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RE*Vival* **Encounter** ²⁰/₂₅ **Come Alive**

NOV. 6, 7 • 7PM & NOV. 9 • 9AM

RE 25
FASTING GUIDE

YOUNG ADULT





INTRODUCTION

Hey Young Adults! 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're embarking on an awesome journey of REnewal, REfreshing, REvitalizing, REvelation, REenergizing, and REcommitting. This guide is here to help you get spiritually ready for this life-changing 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 dive into this material, you won't just learn about God, but you'll actually **experience Him** in a deeper way. We pray you'll become a channel for His power in the world. May your mind be REnewed, your heart REaligned, and your spirit REignited, so you can truly Come Alive in your purpose,

refilled with power, and recommitted to God's call. This Revival Encounter is more than just an event; it's a movement of the Spirit, working through us, for the world.

As we prepare, let's remember to look for the **hand of God** in our lives. He's guiding us through challenges, strengthening our commitment to His plan, and giving us wisdom for our decisions. Our goal is to live righteously, breaking free from negative influences, and letting Christ's glory shine through us. This is a time to catch the vision for Revival 2025 and help advance God's Kingdom principles and values, because this is the perfect time for it!



GUIDED 3-DAY FASTING PLAN

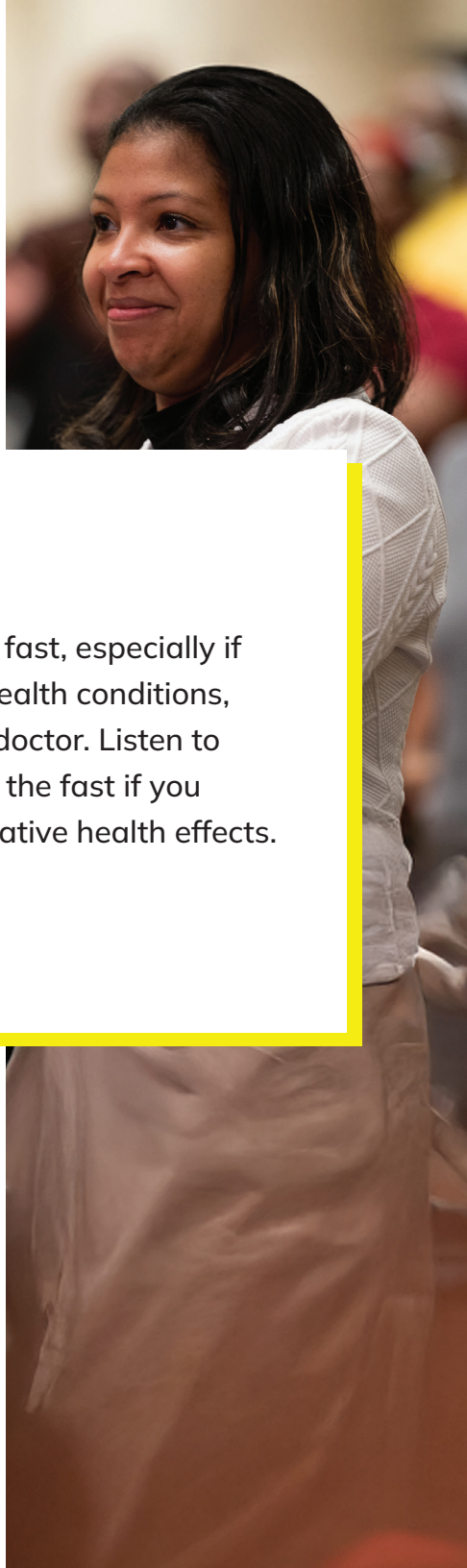
Fasting is a spiritual practice that, when done with a sincere heart, can bring us closer to God, sharpen our spiritual senses, and open us up to divine revelation. It's a time of setting ourselves apart, denying ourselves, and focusing intensely on God's presence and will. As we start this 3-day fast, our goal is to align 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):

- 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 legumes. This is a great choice if you're new to fasting or have health considerations.
- 2. Liquid Fast:** This fast involves consuming only liquids like water, natural fruit juices, vegetable broths, and herbal teas. If you choose this, pay close attention to staying hydrated and getting enough nutrients.
- 3. Partial Fast:** This means giving up certain foods or meals for the fast. For example, you might skip one or two meals a day, or abstain from things like caffeine, social media, or excessive screen time.

**Important Note:**

Before starting any fast, especially if you have existing health conditions, please talk to your doctor. Listen to your body and stop the fast if you experience any negative health effects.

GENERAL FASTING INSTRUCTIONS

Umbrella Scripture: 2 Chronicles 20

Spiritual Practices

(Inspired by Richard Foster):

- **Morning: Centering Prayer**

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

- **Noon: Intercession**

- Pray for your friends, family, church, and others. (Matthew 6:9-13)

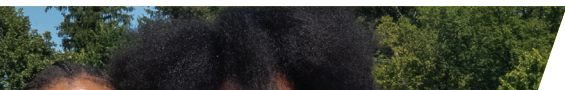
- **3 PM: SOUND THE ALARM**

- Pray then take time to hear what God is speaking to you. (Acts 3)

- **Evening: Worship**

- End your day with gratitude and praise.

- **Journal each day** about what you hear, feel, and receive 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 mental clarity, spiritual renewal, breaking bad habits, and preparing our minds 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 return to living 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 grab our attention and shape our thoughts. It's super important to intentionally align our minds with God's truth. This isn't just about learning new stuff; it's about a deep transformation of who we are inside.

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 pick up these patterns, which can stop us from knowing God's will. Renewing our mind means actively resisting these worldly influences and letting God's Word change our thoughts, attitudes, and perspectives.

Ephesians 4:23 encourages us to "be made new in the attitude of your minds." This shows that it's an ongoing process, not a one-time thing. 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 gradually change, leading us to think more like Christ.

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 focus on shapes our emotions, words, and actions. By intentionally thinking about things that are true, noble, and pure, we create a mind that’s open to God’s revelation and less vulnerable to negative influences.

In 1 Kings 9, God reminded King Solomon that His presence would only stay where righteousness was. When Solomon and his people turned away from God, things went wrong. Just like King Jehoshaphat, we start this fast by humbling ourselves – recognizing that being righteous isn’t something we can do on our own; it’s birthed by the Spirit. Richard Foster teaches that fasting reveals what truly controls us; as we empty ourselves, God fills us with a holy desire for purity and truth.

As you fast and pray today, ask God to show you any areas of your thinking that don't line up with His Word. Invite the Holy Spirit to transform your mind, giving you spiritual discernment and a hunger for His truth. Let today be a powerful step towards a renewed mind, ready to receive everything God wants to reveal during Revival Encounter 2025.

Prayer Points:

- Lord, examine my heart and remove any pride, idolatry, or self-reliance.
- Restore respect for Your righteous ways in our homes and church.
- Let humility be the foundation where Your righteousness grows.
- Cleanse our leaders and families with 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 your spiritual eyes to understand His deep 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 stop your spiritual growth and walk 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. 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 chains and renew our trust in Him.

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

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

Devotional Thought:

On this second day, we're turning our hearts towards REfreshing and REviving. Life can be exhausting, and sometimes, even in our spiritual journey, we can feel tired, dry, or disconnected from our initial passion. 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 essential to experience God's refreshing presence. When we let God cleanse us, He doesn't just remove what's impure; He also renews a steadfast spirit – one that is strong, unwavering, and committed to Him. This renewal is necessary 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 drained 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 transformative power 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 internal 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 an impact on 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 intervened against their enemies and brought peace. Esther's fast led to her people's deliverance from Haman's plot. 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 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 today 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 came from fasting; Samuel's leadership was built on intercession. Both show that revived righteousness always leads to manifested deliverance.



DAY 3



REveal & Come Alive (Power & Recommitment)

Revival and Spiritual Defense

Focus: Divine revelation, experiencing God's power, recommitment to the 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 recommissioned 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, 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 personally encounter Him, to see Jesus Revealed among us, and to be so filled with His Spirit that we become channels of 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 reveals a deep truth: obeying God's commands is directly linked to experiencing His presence and seeing Him REveal Himself to us. As we've fasted, prayed, and renewed our minds, we've positioned ourselves to encounter Jesus in a deeper way. This encounter isn't just a fleeting emotion; it's a transformative revelation that changes everything.

Acts 1:8 gives us 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 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 obstacles, share the Gospel boldly, and show God’s love to a broken world. As we seek a fresh infilling of the Holy Spirit today, we’re asking for the empowerment to live out the vision of Revival Encounter 2025 – to be channels of God’s power.

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

After Ananias prayed, Paul regained his sight and his purpose was renewed. Righteousness revived brings restored vision. Similarly, King

Jehoshaphat and his army worshipped before battle, and God fought for them. Richard Foster reminds us that fasting and prayer open our souls to divine strength – it's not about deprivation, but about aligning with God's power. We emerge not weaker, but empowered to fight spiritual battles.

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 channels 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 YOUNG ADULTS

This supplement offers a straightforward, practical guide for the 3-day spiritual fast, focusing on key actions and prayer points tailored for young 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., social media, video games, 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, procrastination, or a lack of motivation, or external, such as social pressures, unexpected demands, temptations (hello, social media!), or even physical discomfort.

But here's the good news: for every roadblock, God provides **roadblock busters** – skills, strategies, and actions to identify and overcome these obstacles, helping you 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, feeling inadequate, fear of missing out (FOMO), impatience, or a wandering mind during prayer.
- **External:** Peer pressure, unexpected assignments, physical hunger/fatigue, or

temptations to break your fast (like that irresistible snack or endless scrolling).

Roadblock Busters (Scriptural Basis):

1. Prayer and Supplication

(Philippians 4:6-7):

When anxiety or doubt creeps in, 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 your direct line to divine strength and peace, helping you overcome those anxious thoughts.

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

When you feel weak or don’t know what to pray for, the Holy Spirit has your back. “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.” Lean on the Spirit’s power to sustain you, especially when you feel like giving up.

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

When physical hunger or temptation strikes, remember Jesus' example. "But Jesus told him, 'No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'"" Nourish your spirit with God's Word; it's more satisfying and sustaining than any food or worldly pleasure.

4. Community and Accountability (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, especially now that the day of his return is drawing near." Connect with a trusted spiritual friend or mentor. Share your struggles and get encouragement.

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

Fight negative thoughts or worldly patterns by intentionally focusing on God's truth. "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."

Actively choose to think about what is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy (Philippians 4:8). This helps you rewire your brain for God's perspective.

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

See challenges as opportunities to grow 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. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing." Your ability to stick with it builds character and deepens your faith, making you more resilient.

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.

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



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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