



# 40 DAYS TO A WHOLE NEW YOU

HEALTHY BODY, SOUL & MIND.





**“As you practice seeking Him first,  
He will move on your behalf like never before.”**

At the beginning of every year, our Restoration Church family engages in a focused time of prayer and fasting. For 21 days, from January 6<sup>th</sup> through January 27<sup>th</sup>, we will faithfully seek God first, trusting in His power alone to create lasting impact in our lives, our church, and our world through prayer and fasting. As a part of our 40 Days to a Whole NEW You, we will continue fasting until February 14th at 6pm. Our Church family and friends will corporately be releasing our faith to align with the Word of God regarding 2020 – to experience God’s Promises, Vision and Dreams coming to pass in your life.

We encourage fasting as a spiritual next step that can bring clarity and revelation into your life. The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

If you sense that God has more for your life, 21 Days of Prayer & Fasting is a great place to start believing Him for all that He has for you. As you practice seeking Him first, He will move on your behalf like never before. You will start to see the power of prayer impact your relationships, work, family, and every area of your life.

Join us for **Corporate Prayer** on campus at Restoration on Wednesdays at 7pm, Saturdays & Sundays at 10AM and by FB Live and Conference call on Mondays at 6:30pm. Fasting will begin at 6 AM, Monday, January 6<sup>th</sup>, 2020. We will continue fasting until February 14th at 6pm as a part of our 40 Days to a Whole NEW You!

Love and Grace,



Senior Pastors Dexter & Genette Howard





# WHY FAST & PRAY?



## **SPIRITUAL BENEFITS**

- It refocuses our attention on God. By pulling away from food and drawing closer to God in prayer, we experience greater intimacy with the Father.
- It strengthens and renews our spirit (inner man). It gives us the capacity to receive more from God, keeping our relationship with God relevant, fresh, and alive!
- It breaks the power of the flesh. When we fast and pray, our flesh no longer has the power to control us. We can experience true freedom.
- It destroys the power and plans of the enemy in our lives.

## **PHYSICAL BENEFITS**

- Mental clarity
- Reduced stress
- Reduced depression & anxiety
- Improved attitude
- Decreased risk of disease
- Quicker emotional and physical recovery

# SCRIPTURES ON PRAYER & FASTING

## **Matthew 6:16-18**

When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

## **2 Chronicles 7:14**

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

## **I John 5:14-15**

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

## **Mark 11:24**

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

## **Psalms 17:6**

The Lord is near to all who call on him, to all who call on him in truth.

## **Philippians 4:6**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

## **James 5:16**

The effectual fervent prayer of a righteous man availeth much.

# THE PLAN

## FASTING

January 6th 6am - February 15th 6am

### Select a Fasting Level

**Level 1:** Clean Eating for 40 Days (visit <https://www.asweetpeachef.com/eating-clean-for-beginners/> to learn more.)

**Level 2:** Daniel's Fast for 21 Days (visit <https://www.cookinglight.com/eating-smart/nutrition-101/what-is-the-daniel-fast> to learn more.) and Clean Eating until February 14th 6pm

**Level 3:** Total Abstinence on Wednesdays from 6am to 6pm. Daniel's Fast for 21 Days and Clean Eating until February 14th 6pm

**Level 4:** Total Abstinence from January 6th 6am until January 9th 6am. Total Abstinence on Wednesdays from 6am to 6pm and Saturdays Daniel's Fasting from 6am to 6pm. Daniel's Fast for 21 Days and Clean Eating until February 14th 6pm

## PRAYER

For 21 Days, we will meet on campus at Restoration Wednesdays (1/8, 1/15 & 1/22) at 7pm for mindset teachings on establishing a Faith Mindset to possess the promises of God, Saturdays & Sundays at 10AM and by FB Live and Conference call on Mondays at 6:30pm. Following Saturday Corporate Prayer, we will have workout classes for all levels of fitness. Please bring a towel and wear comfortable clothing.

## BIBLE READING

### January 6th-February 14th

We will be reading through the entire New Testament in 40 days together. There is a calendar with the daily readings listed in this booklet.

# FOODS AND BEVERAGES INCLUDED

**Cleaning Eating:** Involves choosing minimally processed food that provide maximal nutritional benefits. The idea is to consume foods that are as close to their natural state as possible.

- **Foods and drinks included are:** Lean meats and proteins (such as organic, grass fed chicken, fish, turkey, ground beef, etc...), all fresh, frozen, dried, juiced or canned fruit, all fresh, frozen, dried, juiced or canned vegetables, all whole grains, brown rice, all quality oils, healthy fats, 100% all natural fruit and vegetable juices and spring or distilled water.
- **Foods not included:** sugar, sugar substitutes, sugar products, caffeine, bread, enriched grains, and rice

**Daniel's Fast:** Involves eating fruits, vegetables, 100% all natural fruit and vegetable juices and spring or distilled water

- **Foods and drinks included are:** All fresh, frozen, dried, juiced or canned fruit, all fresh, frozen, dried, juiced or canned vegetables, all whole grains, all nuts and seeds, all legumes, peas, and beans, all quality oils, healthy fats, 100% all natural fruit and vegetable juices and spring or distilled water
- **Foods not included:** meats, fish, poultry, dairy products, eggs, sugar, sugar substitutes, sugar products, caffeine, bread, enriched grains, and rice

**Total Abstinence:** only 100% all natural fruit and vegetable juices and spring or distilled water. No foods allowed.

\*\*For more information on fasting and meal ideas, visit our website.

# 3 QUESTIONS TO HELP YOU ENVISION 2020

*"Ask and it shall be given to you; seek and you will find; knock and the door shall be opened to you." MATTHEW 7:7*

What will you **ASK** of the Lord this year? What is that GREAT need or desire that only God can deliver? What is your GREAT ASK?

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What will you **SEEK** this year? What goals will you pursue with intention and passion?

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Where will you **KNOCK** this year? What opportunities will you go for so you can enter into a dimension of life you have never experienced before?

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# J A N U A R Y 2 0 2 0

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6</b> -Fasting begins at 6am -6:30-7pm Corporate Prayer -Choice Fasting	<b>7</b> -Choice Fasting	<b>8</b> -Optional/Total Abstinence or Daniel's Fasting 6am-6pm/Choice -7-8pm Corporate Prayer & Mindset Class at Restoration	<b>9</b> -Choice Fasting	<b>10</b> -Choice Fasting	<b>11</b> -10am Corporate Prayer & Group Fitness on campus -Choice Fasting
	MATT. 1-7	MATT. 8-12	MATT. 13-18	MATT. 19-24	MATT. 25-28	MARK 1-6
<b>12</b> 10-10:30am Corporate Prayer at Restoration -Choice Fasting	<b>13</b> -6:30-7pm Corporate Prayer -Choice Fasting	<b>14</b> -Choice Fasting	<b>15</b> -Optional/Total Abstinence or Daniel's Fasting 6am-6pm/Choice -7-8pm Corporate Prayer & Mindset Class at Restoration	<b>16</b> -Choice Fasting	<b>17</b> -Choice Fasting	<b>18</b> 10am Corporate Prayer & Group Fitness on campus -Choice Fasting
MARK 7-11	MARK 12-16	LUKE 1-4	LUKE 5-9	LUKE 10-13	LUKE 14-19	LUKE 20-24
<b>19</b> 10-10:30am Corporate Prayer at Restoration -Choice Fasting	<b>20</b> -6:30-7pm Corporate Prayer -Choice Fasting	<b>21</b> -Choice Fasting	<b>22</b> -Optional/Total Abstinence or Daniel's Fasting 6am-6pm/Choice -7-8pm Corporate Prayer & Mindset Class at Restoration	<b>23</b> -Choice Fasting	<b>24</b> -Choice Fasting	<b>25</b> -9am Corporate Prayer & Health Class on campus -Choice Fasting
JOHN 1-5	JOHN 6-9	JOHN 10-14	JOHN 15-19	JOHN 20-ACTS 4	ACTS 5-9	ACTS 10-15
<b>26</b> 10-10:30am Corporate Prayer at Restoration -Choice Fasting	<b>27</b> -6:30-7pm Corporate Prayer -Choice Fasting	<b>28</b> -Choice Fasting	<b>29</b> -Optional/Total Abstinence or Daniel's Fasting 6am-6pm/Choice Fasting	<b>30</b> -Choice Fasting	<b>31</b> -Choice Fasting	
ACTS 16-20	ACTS 21-26	ACTS 27-ROM 4	ROM 5-10	ROM 11-1 COR 1	1 COR. 2-9	

# FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> -First Saturday Family Prayer -Optional Daniel's Fasting 6am-6pm/Choice Fasting
						1 COR. 10-15
<b>2</b> -10-10:30am Corporate Prayer at Restoration -Choice Fasting	<b>3</b> -6:30-7pm Corporate Prayer Call -Choice Fasting	<b>4</b> -Choice Fasting	<b>5</b> -Optional Total Abstinence or Daniel's Fasting 6am-6pm/Choice Fasting	<b>6</b> -Choice Fasting	<b>7</b> -Choice Fasting	<b>8</b> -Optional Daniel's Fasting 6am-6pm/Choice Fasting
1 COR 16-2 COR. 9	2 COR. 10- GAL. 4	GAL. 5- PHIL. 1	PHIL. 2- 1 THESS. 2	1 THESS. 3- 1 TIM. 5	1 TIM. 6- HEB. 1	HEB. 2-10
<b>9</b> -10-10:30am Corporate Prayer at Restoration -Choice Fasting	<b>10</b> -6:30-7pm Corporate Prayer Call -Choice Fasting	<b>11</b> -Choice Fasting	<b>12</b> -Optional Total Abstinence or Daniel's Fasting 6am-6pm/Choice Fasting	<b>13</b> -Choice Fasting	<b>14</b> -Choice Fasting ends at 6pm	<b>15</b>
					<b>End of Fasting</b>	
HEB. 11-JAMES 5	1 PET. 1- 1 JOHN 1	1 JOHN 2-JUDE	REV. 1-7	REV. 8-15	REV. 16-22	

# PRAYER FOCUS

## 21 DAY GENERAL PRAYER FOCUS

- Humble ourselves. Asking for forgiveness for our sins and the sins of our land. **(2 Chronicles 7:14)**
- Seeking God. Declaring our dependence on God in every area of our lives. **(1 Chronicles 16:11)**
- His Kingdom Come. Praying for the completion of the Great Commission and for revival in our generation. **(Matthew 6:10)**
- Hear from Heaven. Invite the Presence of God in our church and our lives. Pray for souls to be saved, signs, wonders, miracles, and transformed lives. **(Exodus 33:15)**
- Believing God for answered prayer to our specific needs **(Philippians 4:6)**
- Praying for people to take next steps in their journey of faith to Know God, Find Freedom, Discover Purpose, and Make a Difference. **(Ephesians 1:17-18)**

## SPECIFIC DAILY PRAYER FOCUS

**Day 1** - Family: **Forgiveness** (Col 3:13), **Direction** (Josh 24:14)

**Day 2** - Family: **Love** (1Cor 13:4-7, Romans 12:9), **Unity** (Ps 133:1), **Blessings** (Gen 28:14), **Peace** (Romans 12:18 & Col 3:15)

**Day 3** - Family: **Wives** (Proverbs 31:10-31, Ps 128:3, Prov 12:4, 1Peter 3:1), **Husbands** (Eph 5:25, 1 Peter 3:7, Eph 5:23), **Marriages** (Mark 10:6-9, Gen 2:23-24)

**Day 4** - Children: **Faith** (2 Tim 3:14-17), **Trust** (Proverbs 3:5-6)

**Day 5** - Children: **Protection** (Ps 91:1-2,4&11), **Safety** (Psalm 121:8)

**Day 6** - Children: **Purpose** (Jer 29:11) **Respect** (1Peter 2:17&Proverbs 6:20)

**Day 7** - Personal Finances: (Phil 4:19, Mal 3:10, 2 Cor 9:8 & Prov 10:22)

**Day 8** - Personal Finances: (Acts 20:35, Ron 13:8, Jer 17:7-8 & Heb 13:5)

**Day 9** - Personal Finances: (Prov 3:9-10, Luke 21:1-4 & Luke 12:15)

**Day 10** - The Lost: (1 John 4:10, John 14:6, Luke 19:10, Rev 3:20)

# PRAYER FOCUS CONTINUED...

**Day 11 - The Lost: The truth of the Gospel breaks through all of the distractions, and spiritual confusion of this age. The Holy Spirit draws The Lost back to The Father, especially in the cities of our church campuses.** (Ezekiel 34:15-16, John 6:44)

**Day 12 - The Lost: Lost souls find salvation and move to truly transformed, spirit-led lives. Cutting off the works of the flesh and yielding more of the fruit of the Spirit.** (Romans 12:1-2, Galatians 5:17-24)

**Day 13 - Ministry Finances: Our church has the finances needed to employ, purchase and secure everything needed to walk out the vision of serving the church family and our community.** (2 Corinthians 9:6-12)

**Day 14 - Ministry Finances: Every need is supplied** (2 Corinthians 9:6-12)

**Day 15 - Ministry Finances: Every need is supplied** (Mark 10:27)

**Day 16 - Ministry Needs (Dream Team Volunteers): Willing, committed and skilled volunteers arrive in abundance** (Judges 5:2

1 Chronicles 28:20-21)

**Day 17 - Ministry Needs (Building, Media Resources & Supplies): The Lord provide every physical space, media & technology resource, and every Dream Team supply needed for the Restoration movement we have been called to** (Philippians 4:13-19, Matthew 25:35-36)

**Day 18 - Ministry Needs (Anointed atmosphere): That the presence of God is continually with us in all that we do for the Kingdom.** (Exodus 33:14, 1 Corinthians 2:12-13)

**Day 19 - Our Pastors: That God's shalom peace, a state of nothing missing, nothing broken, envelope each of our pastors – that they may serve out of their overflow and from a place of wholeness.** (Numbers 6:26, Numbers 25:12)

**Day 20 - Dream Team Leaders: That they embody and bring to life the Core Values of our ministry in all that they do.** (Matthew 5:16, Psalm 119:88)

**Day 21 - Entire Ministry Leadership: That gifts and talents needed for this season are activated and refined for the edification (the building up) of our church family.** (2 Timothy 1:6-7, Matthew 5:16)



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