



**NEW BETHEL**  
BAPTIST CHURCH

**2025 FAST JOURNAL**

## Participant Activities

These activities are designed to take us deeper in our relationships with God and one another. Each day is designed to build “Missional Momentum” while emphasizing holistic spiritual growth and using our gifts for Kingdom impact.

- **Group Prayer Gatherings:** Organize weekly prayer calls or gatherings
- **Acts of Service:** Incorporate weekly opportunities to serve in your church, at your job, at your school, or in the community
- **Reflection Journals:** Track daily reflections, answered prayers, and personal growth

## 21 Day Fasting and Prayer Guide

Below is a suggested 21-day fasting and prayer guide structured around the theme of Missional Momentum and its four cornerstone components—Leading, Feeding, Seeding, and Weeding.

However you define your fast, the focus of the fast is prayer and spiritual growth. Each day provides a scripture prompt, a prayer focus, and a spiritual activity that emphasizes one or more of the four components.

### Leading (Days 1-5):

Pray for a heart that leads others to Christ, seeking divine opportunities for evangelism, and cultivating boldness in sharing the gospel.

### Feeding (Days 6-10):

Pray for spiritual growth in yourself and others, deepening discipleship relationships, committing to learning from others, and awareness of how God speaks to you through your emotions.

### Seeding (Days 11-15):

Pray for Kingdom expansion through acts of service, generosity, and community involvement, sowing seeds of hope and love.

### Weeding (Days 16-21):

Pray for personal holiness, confessing sin, removing spiritual hindrances, and committing to deeper intimacy with Christ.



## DAY 1: Leading

Scripture: Philippians 3:12-14

*“Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. 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.”*

### Prayer Focus:

Pray for clarity on how God has brought you to this season and how He desires you to engage in supporting the vision for missional momentum. Ask God how He wants you to lead, feed, seed, and weed as we begin this journey together.

### Activity:

Write out your commitment to how you will support the vision for missional momentum through your time and financial commitment to support ministry.

### Reflect:

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## DAY 2: Leading

Scripture: Acts 1:8

*“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.”*

### Prayer Focus:

Pray for boldness in evangelism. Ask for the Holy Spirit’s power to be a witness wherever you go.

### Activity:

Memorize a 1-minute presentation of the gospel based on your story, or a Bible verse you can share with someone seeking hope.

### Reflect:

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## DAY 3: Leading

Scripture: Matthew 28:19–20

*“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”*

### Prayer Focus:

Ask God to give you a heart for those far from God and a fresh compassion that stirs you to share Christ’s love.

### Activity:

Begin a list of people you know who are far from God. Pray for them by name, ask the Lord for opportunities to share your faith, and ask the Holy Spirit for courage and guidance over your thoughts and words when the opportunities present themselves.

### Reflect:

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## DAY 4: Leading

Scripture: 2 Corinthians 5:20

*"We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf. Be reconciled to God."*

### Prayer Focus:

Ask God to show you how to be an ambassador for Christ in your workplace, your school, your neighborhood, or social circles.

### Activity:

Send an encouraging message or invitation to someone who might be open to learning about Jesus.

### Reflect:

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## DAY 5: Leading

Scripture: John 13:34-35

*"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."*

### Prayer Focus:

Pray that your actions and love would open doors for gospel conversations.

### Activity:

Perform a small act of kindness for a neighbor or coworker with the intent of showing Christ's love.

### Reflect:

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## DAY 6: Feeding

Scripture: Matthew 4:4

*“Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”*

### Prayer Focus:

Ask God to give you a hunger for His Word so that you will feed on Scripture daily.

### Activity:

Commit to a daily reading plan for the new year. Mark your calendar or set reminders to keep you on track.

### Reflect:

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## DAY 7: Feeding

Scripture: Colossians 1:28

*“He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ.”*

### Prayer Focus:

Pray for spiritual maturity in yourself and others. Ask God to help you grow in understanding His Word and applying it.

### Activity:

Read through the entire book of Acts over the coming days. Begin with a short passage today.

### Reflect:

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## DAY 8: Feeding

Scripture: 2 Timothy 2:2

*“And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.”*

### Prayer Focus:

Ask God to help you become a disciple-maker. Ask God for clarity on where you are in your own walk and who God would have you pass on what you know to those newer to the faith.

### Activity:

Identify a fellow believer you can encourage. Reach out and offer to pray or study Scripture with someone you believe you are equipped to mentor.

### Reflect:

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## DAY 9: Feeding

Scripture: Ephesians 4:11-13

*“So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.”*

### Prayer Focus:

Pray for the leaders in your church, that they would equip the saints and build unity in faith and knowledge.

### Activity:

Write a note or send a message of encouragement to a pastor, teacher, or mentor who has nurtured your faith.

### Reflect:

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## DAY 10: Feeding

Scripture: Hebrews 5:12–14

*“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”*

### Prayer Focus:

Pray for discernment in your spiritual diet. Ask God to reveal the things you do and the things that you do not do that are blocking your spiritual growth (ie books, forms of entertainment, music, environments, etc)

### Activity:

Set aside a specific time today to read a theological or devotional article, and reflect on how it applies to your life.

### Reflect:

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## DAY 11: Seeding

Scripture: John 13:34–35

*“A generous person will prosper; whoever refreshes others will be refreshed.”*

### Prayer Focus:

Ask God to enlarge your heart for generosity—not just financially, but also in time, encouragement, and effort.

### Activity:

Make a tangible gift to someone—a book that helped you spiritually, a word of encouragement, or a note of thanks.

### Reflect:

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## DAY 12: Seeding

Scripture: Galatians 6:9–10

*“Pray for eyes to see the spiritual and practical needs in your community.”*

### Prayer Focus:

Pray for eyes to see the spiritual and practical needs in your community.

### Activity:

Engage someone on your job or in your school in a conversation about their lives. (“How are you – really?”) Begin planting practical seeds of care and kindness.

### Reflect:

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## DAY 13: Seeding

Scripture: James 1:27

*“Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”*

### Prayer Focus:

Ask God to show you how to care for the marginalized, those who are poor, and the vulnerable.

### Activity:

Identify a social issue that burdens your heart (e.g., homelessness, child hunger, financial inequity) and commit to praying and taking at least one action step toward engaging in a healthy way to address the issue.

### Reflect:

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## DAY 14: Seeding

Scripture: Matthew 25:35–40

*“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”*

### Prayer Focus:

Pray that your acts of service would reflect Christ and open hearts to the gospel.

### Activity:

Perform a simple, intentional service act—prepare a meal for a neighbor in need or volunteer for an outreach project.

### Reflect:

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## DAY 15: Seeding

Scripture: 1 Corinthians 3:6–7

*“I planted the seed, Apollos watered it, but God has been making it grow. So neither the one who plants nor the one who waters is anything, but only God, who makes things grow.”*

### Prayer Focus:

Pray that God would bring growth to every seed of faith you’ve planted. Trust God to give the increase.

### Activity:

Write down an area where you’ve planted seeds of truth (e.g., a conversation with a friend, a Bible given to someone, a financial offering beyond your normal giving). Pray for God to bring fruit from it.

### Reflect:

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## DAY 16: Weeding

Scripture: Psalm 139:23-24

*“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”*

### Prayer Focus:

Pray for God to search your heart and reveal areas that need repentance and pruning.

### Activity:

Spend time in silence, asking the Holy Spirit to bring to mind attitudes, habits, or sins that need confessing.

### Reflect:

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## DAY 17: Weeding

Scripture: Hebrews 12:1-2

*“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”*

### Prayer Focus:

Ask for strength to lay aside every weight and sin that hinders your spiritual growth.

### Activity:

Identify one habit you know does not honor God (e.g., gossip, unhealthy media consumption). Commit this day to surrender it.

### Reflect:

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## DAY 18: Weeding

Scripture: John 15:1-2

*"I am the true vine, and my Father is the gardener. 2 He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful"*

### Prayer Focus:

Pray for a willingness to let God prune your life so that you may bear more fruit.

### Activity:

Write down the areas you sense God pruning—character traits, priorities, relationships. Give them over to Him in prayer.

### Reflect:

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## DAY 19: Weeding

Scripture: 1 John 1:9

*"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."*

### Prayer Focus:

Confess your sins and receive God's forgiveness and cleansing. Embrace the freedom Christ provides.

### Activity:

Partake in a personal time of confession—journal your confessions and then symbolically tear up the page, thanking God for forgiveness.

### Reflect:

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## DAY 20: Weeding

Scripture: James 4:8

*“Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.”*

### Prayer Focus:

Pray for a closer walk with God, asking for grace to draw near and maintain intimacy.

### Activity:

Spend an extended period in worship. Play worship music, sing, and pour out your heart before the Lord.

### Reflect:

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## DAY 21: Weeding

Scripture: Philippians 3:13–14

*“Brothers and sisters, I do not consider myself yet to have taken hold of it. 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.”*

### Prayer Focus:

Commit your heart to pressing on toward the goal—greater Christlikeness, greater compassion, greater generosity, and missional momentum.

### Activity:

Write a personal mission statement for the year that includes how you will lead, feed, seed, and weed in your spiritual life. Ask God to seal these commitments.

After these 21 days of prayer and fasting, reflect on what God has revealed: new opportunities to share Christ (*leading*), deeper relationships for mutual discipleship (*feeding*), practical ways to serve and impact your community (*seeding*), and renewed commitment to personal holiness (*weeding*). Carry this missional momentum forward into the rest of the year, continually seeking God’s guidance and power.