that helps us overcome challenges, run with endurance, and walk without stumbling. This is what it means to be 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 inner spring of life for those who believe in Him. This living water is the Holy Spirit, who brings refreshing, cleansing, and an endless supply of spiritual energy. When we are filled with the Spirit, we become channels through which God's life flows, not just for us but also to others. This is how our purpose is not only revived but also empowered to make a difference in the world around us.

Richard Foster describes fasting as a way of "spiritual warfare through submission." When Israel fasted under Samuel's leadership (1 Sam. 7), God stepped in against their enemies and brought peace. Esther's fast led to her people's freedom from Haman's evil plan. Both stories

show a truth: when God's people humble themselves and fast, He releases power that no enemy can stand against. True fasting breaks the chains of fear, unbelief, and unfairness.

As you continue your fast and prayer today, open your heart to receive God's refreshing. Ask Him to revive any part of your life that feels dry or stuck. Pray for a renewed sense of purpose and for the Holy Spirit to flow through you like rivers of living water. May today be a deep 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 energy (Acts 3:19).
- **For Revival in Hearts and Lives:** Ask God to light a fire of revival in your heart and the hearts of everyone in the church, leading to a deeper passion for Him.
- **For Rekindling Passion and Purpose:** Pray that any hidden gifts, talents, or callings within you would be reignited and brought back to life for God's glory.
- **For Emotional Healing:** Ask God to heal any emotional hurts, past pains, or worries, bringing His peace and comfort.
- **For Joy and Peace:** Pray for an overflowing amount of God's joy and peace to fill your heart, even when things are tough (Philippians 4:7).
- Break every chain of fear, doubt, and spiritual heaviness.

- Uproot strongholds of addiction, bitterness, and laziness.
- Revive faith in homes, marriages, and generations.
- Grant the courage of Esther to stand up boldly for what is right.
- Let righteous justice flow through our city like a mighty river.

Character Focus:

Esther and Samuel: Esther's courage came from fasting; Samuel's leadership was built on praying for others. Both show that when we live right with God again, freedom always follows.



DAY 3



REveal & Come Alive (Power & Recommitment)

Revival and Spiritual Defense

Focus: Divine revelation, experiencing God's power, recommitting to His call, and becoming channels 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 sent out again to walk in God's righteous authority.

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

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

Devotional Thought:

Today is the final day of our spiritual preparation! It's a day to see God's glory REvealed and truly Come Alive in His power. Our biggest desire for Revival Encounter 2025 is not just to hear about God, but to meet Him personally, to see Jesus Revealed among us, and to be so filled with His Spirit that we become ways for His power to work in the world.

John 14:21 says, "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 shows a deep truth: obeying God's commands is directly connected to experiencing His presence and seeing Him REveal Himself to us. As we've fasted, prayed, and renewed our minds, we've put ourselves in a place to meet Jesus in a deeper way. This meeting isn't just a quick feeling; it's a life-changing revelation that changes everything.

Acts 1:8 gives us the plan 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 be effective witnesses for Christ comes directly from the Holy Spirit. It’s not by our own strength, but by His Spirit. This power helps us overcome challenges, share the Good News boldly, and show God’s love to a broken world. As we seek a fresh filling of the Holy Spirit today, we’re asking for the power to live out the vision of Revival Encounter 2025 – to be channels of God’s power.

Ephesians 3:20 reminds us of God’s amazing 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 reminder that God isn’t limited by what we understand or ask for. His power, which is already working in believers, can do far beyond what we can even imagine. As we finish our fast, let’s pray with bold faith, believing that God will do incredibly more than we can ask or imagine during the Revival Encounter.

After Ananias prayed, Paul got his sight back and his purpose was renewed. When

we live right with God again, our vision is restored. Similarly, King Jehoshaphat and his army worshipped before a battle, and God fought for them. Richard Foster reminds us that fasting and prayer open our souls to God's strength – it's not about going without, but about connecting with God's power. We come out not weaker, but empowered to fight spiritual battles.

As you finish your fast and prayer today, pray for a fresh, real encounter with Jesus. Ask Him to show Himself more fully to you, and recommit your life, talents, and resources to serving Him. Ask for the power to fulfill His call. Pray for the Revival Encounter 2025, that God's power would be clear and lives would be changed.

Prayer Points:

- **For Divine Revelation and Encounters with Jesus:** Pray for personal meetings with Jesus, that He would show Himself to you in new and deep ways (John 14:21).
- **For Empowerment by the Holy Spirit:** Ask God to fill you with His Holy Spirit, giving you power to live a life that shows His power and love (Acts 1:8).
- **For Being Conduits of God's Power:** Pray that you and the church would become effective ways for God's power to work, bringing change to your world.
- **For Recommitment to God's Call:** Fully recommit your life to God's will and purpose, asking for the grace to obey and have faith.
- **For the Manifestation of God's Glory:** Pray that God's glory would be powerfully shown during the Revival Encounter 2025, drawing many people 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 wakes up 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. When we live right with God again, fear turns into victory.



BREAKING THE FAST SAFELY:

It's really important to break your fast slowly to avoid stomach upset and other health issues.

- **Start with light foods:** Begin with small portions of foods that are easy to digest, like fruit (especially watermelon or berries), vegetable soup, or a small salad.
- **Avoid heavy, fatty, or sugary foods:** These can shock your system after not eating for a while.
- **Chew slowly:** Take your time and enjoy your food.
- **Stay hydrated:** Keep drinking plenty of water.

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



CLOSING COMMITMENT

At the end of the fast:

- Write down your testimonies and answered prayers.
- Share what God showed you about His righteousness in your life.
- Reaffirm your commitment to obey God and follow the Spirit.
- Join together 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 YOUTH

This supplement offers a straightforward, practical guide for the 3-day spiritual fast, focusing on key actions and prayer points tailored for youth. Remember to always talk to your parents or guardians and consult a doctor before beginning any fast, especially if you have pre-existing health conditions.

GENERAL FASTING INSTRUCTIONS

Choose Your Fasting Type

(with parent guidance):

- **Giving Up Something Special**

(Partial Fast): Give up something you really like for a short time (e.g., candy, soda, video games, a favorite TV show). This helps you focus on God instead.

- **Media/Activity Fast:** Abstain from social media, video games, TV, or other activities that take up a lot of your time. This creates more space to focus on God.

- **Simple Food Fast (with parent**

supervision): Give up desserts, sugary snacks, or choose water instead of juice.

Your parents must help you with this to ensure you eat enough healthy food.

Daily Spiritual Practices:

- **Morning: Quiet Time with God** – Quiet Time with God

- **Noon: Pray for Others** – Pray for your friends, family, church, and people around the world. (Matthew 6:9-13)

- **3 PM: SOUND THE ALARM** – Pray and take some time to reflect on what God might be telling you. (Acts 3)
- **Evening: Worship** – End your day by thanking God and singing praises.
- **Journal/Draw:** Write down or draw pictures about what you hear, feel, and learn from God 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: Clear thoughts, spiritual fresh start, breaking bad habits, and seeking God in humility.

Key Scripture: Romans 12:2 (“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”)

Prayer Points:

- Ask God to show you and remove pride, idols, or self-reliance from your heart.
- Pray for renewed respect for God's ways in your life, home, and church.
- Confess any known sins and ask for God's forgiveness (1 John 1:9).
- Pray for clear vision for your personal life and the church.
- Ask God to break old habits and strongholds that stop your spiritual growth.

DAY 2: REfresh & REvive (Heart & Purpose) Breaking Bad Things & Making Faith Strong Again

Focus: Cleaning our feelings, getting spiritually refreshed, finding our purpose again, and inviting God to break spiritual chains.

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 touch and refreshing from the Holy Spirit (Acts 3:19).
- Ask God to light a fire of revival in your heart and the church.
- Pray that any hidden gifts, talents, or callings within you would be reignited for God's glory.
- Ask God to heal any sad feelings, past hurts, or worries.
- Pray for lots of God's joy and peace (Philippians 4:7).
- Pray for chains of fear, doubt, addiction, bitterness, and laziness to be broken.

DAY 3: REveal & Come Alive

(Power & Recommitment)

Revival and Spiritual Protection

Focus: God showing us new things, feeling God's power, promising again to follow Him, and becoming helpers for 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 meetings with Jesus, asking Him to show Himself in new ways (John 14:21).
- Ask God to fill you with His Holy Spirit, giving you power to live a life that shows His power and love.
- Pray that you and the church become good helpers for God's power.
- Promise again to fully follow God's plan and purpose.
- Pray that God's glory would be powerfully shown during the Revival Encounter 2025.
- Pray for fresh power and courage for God's Kingdom.
- Ask for strength to be more than winners through Jesus (Romans 8:37).

BREAKING THE FAST SAFELY



- **Start with light foods:** Small amounts of foods that are easy for your tummy to digest (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.
- **Slowly add back foods:** Over the next day or two, slowly start eating other types of food again.

ROADBLOCKS AND ROADBLOCK BUSTERS



During your spiritual journey, especially when you're trying to focus on God, you might hit some **roadblocks** – things that distract you or try to stop you. These can be inside you, like feeling scared, doubting yourself, or just not wanting to do something. Or they can be outside, like friends wanting you to play games when you want to pray, or feeling super hungry.

But guess what? For every roadblock, God gives us **roadblock busters**! These are like special tools, ideas, and actions that help us figure out what's stopping us and how to get past it, so we can keep moving forward with God. These come from God's Word and His Holy Spirit!

What are some Roadblocks?

- **Inside You:** Doubts about God, feeling like you're not good enough, being afraid to try, getting impatient, or your mind wandering when you try to pray.
- **Outside You:** Friends trying to get you to do other things, unexpected homework, feeling really hungry or tired, or wanting to play video games or watch TV instead of focusing on God.

How to Use Roadblock Busters

(with Bible Help!):

1. Talk to God (Philippians 4:6-7):

When you feel worried or doubtful, just talk to God about it! "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Prayer is like your direct phone call to God for strength and peace.

2. Let the Holy Spirit Help (Romans 8:26):

If you feel weak or don't know what to pray for, the Holy Spirit is there to help you! "And

the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words." Let the Holy Spirit give you strength, especially when you feel like giving up.

3. Read God's Word (Matthew 4:4):

When you feel hungry or tempted, remember what Jesus did. He said, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" Reading your Bible feeds your spirit, and that's even more important than food!

4. Hang Out with Godly Friends (Hebrews 10:24-25):

You don't have to do this alone! "Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another..." Talk to a trusted friend, parent, or youth leader. They can encourage you and help you stay strong.

5. Think God's Thoughts (Romans 12:2):

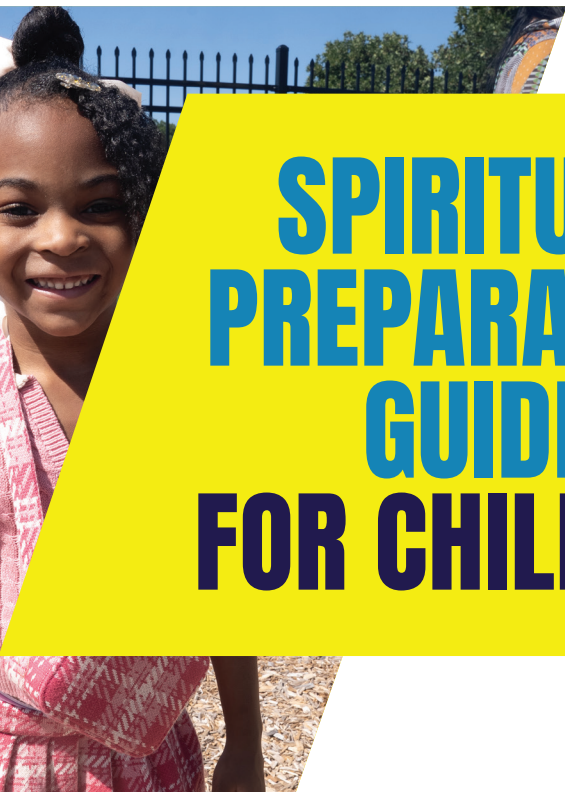
If you have bad thoughts or start thinking like the world, choose to think about what God

says is true. “Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.” Choose to think about things that are true, good, pure, lovely, and praiseworthy (Philippians 4:8). This helps your brain think more like Jesus!

6. Don’t Give Up! (James 1:2-4):

When things get tough, see it as a chance to grow! “Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow.” When you keep going, even when it’s hard, you become stronger and your faith grows deeper.

By using these spiritual **roadblock busters**, you can get past the challenges during your fast and become stronger, more focused, and closer to God!



SPIRITUAL PREPARATION GUIDE FOR CHILDREN





INTRODUCTION

Hi kids! Get ready for something super special! This is your spiritual preparation guide for the New Psalmist Baptist Church's Fall Revival Encounter 2025! This year, our big theme is "Jesus Revealed" and our special message is "Come Alive." We're going on an exciting journey to become REnewed (like getting a fresh start), REfreshed (like a cool drink on a hot day), REvitalized (getting lots of energy), REvelation (learning new things about God), REenergizing (getting even more energy!), and REcommitting (promising to follow Jesus). This guide will help you get ready for this amazing event with a special 3-day plan, fun prayer ideas, and daily thoughts about God, all connected to our Revival Encounter!

We pray that as you use this guide, you won't just hear stories about God, but you'll feel **Him close to you** in a special way. We pray you'll become like a helper for God, sharing His love

and power with others. May your mind get REnewed, your heart get REaligned (like putting things back in the right place), and your spirit get REignited (like a little spark turning into a big flame), so you can truly Come Alive in your special purpose, filled with God's power, and ready to follow Him! This Revival Encounter is more than just a church event; it's God's Spirit moving through us, to make the world a better place.

As we get ready, let's remember to look for the **hand of God** in our lives. He's like a loving parent, guiding us through tricky times, making us strong when things are hard, and giving us smart ideas to make good choices. This preparation is about looking for God, trusting Him to help us be strong, and letting His good wisdom show us what to do. We want to live in a way that makes God happy, helping to get rid of bad feelings and showing everyone, how wonderful Jesus is. This is a time to learn about the big plan for Revival 2025 and help share God's good rules and love, because this is the perfect time for it!



GUIDED 3-DAY FASTING PLAN FOR CHILDREN

Fasting is a special way to show God that He is more important than anything else. When we fast with a true heart, it helps us feel closer to God, makes our spiritual ears and eyes sharper, and helps us hear what God wants to tell us. It's a time to focus on God, say no to some things we like, and think more about His presence and what He wants us to do. As we start this 3-day fast, our goal is to connect with the message of Revival Encounter 2025: "Jesus Revealed" and "Come Alive." We want to get REnewed, REfresh our spirits, REvive our purpose, REveal God's power, and truly Come Alive in Him.

TYPES OF FASTING FOR CHILDREN

(Always talk to your parents first!):

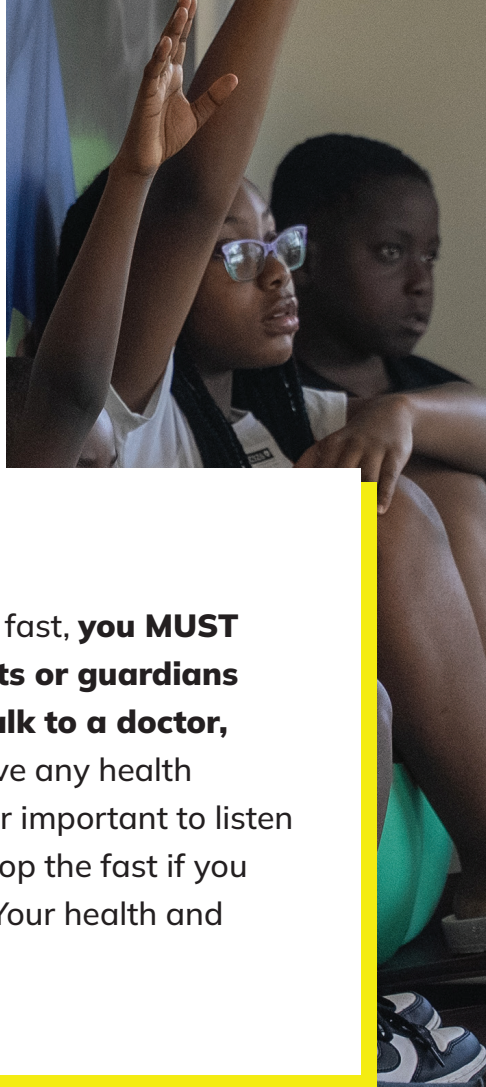
1. Giving Up Something Special

(Partial Fast): This means choosing to give up something you really like for a short time. For example, you might give up candy, soda, video games, or a favorite TV show for the 3 days. This helps you remember to focus on God instead of that thing. This is a great option for children!

2. Media/Activity Fast: This is similar to giving up something special. You might choose to not use tablets, phones, video games, or watch certain shows for the 3 days. This creates more time for you to read your Bible, pray, and think about God.

3. Simple Food Fast (with parent

supervision): This could mean giving up desserts, sugary snacks, or choosing water instead of juice for the 3 days. **It is very important that your parents help you choose this and make sure you eat enough healthy food.**



Important Note:

Before starting any fast, **you MUST talk to your parents or guardians and they should talk to a doctor**, especially if you have any health conditions. It's super important to listen to your body and stop the fast if you feel sick or unwell. Your health and safety come first!



GENERAL FASTING INSTRUCTIONS

Umbrella Scripture: 2 Chronicles 20

(This is a story about King Jehoshaphat and his people who prayed and fasted when they were in trouble, and God helped them!)

Special Times with God

(Inspired by Richard Foster):

- **Morning: Quiet Time with Jesus**

- Start your day by being still and inviting Jesus to be with you. You can talk to Him, or just be quiet and think about Him. (Mark 1:35 - Jesus often went to quiet places to pray).

- **Noon: Pray for Others**

- Think about your friends, family, teachers, and people at church. Ask God to bless them and help them. (Matthew 6:9-13 - This is like the Lord's Prayer, where we pray for God's Kingdom to come).

- **3 PM: SOUND THE ALARM**

- Pray then take a few minutes to be quiet and think about what God might be telling you in your heart or through His Word. (Acts 3 - Peter and John went to the temple at 3 PM to pray).

- **Evening: Thank God**

- Before bed, think about all the good things God did for you today. Thank Him and maybe sing a worship song.

- **Journal/Draw:** Each day, write down or draw pictures about what you hear, feel, and learn from God. You can keep a special notebook for this!

- **Finish the Fast:** On the evening of November 5, we will finish our fast with worship and thanking God for all He has done.



DAILY GUIDELINES FOR THE 3-DAY FAST:





DAY 1



REnew (Mind & Spirit)

*Being Humble Before God:
Getting Back to What's Right*

Focus: Having clear thoughts, getting a fresh start spiritually, stopping bad habits, and getting our minds ready to understand God's truth. Being humble and obeying God.

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

Aim: To know that we need God and to choose to live His way.

Objective: To give our hearts to God so we can live in a way that pleases Him.

My Promises to God: “I will look for God with a humble heart and turn away from anything that makes Him sad.”

Devotional Thought:

Welcome to Day 1! Today, we're focusing on getting our minds REnewed. The world around us is always trying to get our attention and tell us how to think. It's super important to choose to think about what God says is true. This isn't just about learning new facts; it's about a deep change inside of us.

Romans 12:2 tells us, "Do not copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." The world has its own ways of thinking and doing things. If we're not careful, we might start thinking like the world, and that can stop us from knowing God's plan. Renewing our mind means actively saying NO to these worldly ideas and letting God's Word change our thoughts, our attitudes, and how we see things.

Ephesians 4:23 encourages us to "be made new in the attitude of your minds." This means it's not just a one-time thing, but something we keep doing. It's like a journey where we let the Holy Spirit help us think holy thoughts. As we

read the Bible, pray, and look for God, our inner attitudes slowly change, helping us to think more like Jesus.

Philippians 4:8 gives us great advice: “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 very powerful! What we think about changes how we feel, what we say, and what we do. By choosing to think about things that are true, good, and pure, we make our minds ready to hear from God and less likely to be tricked by bad ideas.

In 1 Kings 9, God reminded King Solomon that He would only stay where people lived in a way that pleased Him. When Solomon and his people stopped following God, bad things happened. Just like King Jehoshaphat in 2 Chronicles 20, we start this fast by being humble – understanding that being right with God isn’t something we can do all by ourselves; it comes from His Spirit. Richard Foster teaches that fasting helps us see what is really

important to us; as we give up things, God fills us with a holy desire to be pure and truthful.

As you fast (give up something) and pray today, ask God to show you any thoughts that don't match what He says. Invite the Holy Spirit to change your mind, giving you spiritual understanding and a hunger to know His truth. Let today be a powerful step towards having a renewed mind, ready to receive all that God wants to show you during Revival Encounter 2025.

Prayer Points:

- Dear God, please look into my heart and take away any pride, or anything I put before You, or anything I try to do all by myself.
- Help us to respect Your good ways again in our homes and church.
- Let us be humble so Your goodness can grow in us.
- Please help our leaders and families to say sorry for wrong things and start fresh with You.
- **For Renewed Minds:** Pray that God would make your mind new with His Word, taking away any bad thoughts, doubts, or worldly ideas (Romans 12:2).
- **For Spiritual Understanding:** Ask God to open your spiritual eyes so you can understand His deep truth and wisdom (Ephesians 1:18).

- **For Saying Sorry and Forgiveness:** Tell God you're sorry for any wrong things you've done and ask Him to forgive you. Let His cleaning make your heart ready for Him (1 John 1:9).
- **For Clear Vision:** Pray for a clear picture of what God wants for your life and for our church, so His perfect plan can be shown.
- **For Breaking Bad Habits:** Ask God to help you stop any old habits or things that make it hard for you to grow closer to Him.

Character Focus:

King Solomon: Even though Solomon started very wise, his heart eventually stopped following God's rules. Our fast is about getting our hearts back to saying, "Not what I want, God, but what You want."



DAY 2



REfresh & REvive (Heart & Purpose)

*Breaking Bad Things &
Making Faith Strong Again*

Focus: Cleaning our feelings, getting spiritually refreshed, finding our purpose again, and letting God put new life into our hearts. Freedom from bad things, praying for others, and having strong faith.

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

Aim: To ask God to break spiritual chains and make our trust in Him strong again.

Objective: To be a church full of faith that asks God for freedom and fairness.

My Promise to God: “I will let go of my worries and trust God to fight for me.”

Devotional Thought:

On this second day, we're focusing on getting REfreshed and REvived. Life can sometimes make us feel tired, dry, or like we've lost our first excitement for God. Today is about asking God to put new life into our spirits and to light up the special purpose He has given each of us.

Psalm 51:10 is a prayer from the heart: "Create in me a pure heart, O God, and renew a steadfast spirit within me." This verse shows a deep desire to be clean inside and to have a fresh start. A pure heart is super important to feel God's refreshing presence. When we let God clean us, He doesn't just take away the bad stuff; He also gives us a strong, steady spirit that is committed to Him. This fresh start is needed to truly feel spiritually refreshed.

Isaiah 40:31 gives us a wonderful 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 tired or unsure about our purpose, trusting in the Lord becomes our anchor. It's when we wait for Him, trusting His timing and His plan, that our strength becomes new in a special way.

This new strength isn't just a quick boost; it's a powerful change that helps us get over challenges, keep going strong, and walk without falling. This is what it means to be REfreshed and REvived.

John 7:38 says, "Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." Jesus promises an inside spring of life for those who believe in Him. This living water is the Holy Spirit, who brings refreshing, cleaning, and an endless supply of spiritual energy. When we are filled with the Spirit, we become like channels through which God's life flows, not just for us but also to others. This is how our purpose not only comes alive again but also gets the power to make a difference in the world around us.

Richard Foster says that fasting is like "spiritual fighting through giving in to God." When the people of Israel fasted with Samuel (1 Sam. 7), God made thunder against their enemies and brought peace. Queen Esther's fast helped save her people from a bad plan. Both stories show us a truth: when God's people are humble and fast, He sends out power that no enemy can

stop. True fasting breaks the chains of fear, not believing, and unfairness.

As you continue your fast (giving up something) and prayer today, open your heart to feel God's refreshing. Ask Him to bring new life to any part of your life that feels dry or stuck. Pray for a new sense of your purpose and for the Holy Spirit to flow through you like rivers of living water. May today be a deep experience of spiritual REfreshing and a powerful REvival of the special purpose God gave you.

Prayer Points:

- **For Refreshing of the Holy Spirit:** Pray for a fresh touch and refreshing from the Holy Spirit in your life, bringing new strength and energy (Acts 3:19).
- **For Revival in Hearts and Lives:** Ask God to light a fire of revival in your heart and the hearts of everyone in the church, making us love Him even more.
- **For Finding Purpose Again:** Pray that any hidden gifts, talents, or callings inside you would be lit up again and brought back to life for God's glory.
- **For Healing Feelings:** Ask God to heal any sad feelings, past hurts, or worries, bringing His peace and comfort.
- **For Joy and Peace:** Pray for lots of God's joy and peace to fill your heart, even when things are hard (Philippians 4:7).
- Break every chain of fear, doubt, and spiritual heaviness.

- Uproot bad habits like addiction, bitterness, and laziness.
- Make faith strong again in homes, families, and for all generations.
- Give us the courage like Queen Esther to stand up for what is right.
- Let fairness and justice flow through our city like a strong river.

Character Focus:

Queen Esther and Samuel: Queen Esther was brave because she fasted; Samuel was a great leader because he prayed for others. Both show that when we live right with God again, we always see freedom!



DAY 3



REveal & Come Alive (Power & Recommithment)

Revival and Spiritual Protection

Focus: God showing us new things, feeling God's power, promising again to follow Him, and becoming helpers for His power in the world. Getting strong and winning through the Holy Spirit.

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

Aim: To be refreshed and sent out again to walk in God's good power.

Objective: To go into revival with a vision from the Spirit and victory.

My Promise to God: "I promise to walk in victory, guided by God's Spirit."

Devotional Thought:

Today is the last day of our special preparation! It's a day to see God's glory REvealed and truly Come Alive in His power. Our biggest hope for Revival Encounter 2025 is not just to hear about God, but to meet Him personally, to see Jesus Revealed among us, and to be so filled with His Spirit that we become helpers for His power in the world.

John 14:21 says, "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 shows a deep truth: when we obey God's rules, we get to feel His presence and see Him REveal Himself to us. As we've fasted (given up something), prayed, and made our minds new, we've gotten ourselves ready to meet Jesus in a deeper way. This meeting isn't just a quick feeling; it's a life-changing moment that changes everything.

Acts 1:8 gives us the plan for living with 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 be good helpers for Jesus comes directly from the Holy Spirit. It's not by our own strength, but by His Spirit. This power helps us get over problems, share the Good News bravely, and show God's love to a world that needs it. As we ask for a fresh filling of the Holy Spirit today, we're asking for the power to live out the vision of Revival Encounter 2025 – to be helpers for God's power.

Ephesians 3:20 reminds us that God can do anything: "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 reminder that God is not limited by what we understand or what we ask for. His power, which is already working in people who believe, can do far more than we can even think of. As we finish our fast, let's pray with big faith, believing that God will do incredibly more than we can ask or imagine during the Revival Encounter.

After Ananias prayed, Paul got his sight back and found his purpose again. When we live right with God again, we see things clearly. Also, King Jehoshaphat and his army worshipped God before a battle, and God

fought for them. Richard Foster reminds us that fasting and prayer open our hearts to God's strength – it's not about going without, but about connecting with God's power. We come out not weaker, but stronger and ready to fight spiritual battles.

As you finish your fast (giving up something) and prayer today, pray for a fresh, real meeting with Jesus. Ask Him to show Himself more fully to you, and promise again to give your life, your talents, and your things to serve Him. Ask for the power to do what He wants you to do. Pray for the Revival Encounter 2025, that God's power would be clear and many lives would be changed.

Prayer Points:

- **For God to Show Us New Things and Meet Jesus:** Pray for special times with Jesus, that He would show Himself to you in new and deep ways (John 14:21).
- **For Power from the Holy Spirit:** Ask God to fill you with His Holy Spirit, giving you power to live a life that shows His power and love (Acts 1:8).
- **For Being Helpers of God's Power:** Pray that you and the church would become good helpers for God's power to work, bringing good changes to your world.
- **For Promising Again to Follow God:** Promise again to fully follow God's plan and purpose, asking for His help to obey and believe.
- **For God's Glory to Be Seen:** Pray that God's glory would be powerfully shown during the Revival Encounter 2025, bringing many people to Him.

- Lord, make us new with fresh power and courage for Your Kingdom.
- Make us strong to be more than winners through Jesus (Romans 8:37).
- Give our church God's armor for spiritual protection.
- Let praise be our weapon and goodness be our shield.
- Send out revival fire that wakes up our generation to Your glory.

Character Focus:

Paul and King Jehoshaphat: Both Paul and King Jehoshaphat experienced a fresh start because they obeyed God and believed. Paul's blindness went away and he could see his purpose; King Jehoshaphat's fear turned into faith. When we live right with God again, fear turns into winning!



BREAKING YOUR FAST SAFELY:

It's very important to break your fast (start eating normally again) slowly so your tummy doesn't get upset and you stay healthy.

- **Start with light foods:** Begin with small amounts of foods that are easy for your tummy to digest, like a few pieces of fruit (especially watermelon or berries), a little vegetable soup, or a small salad.
- **Avoid heavy, fatty, or sugary foods:** These can be a shock to your body after not eating much for a while.
- **Chew slowly:** Take your time and enjoy your food.
- **Stay hydrated:** Keep drinking plenty of water.

- **Slowly add back foods:** Over the next day or two, slowly start eating other types of food again.



CLOSING PROMISE

At the end of the fast:

- Write down or draw about the good things God did and prayers He answered.
- Share what God showed you about His goodness in your life.
- Promise again to obey God and follow His Spirit.
- Join together in thanking and worshipping God as we say — “The Lord is our righteousness, and we shall not be moved!”

SIMPLIFIED 3-DAY FASTING PLAN SUPPLEMENT FOR CHILDREN

This supplement provides a simple, easy-to-understand guide for the 3-day spiritual fast, focusing on key actions and prayer points tailored for children. Remember to **always talk to your parents or guardians and consult a doctor** before beginning any fast, especially if you have pre-existing health conditions. Your health and safety are most important!

GENERAL FASTING INSTRUCTIONS

Choose Your Fasting Type

(with parent guidance):

- **Giving Up Something Special**

(Partial Fast): This means choosing to give up something you really like for a short time. For example, you might give up candy, soda, video games, or a favorite TV show for the 3 days. This helps you remember to focus on God instead of that thing.

- **Media/Activity Fast:** You might choose to not use tablets, phones, video games, or watch certain shows for the 3 days. This creates more time for you to read your Bible, pray, and think about God.

- **Simple Food Fast (with parent supervision):** This could mean giving up desserts, sugary snacks, or choosing water instead of juice for the 3 days. **It is very important that your parents help you choose this and make sure you eat enough healthy food.**

Daily Spiritual Practices:

- **Morning: Quiet Time with Jesus** – Start your day by being still and inviting Jesus to be with you. You can talk to Him, or just be quiet and think about Him. (Mark 1:35)
- **Noon: Pray for Others** – Think about your friends, family, teachers, and people at church. Ask God to bless them and help them. (Matthew 6:9-13)
- **3 PM: SOUND THE ALARM** – Pray and take a few minutes to be quiet and think about what God might be telling you in your heart or through His Word. (Acts 3)
- **Evening: Thank God** – Before bed, think about all the good things God did for you today. Thank Him and maybe sing a worship song.
- **Journal/Draw:** Each day, write down or draw pictures about what you hear, feel, and learn from God. You can keep a special notebook for this!
- **Close the fast:** On the evening of November 5, we will finish our fast with worship and thanking God for all He has done.

DAILY FOCUS & PRAYER POINTS



DAY 1: REnew (Mind & Spirit)

Being Humble Before God

Focus: Clear thoughts, a fresh spiritual start, stopping bad habits, and seeking God in humility.

Key Scripture: Romans 12:2 (“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”)

Prayer Points:

- Ask God to show you and take away any pride or anything you put before Him.
- Pray for renewed respect for God’s good ways in your life, home, and church.
- Tell God you’re sorry for any wrong things you’ve done and ask Him to forgive you (1 John 1:9).
- Pray for a clear picture of what God wants for your life and for our church.

- Ask God to help you stop any old habits that make it hard to grow closer to Him.

DAY 2: REfresh & REvive (Heart & Purpose)

Breaking Bad Things & Making Faith Strong Again

Focus: Cleaning our feelings, getting spiritually refreshed, finding our purpose again, and inviting God to break spiritual chains.

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 touch and refreshing from the Holy Spirit (Acts 3:19).
- Ask God to light a fire of revival in your heart and the church, making us love Him even more.
- Pray that any hidden gifts or talents inside you would be lit up again for God’s glory.
- Ask God to heal any sad feelings, past hurts, or worries.

- Pray for lots of God's joy and peace (Philippians 4:7).
- Pray for chains of fear, doubt, or bad habits to be broken.

DAY 3: REveal & Come Alive **(Power & Recommitment)** **Revival and Spiritual Protection**

Focus: God showing us new things, feeling God's power, promising again to follow Him, and becoming helpers for 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 special times with Jesus, asking Him to show Himself to you in new ways (John 14:21).
- Ask God to fill you with His Holy Spirit, giving you power to live a life that shows His power and love.
- Pray that you and the church become good helpers for God's power.
- Promise again to fully follow God's plan and purpose.

- Pray that God's glory would be powerfully shown during the Revival Encounter 2025.
- Pray for fresh power and courage for God's Kingdom.
- Ask for strength to be more than winners through Jesus (Romans 8:37).

BREAKING THE FAST SAFELY



It's very important to break your fast (start eating normally again) slowly so your tummy doesn't get upset and you stay healthy.

- **Start with light foods:** Small amounts of foods that are easy for your tummy to digest, like a few pieces of fruit (especially watermelon or berries), a little vegetable soup, or a small salad.
- **Avoid heavy foods:** No fatty or sugary foods immediately after the fast.
- **Chew slowly:** Take your time and enjoy your food.
- **Stay hydrated:** Keep drinking plenty of water.
- **Slowly add back foods:** Over the next day or two, slowly start eating other types of food again.

ROADBLOCKS AND ROADBLOCK BUSTERS



Sometimes, when you're trying to do something good for God, like fasting or praying, you might find things that try to stop you. We call these **roadblocks!** They can be things inside you, like feeling bored, or wanting to play instead of pray. Or they can be things outside you, like your friends asking you to play video games when you planned to read your Bible, or feeling really, really hungry.

But don't worry! God gives us **roadblock busters!** These are special ways to help us get past those things that try to stop us. They help us keep going and get closer to God. These special ways come from God's Word, the Bible, and from His Holy Spirit!

What are some Roadblocks?

- **Inside You:** Feeling bored, wanting to play, feeling a little scared, thinking you can't do it, or your mind thinking about other things when you try to pray.
- **Outside You:** Friends wanting to play, yummy snacks calling your name, feeling tired, or

unexpected things happening that make it hard to focus.

How to Use Roadblock Busters

(with Bible Help!):

1. Talk to God (Philippians 4:6-7):

When you feel worried or something is bothering you, just talk to God about it! “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Talking to God is like telling your best friend everything, and He gives you peace!

2. Let the Holy Spirit Help (Romans 8:26):

If you feel weak or don’t know what to say in your prayers, the Holy Spirit is right there to help you! “And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.” The Holy Spirit is like a super helper who gives you strength, especially when you feel like giving up.

3. Read God's Word (Matthew 4:4):

When you feel hungry or tempted by something, remember what Jesus said. He said, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" Reading your Bible fills your spirit, and that's even better than any snack!

4. Ask for Help (Hebrews 10:24-25):

You don't have to do this alone! "Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another..." If you're having a hard time, tell a parent, a trusted grown-up, or a good friend. They can help you and cheer you on!

5. Think God's Thoughts (Romans 12:2):

If you have bad thoughts or start thinking about things that aren't from God, choose to think about what God says is true. "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think." Try to think about things that are true, good, pure, lovely,

and praiseworthy (Philippians 4:8). This helps your brain think more like Jesus!

6. Don't Give Up! (James 1:2-4):

When things get a little tough, think of it as a game where you get stronger! “Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow.” When you keep trying, even when it's hard, you become a stronger and braver follower of Jesus!

By using these spiritual **roadblock busters**, you can get past the things that try to stop you during your fast and become stronger, more focused, and super close to God!

The background features a large yellow parallelogram tilted to the right, set against a white background. Blue geometric shapes, including a large triangle and a smaller parallelogram, are positioned on the left side, partially overlapping the yellow shape.

GOSPEL SONG PLAYLIST

FOR SPIRITUAL PREPARATION AND FASTING



**He's Got The Whole World in His Hands -
Little Words - Blast From The Past** - Musical
Fun for Kids! (YouTube)

[https://youtu.be/W_btuje-
3xU?si=RX2iCvDt33xcENMP](https://youtu.be/W_btuje-3xU?si=RX2iCvDt33xcENMP)



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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