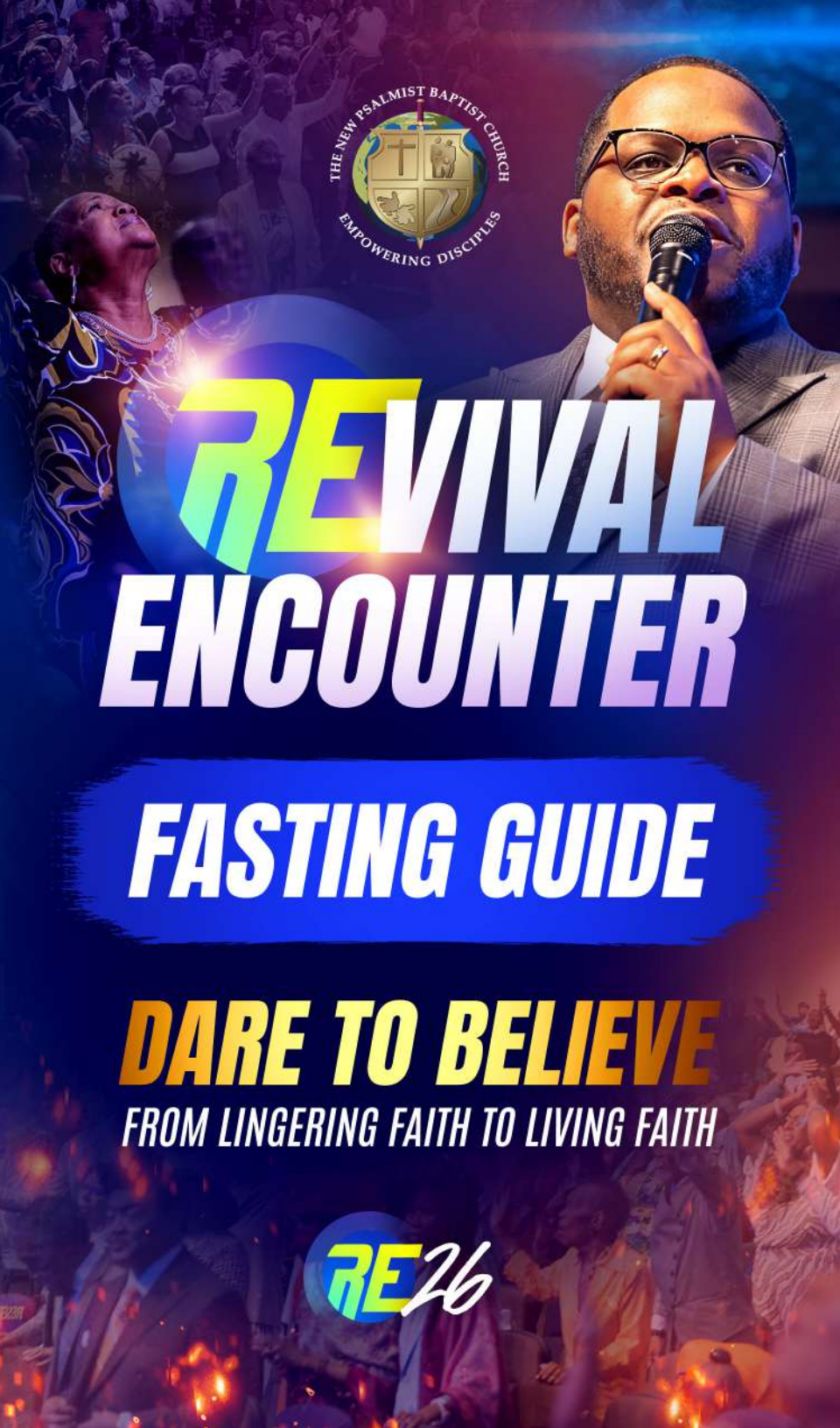
THE NEW PSALMIST BAPTIST CHURCH
EMPOWERING DISCIPLES
REVIVAL
ENCOUNTER
FASTING GUIDE
DARE TO BELIEVE
FROM LINGERING FAITH TO LIVING FAITH
RE26





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CENTERING PRAYER









CENTERING PRAYER

Father, in the mighty name of Jesus, we come boldly before Your throne of grace, giving You all glory, honor, and praise. We come with bold and unwavering faith. An **audacious faith**—a faith that trusts You beyond what we can see, believes Your Word despite what circumstances may say, responds when You speak, and obeys when You give direction.

As we enter this sacred time of prayer and fasting, our desire is for more of You. Draw us closer, Lord. Deepen our relationship with You and strengthen our fellowship with You.

Forgive us for sins committed knowingly and unknowingly, in thought, word, and deed. Forgive us for what we have done contrary to Your will and for what You called us to do that we left undone.

Father, remove anything that hinders our fellowship with You. Quiet the distractions around us and within us so that we can hear You clearly. Teach us to recognize Your voice, desire Your presence, and seek Your will above our own.

And Father, give us faith like Abraham: faith that moves when You say move, goes when You say go, waits when You say wait, releases what You tell us to release, and does what You call us to do, even when we cannot see the entire journey ahead.

May our prayer lead to surrender, our surrender lead to obedience, and our obedience draw us into deeper relationship with You.

Father, let this season of prayer and fasting change us. Let it not simply change what is happening around us—change what is happening within us. Make us more sensitive to Your voice, more obedient to Your Word, more loving toward one another, and more surrendered to Your Spirit.

Give us faith that believes You, listens to You, obeys You, and acts upon what You have

spoken. When You give direction, give us courage to move. When You open the door, give us courage to walk through it. And when obedience requires sacrifice, give us enough trust in You to say yes.

Father, we do not want to finish this season of prayer and fasting having simply prayed more. We want to know You more, trust You more, obey You more, love You more, and live differently because we have been in Your presence.

And through it all, God, we give You all the glory, all the honor, and all the praise. It is the name of your son, Jesus the Christ, that we pray, and our soul says, Amen.

To God Be the Glory!







COMMITMENT







MAKE A COMMITMENT

We are a church where connections are made to God, to each other, and to the world. As we enter this time of fasting, this is a time where we come together as a church to connect and commit to set aside special time to focus on God.

Perhaps you are asking, "Why should I make a commitment?" Because we believe God is inviting us to move from a lingering faith to a living faith. We are reminded in James 2:17 (NKJV): "Thus also faith by itself, if it does not have works, is dead." With that in mind, God wants us to "Dare to Believe Him Again."

What do you need to believe God for again?

If you are uncertain, that is quite alright. Your fasting and prayer time can then become more meaningful as you use this time to seek Him.

Commit to the 10-day fast
October 21st - October 30th

Maybe you are thinking,
"I have never fasted before."
It's okay, because you will connect with many brothers and sisters as we commit to seek God together.

Our 30-day devotional will center us on God. We will join on prayer calls to seek God. Our fasting guide will provide direction to help us to focus on God.

We believe God will meet us during these 10 days as we prepare for RE26 and beyond. As Psalm 37:5 (NIV) states, "Commit your way to the Lord; trust in him and he will do this."

I commit to 10 days of fasting to connect and REcommit to God.

Signature: _____

Date: _____







WHAT IS FASTING?









WHAT IS FASTING?

Fasting usually involves abstaining from eating food or drinking for a designated amount of time. However, fasting can be done for health reasons or for spiritual reasons.

As believers in Christ Jesus, we engage in fasting for spiritual reasons. Fasting is a spiritual discipline. Spiritual disciplines, such as fasting and praying, create opportunities to focus our time and attention exclusively on God. So, the time one would normally spend eating, drinking, watching television, scrolling social media or engaging in some other activity, this time would be spent with God.

When we are fasting, we exercise a living faith. We intentionally make a sacrifice of our time, our attention, and even our bodies when we abstain from food or drink. As the Apostle Paul writes in Romans 12:1a (NIV), “Therefore, I

urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."

We are then able to humble ourselves, to encounter God, to hear Him more clearly, and be obedient to His desires for our lives.

IS FASTING IN THE BIBLE?

Yes, people fasted in the Old Testament and in the New Testament.

Old Testament
In the Old Testament we encounter Moses in Exodus 34:28 and Deuteronomy 9:18-29 fasting and praying for 40 days and 40 nights because fasting is usually accompanied by praying.

Nehemiah fasted and prayed for several days in Nehemiah 1:4-11.

Queen Esther in Esther 4:15-16 asked the Jews of Susa to fast with her from food and drink for three days and nights.

Daniel had a lifestyle of fasting and praying as in Daniel 1:3-14, 6:10, and 10:1-14. He and his friends participated in a fast from certain food and drink for 10 days. Daniel also engaged in praying and fasting for 21 days.

“Please test your servants for ten days, and let them give us vegetables to eat and water to drink.

11 Daniel 1:12 (NIV)

New Testament

Jesus fasted for 40 days and 40 nights, as recorded in Matthew 4:1-11, Luke 4:1-13, and Mark 1:12-13.

John's disciples fasted in Mark 2:18.

Anna, a prophet and widow, fasted in Luke 2:36-38.

Elders in the church were appointed through prayer and fasting as recorded in Acts 14:23.

The Church at Antioch fasted and prayed before setting apart and sending Barnabas and Saul in Acts 13:1-3.



ARE WE COMMANDED TO FAST?

No, we are not commanded to fast. However, Jesus, during the Sermon on the Mount, recorded in Matthew 6:5–18, shares about spiritual practices such as prayer and fasting. He does so to teach principles of the Kingdom of God and practices to help His disciples understand how to live a life pleasing to Him.







PREPARING TO FAST








Whatever

PREPARING TO FAST

IMPORTANT: 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.

Preparation is important, particularly when the fast involves restricting food or fluids. Preparation should address both the physical body and the spiritual purpose of the fast.

Spiritually

Fasting should be more than simply not eating. The spiritual purpose is to intentionally turn our attention toward God so that we may be closer to Him.

As you read the devotional and pray for the first 20 days of the month, seek God for direction about what you would like to gain while fasting.

Take time to identify some worship music or create a playlist to help you to connect and experience God.

Physically
Before beginning a fast involving food or fluid restrictions, consider your overall health and any medical conditions. Do not completely abstain from water without medical supervision.

Medical considerations: Food and fluid restrictions can be challenging even for healthy individuals. People with chronic medical conditions—including high blood pressure, diabetes, chronic kidney disease, and heart disease—can require special consideration.

If you have a chronic medical condition:
- Discuss plans to restrict food or fluids with your healthcare provider before beginning the fast.
- Recognize that certain types of fasting may not be medically safe or may need

to be modified to meet your individual medical needs.

Prepare your body gradually

- Begin the fast well hydrated. Physical activity increases the body's fluid needs, so take this into consideration when preparing for and participating in the fast.
- Reduce your food intake during the days leading up to the fast rather than suddenly making a drastic change.
- Consider reducing sugar, highly processed foods, and excessive caffeine.
- Caffeine can also contribute to withdrawal symptoms such as headaches if it is stopped abruptly.



What to Expect During a Fast

Your body may respond differently depending on the type and duration of the fast. **Pay attention to how you feel.**

Symptoms such as significant dizziness, confusion, unusual weakness, fainting, or other concerning changes should not simply be ignored for the sake of completing a fast. They may indicate dehydration, low blood sugar, or another medical problem and may require modifying or stopping the fast and obtaining medical advice.









WAYS TO PARTICIPATE IN THE FAST







WAYS TO PARTICIPATE IN THE FAST

The list below offers a few ways to participate in the discipline of fasting.

Choose how you will participate in the 10-day fast based on how the Spirit leads.

FOOD

- **Daniel Fast** (Daniel 1:8-16) Involves eliminating certain foods and eating only vegetables, fruits, and drinking water. The key is to focus on God and deny your flesh (Galatians 5:16; Romans 8:5). Simply "eating healthier" without spiritual intent is not fasting.

- **Liquid Fast** (Luke 4:2) Abstaining totally from food while continuing to drink only liquids, such as water, natural fruit juices, vegetable broth, and herbal teas.

FINANCIAL

Purchase only necessities, like food, medication, personal care items, gas, essential clothing, and school supplies. Focus on trusting God to shape your stewardship and spending habits.

FOCUS

Remove distractions that are taking your time away from prayer, Scripture, and devotional reading, such as:

- Gaming
- Social media
- Streaming / Television
- Excessive texting or talking

How is the Spirit leading you to fast? Record it here.






iSERVE

FASTING AS A FAMILY WITH CHILDREN & YOUTH







FASTING AS A FAMILY WITH CHILDREN & YOUTH

A Guide for Kids & Teens (Ages 6–17)

Determine a time for the family to come together. Based on the ages of the children and/or medical conditions, determine the type of fast best suited for your family.

1. Understanding the Core Pillars
Before beginning, discuss these four foundational principles together:

- **FASTING:** Fasting means intentionally putting aside something we enjoy or rely on—like certain foods, screens, or games—for a set period. It is not about punishing ourselves; it is about creating empty space in our hearts and daily routines.

- **DISTRACTION:** In our world, noise, entertainment, and busy schedules constantly compete for our focus. Identifying and eliminating these distractions clears away spiritual “clutter.”
- **FAITH & OBEDIENCE:** Faith is trusting who God is and what He promises. Obedience is putting that trust into action by following His direction, even when it’s hard or different from what everyone else is doing.
- **HEARING GOD’S VOICE & SURRENDER:** When we quiet our lives through fasting, prayer becomes a two-way conversation. Surrender means saying, “Not my will, but Yours be done”—releasing our desires, worries, and plans into God’s capable hands.
- **PRAYER:** Prayer is a conversation between you and God, sharing your honest thoughts, feelings, worries, and happy moments out loud or quietly in your mind.



2. Fasting Options by Age Group

Fasting should be tailored to a child's age, physical needs, and maturity level. **Full water or total food fasts are not recommended for growing children.**

Ages 10–13 (Pre-Teens)

- **The "Media & Snack Fast":**
  - Fasting from non-educational screen time, social apps, or gaming consoles.
  - Skipping favorite comfort foods or eating simple meals (like a Daniel Fast focus on vegetables/water) for part of the day or week.
- **Focus:** Developing self-discipline and turning idle time into quiet prayer and reading time.

Ages 14–17 (Teens)

- **The "Digital & Heart Fast"**
  - Complete digital detox from social media, streaming services, and online entertainment.
  - Partial meal fasts (e.g., fasting from breakfast until lunch, or skipping snacks/beverages other than water) paired with purposeful Bible study.
- **Focus:** Deepening commitment, releasing peer pressure, and seeking clear direction for their life and faith.

3. Daily Schedule Layout

TIME/ PHASE	FOCUS	ACTIVITY & ACTION STEPS
Morning	**Surrender & Setting the Focus**	• Start the day by praying: "Lord, I give You my time, my thoughts, and my choices today." • Write down or speak out loud what you are fasting from today.
Mid-Day	**Removing Distraction & Praying**	• When tempted to reach for a phone, game, or snack, stop for 60 seconds. • Use that moment to talk to God, read the devotional, or read a short Scripture verse.
Afternoon	**Hearing God's Voice**	• Spend 10–15 minutes in a quiet space without background noise • Read a Bible passage slowly, then sit quietly and ask: "God, what are You showing me in this?"

Evening	**Faith & Obedience**	• Gather as a family or journal individually. • Reflect: Where did I experience peace today? Was it easy or hard to obey God's prompting?



4. The "4-Step Prayer & Reflection" Sheet
Print or write down these four guiding questions for kids and teens to work through each day during their fast:

- **FASTING**
  (What I am stepping away from?):
  What distraction am I setting aside today to focus on God?
- **FAITH**
  (What am I daring to believe God for?):
  What promises in God's Word am I choosing to believe right now?
- **HEARING GOD'S VOICE**
  (What I am sensing?):
  As I stay quiet in prayer, what thought, verse, or prompt is God placing on my heart?
- **OBEDIENCE & SURRENDER**
  (What I will do?):
  How can I surrender my own preferences today and obey what God is asking me to do?

5. Tips for Parents
- **Lead by Example:** Fast alongside them in a meaningful, age-appropriate way.
- **Focus on Heart, Not Performance:** Remind them that fasting is not a test to earn God's love, but an invitation to draw closer to Him.

- **Keep It Encouraging:** Celebrate their effort and help them recognize moments where they replaced a distraction with prayer or quiet focus.

RESOURCE

FASTING VIDEOS FOR CHILDREN & YOUTH

Video 1
"What is Fasting? Jesus Teaches Kids Why We Fast"
https://youtu.be/YWhKgtRYcl8?si=TF2gGKJxMK0PZmnz

Video 2
"Helping Kids Understand Fasting"
https://youtu.be/HaUBgSLKVQo?si=tKU52VmNC13IcfyJ

REVIEW QUESTIONS (VIDEO 1)

1. Why do we fast?
2. Why do we fast from food? (Galatians 5:16)
3. What is the benefit of fasting?
4. How do we overcome temptation like Jesus? (Matthew 4:4)

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USING THE DEVOTIONAL WITH YOUR FAST







USING THE DEVOTIONAL WITH YOUR FAST

As we embark upon REvival Encounter 2026, our primary goal—during and after this experience—is to turn our **lingering faith into a living faith.**

Over the next ten days, we will **combine devotional reading, fasting, and prayer** to focus entirely on God and humble ourselves before Him.

So, whether you are new to fasting, not a regular faster, or a more seasoned faster, we will initiate this fast by intentionally focusing our hearts and minds on God.

The following steps will help us consistently read our devotional, fast, pray, meditate, listen,

and respond to God as we journey over the next ten days from a lingering faith to a living faith.

CONFESS
Begin with your daily confession and ask the Holy Spirit to strengthen you against temptation.

"Holy Spirit, as I start this day, keep me from temptations and strengthen me to do Your will."
James 1:13-14 (NLT)

PREPARE
Go to your quiet place with your devotional, Bible, journal, and writing tools.

BE STILL
Quiet your heart and mind and become aware of God's presence.

"Be still, and know that I am God!"
Psalm 46:10a (NLT)

READ
Read the devotional and Scripture slowly—more than once.

MEDITATE
Notice the words, phrases, or truths that stand out to you.

LISTEN
Ask, “Lord, what are You saying to me through this Scripture?”

SURRENDER
Release distractions, cares, concerns, and anything that competes with your devotion to God.

JOURNAL
Write down what God is showing you. Your journaling becomes a record of your journey as God moves you from lingering faith to living faith.

PRAY
Talk with God about what you have read, heard, and discovered.

OBEY
Ask, “What is God asking me to do with what He has shown me?” Then put it into practice.

REFLECTION

As you read, pay attention to:

- A particular word that stands out
- A phrase that speaks to your heart
- Something you have never noticed before
- Something that challenges you
- Something that encourages you
- Something God may be asking you to do

Write down what God is showing you:

- What did I hear or sense God saying to me?
- What did this Scripture reveal about God?
- What will I do differently today because of what God has shown me?

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DAILY ENCOURAGEMENT




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DAILY DOSE OF ENCOURAGEMENT

DAY 1

You are now entering into a sacred time to draw near to God through fasting and prayer. Believe the Word. God draws near to those who draw near to Him.

DAY 2

Fasting prepares the way for fresh revelation, fresh vision, and clear purpose. Ask boldly. Expect God to speak. He delights in communing with you.

DAY 3

God is in the midst. You are not alone. Notice where you see Him at work, how you experience His goodness, and when you hear Him speak.

DAY 4

Keep moving forward! Even if you stumble a bit, His grace empowers you to rise and continue.

DAY 5

Praise God! You have made it halfway. Believe, like Daniel, that your prayers were heard from the first day you started fasting and praying.

DAY 6

You may not feel like anything has changed, but God hears and responds when you fast and pray and call on His name.

DAY 7

Fasting may feel hard, or you may feel weak. His strength is perfected in your weakness. God will provide the strength for you to finish.

DAY 8

Take heart! You are close to completion now. Even if you have stumbled a bit, you can still finish strong. Don't stop now!

DAY 9

God is doing more behind the scenes than you can imagine. Trust His timing and His hand at work.

DAY 10

Praise God! You completed the 10-day fast. May you experience God and RE26 with a living faith!









COMPLETING THE FAST







COMPLETING THE FAST: WHAT COMES NEXT?

Congratulations, you completed the fast! Completing the fast is not completing the work. It's just the beginning of being obedient to the God who has called you from a **"lingering faith to a living faith."**

Action: We respond to the call to stop standing near belief and start walking in it. Now we move into action by the way we pray, decide, serve, give, forgive, build, and live.

Thus also faith by itself, if it does not have works, is dead. James 2:17 (NKJV)

Visit New Psalmist's YouTube Page for a special message from Pastor Thomas.

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