

OCT.27 - NOV.16

2025

MOVING FORWARD TOGETHER

21 DAYS OF
PRAYER

&

Fasting

FBCBALDWIN

**BUT ONE THING I DO:
FORGETTING WHAT IS BEHIND
AND STRAINING TOWARD
WHAT IS AHEAD, I PRESS ON
TOWARD THE GOAL TO WIN
THE PRIZE FOR WHICH GOD
HAS CALLED ME
HEAVENWARD IN CHRIST
JESUS.**

PHILIPPIANS 3:12-14

Introduction from the Pastor



Dr. Haley Uhrig
Senior Pastor

Church Family,

We are entering a new season of ministry. Note that it is WE, together, stepping into this season. We have to move forward as one. Paul tells us in Philippians, “Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus” (Phil. 3:13-14). I want to emphasize that what lies ahead is Jesus; the goal is Jesus; the prize is Jesus; the call of our lives is Jesus; and all of this is accomplished through the power of God in Jesus. Therefore, we need to draw closer to Jesus. The disciplines of prayer and fasting are biblical ways for us to do so.

I invite you to join us in 21 days of prayer and fasting. Together, we will follow this prayer guide through 21 days of scripture reading, prayer, and fasting. Don't be intimidated by fasting. I encourage you to try fasting at least once during these 21 days. More than that, I encourage you to fast multiple times during this period. Perhaps you fast every Tuesday, totaling three fasts. During fasting, we abstain from food and only drink water during the day.

My prayer is that we will be in step with the Holy Spirit and step into the good works that God has prepared for us. Steps are about moving forward when you take them. As we pray and fast together as a church, my overarching prayer is that we will move forward together.

Blessings,
Pastor Haley

MOVING FORWARD TOGETHER

A 21 DAY FASTING AND PRAYER GUIDE

What is Biblical Prayer and Fasting?

Biblical fasting is the voluntary act of abstaining from food for a period of time in order to focus on prayer, worship, and seeking God's will. It is a sacred practice that is found throughout the Bible, where individuals and communities fasted to humble themselves before God, repent, seek His guidance, and prepare for a move of God. Fasting is not just about physical hunger but is a means of spiritual hunger, where we intentionally empty ourselves of worldly distractions to be filled with more of God. Jesus, in Matthew 6:16-18, teaches us that fasting should not be done for outward display or to gain attention but should be a secret act between us and God. It is a way to focus on God's presence, hear His voice more clearly, and align our hearts and lives with His purposes. It is a tool for spiritual growth, repentance, and seeking breakthroughs in areas of our lives where we need God's intervention.

What days will you commit to fasting with our Church? _____

Purpose of Fasting

1. To strengthen prayer (e.g., see Ezra 8:23)

Numerous incidents in the Old Testament connect fasting to prayer, especially intercessory prayer. Fasting does not change whether God hears our prayers, but it can change our praying. As Arthur Wallis says, "Fasting is calculated to bring a note of urgency and importunity into our praying, and to give force to our pleading in the court of heaven."²

2. To seek God's guidance (e.g., see Judges 20:26)

As with prayer, fasting to seek God's guidance isn't done to change God but to make us more receptive to His guidance.

3. To express grief (e.g., see 1 Samuel 31:13)

Expressing grief is one of the primary reasons for fasting. Ever notice that when you're moved to tears by grief you lose the urge to eat? When we grieve, our family and friends often have to plead with us to eat because our body's appropriate response to grief is to fast. A prime example occurs in 2 Samuel 1:12, **where David and his men** are described as having "mourned and wept and fasted till evening" for their friends, their enemies and their nation.

4. To seek deliverance or protection (e.g., see 2 Chronicles 20:3 - 4)

Another common reason for fasting in the Old Testament was to seek deliverance from enemies or circumstances. In Scripture, this type of fast is generally carried out with other believers.

5. To express repentance and a return to God (e.g., see 1 Samuel 7:6)

This type of fasting helps us to express grief over our sins and shows our seriousness about returning to the path of godly obedience.

6. To humble oneself before God (e.g., see 1 Kings 21:27 - 29)

"Remember that fasting itself is not humility before God," reminds Donald Whitney, "but should be an expression of humility."³

7. To express concern for the work of God (e.g., see Nehemiah 1:3 - 4)

As with Nehemiah, fasting can be a tangible sign of our concern over a particular work God is doing.

8. To minister to the needs of others (e.g., see Isaiah 58:3 - 7)

We can use time we'd normally spend eating to fast and minister to others.

9. To overcome temptation and dedicate yourself to God (e.g., see Matthew 4:1 - 11)

Fasting can help us focus when we are struggling with particular temptations.

10. To express love and worship for God (e.g., see Luke 2:37)

Fasting can show, as John Piper says, that "what we hunger for most, we worship."⁴

How should we equip ourselves when God calls us to “declare a holy fast”?

Here are some things to consider as you prepare for fasting:

Pray and confess your sins

A necessary step before fasting is to humble yourself before God (see Psalm 35:13) and confess your sins (see 1 Samuel 7:6). Prayer should be our sustenance throughout the fast, but it is imperative we begin the fast with a contrite heart.

Turn to Scripture

Spend additional time meditating on God’s Word, before and during the fast.

Prepare your body

Fasting, especially for days or weeks, can have unexpected and even detrimental effects on your health. There is no scriptural warrant for harming yourself to undergo a fast. Be sure to consult a doctor before starting any fasting regimen to make sure you can fast in a healthy manner.

Fasting is an appropriate bodily reaction to the grievous state of our soul. If it is done correctly you can expect many results, including growing closer to God, feeling more solidarity with those who suffer, and increasing self-control.

For Reflection

Rather than wondering whether you should fast, consider the purpose of fasting. Why would you want to miss out on the Father’s reward?

Week 1: Personal Revival and Relationship with God

The first week’s focus is on preparing individual hearts to receive from God, building a stronger foundation of faith, and confessing sin.

OCTOBER 27TH: Day 1 - Surrender

I appeal to you therefore, brothers by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:1-2

Pray for a deep encounter with God, through this time of prayer and fasting, surrendering your own will and desires to Him.

- What are the areas in your life where you find it hardest to surrender to God?

OCTOBER 28TH: Day 2 - Repentance and Forgiveness

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9

- Ask God to reveal your personal sin, confess, seek repentance, and ask for help to forgive others.

OCTOBER 29TH: Day 3 - Holy Spirit

But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. John 14:26

Pray for a fresh infilling and leading from the Holy Spirit in every area of your life. Ask the Lord through the power of the Holy Spirit to comfort, guide, teach, and renew you over the next 21 days.

- In what areas of your life do you need the Holy Spirit’s guidance or fresh infilling?

¹Donald Whitney, *Spiritual Disciplines for the Christian Life* (Colorado Springs, CO: NavPress, 2014).

²Arthur Wallis, *God’s Chosen Fast* (Fort Washington, PA: CLC Publications, 1993).

³Whitney, *Spiritual Disciplines*.

⁴John Piper, *A Hunger for God* (Wheaton, IL: Crossway, 1997).

OCTOBER 30TH: Day 4 - Spiritual Growth

So put away all malice and all deceit and hypocrisy and envy and all slander. Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation—if indeed you have tasted that the Lord is good.
1 Peter 2:2-3

Ask God to increase your hunger for His Word and strengthen your faith through this journey.

- What specific steps can you take to be intentional to daily get in God's Word?

OCTOBER 31ST: Day 5 - Purpose and Calling

“There are different kinds of gifts. But they are all given to believers by the same Spirit. There are different ways to serve. But they all come from the same Lord. There are different ways the Spirit works. But the same God is working in all these ways and in all people. The Holy Spirit is given to each of us in a special way. That is for the good of all.”

1 Corinthians 12: 4-7

Seek clarity on God's specific plans for your life and how to walk in them. Ask Him to reveal to you your spiritual gifts.

- How is God calling you to put your spiritual gifts to use in the life of the church?

NOVEMBER 1ST: Day 6 - Wisdom and guidance

Trust in the Lord with all your heart and do not lean on your own understanding in all your ways, acknowledge Him and He will direct your path. Proverbs 3:5-6

Pray for God's wisdom in decision-making and for Him to make your paths straight.

- Reflect on a decision you are facing. What wisdom do you seek from God, and how can you trust Him to direct your paths?

NOVEMBER 2ND: Day 7 - Breakthrough

Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. Isaiah 43:19

Intercede for personal breakthrough in areas where you feel stuck or oppressed.

- Identify an area in your life where you feel stuck. What does breakthrough look like for you, and how can you pray for it?

Week 2: The Church Family and Its Mission

The second week is dedicated to praying for the church body, its leaders, its mission and ministries.

NOVEMBER 3RD: Day 8 - Unity

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit—just as you were called to the one hope that belongs to your call—one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all. Ephesians 4:3

Pray for greater unity among church members, that the body would love one another and function together in harmony.

- What steps can you take to promote unity within our church? Write about a time when you experienced true unity in the body of Christ.

NOVEMBER 4TH: Day 9 - Leadership

We ask you, brothers, to respect those who labor among you and are over you in the Lord and admonish you, and to esteem them very highly in love because of their work. Be at peace among yourselves. 1 Thessalonians 5:12-13

Pray for the church's leaders—pastors, deacons, and ministry directors—asking for wisdom, strength, and renewed vision.

- List the church leaders you want to pray for. What specific needs do you perceive they have, and how can you support them?

NOVEMBER 5TH: Day 10 - Ministry Effectiveness

Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. Colossians 3:23-24

Pray that the church's ministries would be effective in reaching people and that volunteers would be filled with passion, have a desire to disciple, and share the gospel.

- Reflect on the ministries you are involved in. How can you contribute to their effectiveness and encourage others to serve?

NOVEMBER 6TH: Day 11 - Future Generations

Train up a child in the way he should go; even when he is old he will not depart from it. Proverbs 22:6

Pray for our children, youth, and young adults in the church, that they will all come to know the Lord and develop a strong, lasting faith.

NOVEMBER 7TH: Day 12 - Generosity

Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. 2 Corinthians 9:7

Ask God to create generous hearts in the congregation for sacrificial giving and service.

- How can you cultivate a generous heart? Write about ways you can practice generosity within your church community.

NOVEMBER 8TH: Day 13 - Care For One Another

Bear one another's burdens, and so fulfill the law of Christ. Galatians 6:2

Pray for the sick, the grieving, and those facing difficulties within the church family.

- Who in our church community needs care and support? List ways you can reach out and serve those who are struggling

NOVEMBER 9TH: Day 14 - Worship and Presence

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live in your name I will lift up my hands. Psalm 63:1-4

Ask God for a deeper, more profound experience of His presence during our worship services.

- How can you prepare your heart to encounter God's presence more deeply during services?

Week 3: Impacting our Community and the World

The final week focuses on praying beyond the church's walls, extending prayers to family, friends, neighbors, coworkers, classmates and the cities around us, and global missions.

NOVEMBER 10TH: Day 15 - The Lost

For God so loved the world, that he gave His only Son, that whoever believes in Him should not perish but have eternal life. John 3:16

Pray for the salvation of family, friends, neighbors, and co-workers who do not yet know Christ.

- Who are the people in your life that need salvation?

NOVEMBER 11TH: Day 16 - Our Local Community

You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. Matthew 5:14-16

Pray for your city—for its schools, government, and businesses—and for opportunities to be a light in our community.

- Reflect on our city and its needs. What practical ways can you be a light and serve our local community?

NOVEMBER 12TH: Day 17 - Justice and Compassion.

He has told you, O man, what is good: and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God? Micah 6:8

Pray for the marginalized, the poor, and the oppressed in our area, and for the church to embody God's love through service.

- Identify a marginalized group in our area. How can our church embody God's love through acts of justice and compassion?

NOVEMBER 13TH: Day 18 - Global Missions

Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age. Matthew 28:19-20

Intercede for missionaries and for unreached people groups around the world.

- Write about a missionary or mission organization you are passionate about. How can you support them through prayer and action?

NOVEMBER 14TH: Day 19 - National Leaders

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. 1 Timothy 2:1-2

Pray for your country's leaders, asking God to guide them and for his will to be done.

- Write prayers for wisdom and integrity for those in authority and leadership in our country.

NOVEMBER 15TH: Day 20 - Spiritual Warfare

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Ephesians 6:12

Pray against spiritual strongholds in our city and for protection from evil forces.

- Identify any spiritual strongholds you perceive in our city. How can you pray specifically for protection and breakthrough?

NOVEMBER 16TH: Day 21 - Thanksgiving and Praise

Conclude the 21 days with a spirit of gratitude and praise for all that God has done and will continue to do.

*Make a joyful noise to the LORD, all the earth! Serve the LORD with gladness!
Come into his presence with singing! Know that the LORD, he is God!*

It is he who made us, and we are his; we are his people, and the sheep of his pasture.

Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the LORD is good his steadfast love endures forever, and his faithfulness to all generations.

Psalm 100:1-5

Reflect on the past 21 days of prayer. What are you most thankful for? Write a letter of praise to God for His faithfulness. _____

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