

2025



Freewill Missionary Baptist Church

21-DAYS OF PRAYER & FASTING DEVOTIONAL

A PRAYING CHURCH IS A POWERFUL CHURCH
MARCH 30TH – APRIL 19TH



Like Prayer and Bible reading, Fasting is one of the spiritual disciplines of followers of Jesus. Biblical Fasting takes not only a great deal of discipline, rather it takes a unique level of strength – strength which you can only receive from God as you seek him daily during your Fast.

When you give God your first through Fasting, Prayer and Giving at the beginning of the year, you set the course for the entire year. **This is why Freewill is engaging in a 21-Day Fast starting March 30, 2025, and concluding on April 19, 2025.**

Each Freewill member and friend is asked to join us as we take part in what is commonly known as the **“Daniel Fast”** or another Sacrificial Fast that is appropriate for you. The Daniel Fast requires that we abstain from certain foods or activities as a means to denying our flesh and drawing closer to God. Our desire is to know God’s perfect Will for our lives. Beyond abstaining from specific foods and activities, we will gather each morning at **7:00 am** and some evening at 7:00 pm, for Empowerment Prayer! **Dial (727) 731-7356**

The information below will answer many of your questions about Fasting.

What is Prayer and Fasting?

Prayer is connecting with God; Fasting is disconnecting ourselves from the World. Biblical Fasting is, very simply, denying oneself for the sake of seeking and honoring God. Fasting allows us to deny our flesh as we gain a response from the Spirit of God.

How should I prepare to fast?

If you are sacrificing food or committing to the Daniel Fast, it’s smart to plan ahead and make sure you’ll have plenty of the fruits and vegetables on hand. We have provided in this guide, a list of nutritious foods that you can enjoy while on the Daniel Fast.



Why should I fast?

Over time, it's very easy for our souls (*mind, will and emotions*) to become full of junk. Fasting is a way to give our bodies and our souls a deep cleansing. When we do, we find that not only do we feel better, but as we draw closer to God, we are more in tune with His voice.

- ❖ When Do you desire a deeper, more meaningful and intimate relationship with God?
- ❖ Do you desire to know God's will and design for your life?
- ❖ Are you seeking a fresh spiritual encounter?
- ❖ Are you in need of breakthrough for a particular area or areas of your life?
- ❖ Are you in need of healing or a miracle?
- ❖ Do you need to break away from bondages or curses that have had you bound?
- ❖ Is there a loved one or friend in need of salvation?
- ❖ Is there a loved one or friend in need of God's tender touch for their life?

What to Expect?

The main thing to remember is don't make this time all about what you give up. Most importantly, this time is about drawing closer to God!

When you participate in the Daniel Fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort, such as headaches and irritability, during withdrawals from caffeine and sugars. If you suffer these discomforts, **STAY THE COURSE!** Naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time replacing common distractions such as TV and social media with praying often throughout the day, reading your Bible, listening to Praise & Worship and setting your heart and mind to seeking God's face.



***** NOTE *****

If you have health issues and/or are concerned about your physical ability to participate in this fast, we encourage you to consult your physician for guidance.

The Daniel Fast Food List

- All fruit – fresh, frozen, dried, juiced, or canned. *(try to stay away from most acidic fruits)*
- All vegetables – fresh, frozen, dried, juiced, or canned.
- All whole grains – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- All nuts & seeds – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- All legumes – canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- All quality oils – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- Beverages– distilled water, filtered water, and spring water.
- Other – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.

Foods to Avoid on the Daniel Fast

- All meat & animal products – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- All dairy products – butter, cheese, cream, milk, and yogurt.
- All sweeteners – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- All leavened bread & yeast – baked goods and Ezekiel bread (if it contains yeast and honey).
- All refined & processed food products – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- All deep-fried foods – corn chips, French fries, and potato chips.
- All solid fats – lard, margarine, and shortening.
- Beverages – alcohol, carbonated drinks, coffee, energy drinks, and tea.



DAY – 1 / MARCH 30TH

Gratitude

1 Thessalonians 5:18 –

"Give thanks in all circumstances;
for this is God's will for you in Christ Jesus."

Thought to Consider:

Gratitude shifts our perspective from what we lack to what we have. It opens the door for joy and deepens our awareness of God's presence in our lives. When we cultivate gratitude, we are aligning our hearts with God's will, acknowledging His sovereignty in every season—both good and bad (Philippians 4:6-7).

Action Steps

One:

Write down five things you are grateful for today and reflect on why they are meaningful to you.

Two:

Express gratitude to someone in your life—whether through a message, call, or in person.

Three:

Offer a prayer of thanksgiving, focusing on God's faithfulness.

Prayer:

Heavenly Father, thank You for the countless blessings You have poured into my life. Even in challenges, I choose to give thanks, knowing that You work all things for my good (Romans 8:28). Open my eyes to see Your goodness in every moment and help me to live with a heart of gratitude, sharing Your love with others. In Jesus Name, Amen.



DAY – 2 / MARCH 31ST

Forgiveness

Ephesians 4:32 –

"Give "Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

Thought to Consider:

Forgiveness is not condoning wrongs but releasing the hold they have on us. Jesus teaches us that forgiveness is a continuous process (Matthew 18:21-22), and through it, we find true freedom. When we forgive, we reflect God's mercy and experience His peace (Colossians 3:13).

Action Steps

One:

Identify one person or situation where you need to extend forgiveness.

Two:

Pray for God's strength to release bitterness and extend grace.

Three:

If possible, reach out in reconciliation or write a letter expressing your forgiveness, even if you do not send it.

Prayer:

Dear Lord, I come to you asking that you help me to forgive others as you have forgiven me. Remove all bitterness, wrath, anger, and malice from me. Give me a heart that allows me to be kind to others, tenderhearted, and forgiving (Ephesians 4:31-32). Let my heart reflect your heart in my relationships with others. In Jesus Name, Amen.

~Prayer by Dr. Renee Gibson



DAY – 3 / APRIL 1ST

Trust

Proverbs 3:5-6 –

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Thought to Consider:

Trusting God means surrendering control and believing that His plans are greater than ours (Isaiah 55:8-9). When we trust, we walk in faith, allowing God to direct our steps, even when the path is unclear.

Action Steps

One:

Identify a current situation where you struggle to trust God

Two:

Meditate on scriptures about God's faithfulness.

Three:

Release your worries in prayer, declaring your trust in His timing and plans.

Prayer:

Father, I place my trust in You, knowing that You are in control. Strengthen my faith when doubts arise and help me to walk in Your promises (Psalm 37:5). Let me not rely on my own understanding but fully lean on You. I trust You with my future, my fears, and my heart. In Jesus Name, Amen.



DAY – 4 / APRIL 2ND

Surrender

Matthew 16:24 –

"If any of you want to be my follower,
you must give up your own way, take up your cross,
and follow me."

Thought to Consider:

Surrender is not about losing but about gaining God's best for our lives. When we let go, we allow God to take control, leading us to His perfect plan (Jeremiah 29:11). True surrender requires faith and humility.

Action Steps

One:

Identify an area where you struggle to surrender control.

Two:

Ask God in prayer to take over that area and trust His leading.

Three:

Write a declaration of surrender, committing to follow His ways.

Prayer:

Lord, I surrender my will, my plans, and my desires to You. I trust that Your ways are higher than mine (Isaiah 55:9). Take control of my life and guide me on the path You have prepared for me. Strengthen my heart to follow You fully. In Jesus Name, Amen.



DAY – 5 / APRIL 3RD

Humility

Philippians 2:3 –

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."

Thought to Consider:

Humility allows us to serve and love as Christ did. It reminds us that we are nothing without God and that our purpose is to uplift others (James 4:10). When we humble ourselves, God exalts us in due time.

Action Steps

One:

Serve someone today in a way that puts their needs above your own.

Two:

Confess any prideful thoughts to God and ask for a humble heart.

Three:

Reflect on Jesus' humility and seek to follow His example.

Prayer:

To the God of Grace, we honor you and ask for a spirit of humility to do your will your way. Give us strength to stand the arrows by day and the terrors by night. Teach us to think before we speak, love before we hate, give before we destroy and forgive before we blame. Give us the know how to translate humility in our everyday lives. Allow wisdom to be our word in you. Give us access through humility to be more like you in every way. In Jesus Name Amen.

~Prayer by Min. Ronnie Henderson Jr.



DAY – 6 / APRIL 4TH

Guidance

Psalm 32:8 –

"I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."

Thought to Consider:

God desires to guide us, but we must be willing to listen. His guidance is found in His Word, through prayer, and in the wisdom of godly counsel (James 1:5).

Action Steps

One:

Spend quiet time seeking God's direction on a specific issue.

Two:

Read scripture that speaks to His guidance and wisdom.

Three:

Ask a spiritual mentor for insight and prayer.

Prayer:

Father, I seek Your wisdom and guidance in all things. Direct my steps and align my heart with Your will (Proverbs 3:6). Help me discern Your voice and walk in obedience. In Jesus Name, Amen.



DAY – 7 / APRIL 5TH

Commitment

Proverbs 16:3 –

"Commit to the Lord whatever you do, and he will establish your plans."

Thought to Consider:

Commitment to God means unwavering devotion, even in challenges. It requires discipline and faithfulness to follow through on our spiritual journey (Galatians 6:9).

Action Steps

One:

Write a personal commitment to deepen your relationship with God.

Two:

Identify any distractions that hinder your spiritual growth and make a plan to remove them.

Three:

Pray for strength to remain steadfast in your walk.

Prayer:

Father, I commit my life to You; Lord I ask that you disrupt and stop every distraction that has been a hindrance to me being faithful to You, my family and every Godly thing that you have placed in my hands. I commit my ways to you just as the psalmist David said in Psalms 37:5, In Jesus Name, Amen.

Prayer by Pastor DeAnthony Gibby



DAY – 8 / APRIL 6TH

Collaboration

Ecclesiastes 4:9 –

"Two are better than one,
because they have a good return for their labor."

Thought to Consider:

God designed us for community. Throughout scripture, we see the power of collaboration—from Moses and Aaron to Jesus and His disciples. When we work together in faith, our impact multiplies. Collaboration requires humility, a willingness to listen, and a heart open to learning from others. Are you embracing the people God has placed around you to help accomplish His work?

Action Steps

One:

Identify a person or group you can collaborate with to advance God's work.

Two:

Offer help to someone in need of support or partnership.

Three:

Pray for wisdom in working harmoniously with others.

Prayer:

Lord, thank You for placing people in my life to walk this journey with me. Help me to be a good partner in faith, working together in love and humility (1 Corinthians 12:12). Strengthen our unity for Your glory. In Jesus Name, Amen.



DAY – 9 / APRIL 7TH

Provision

Philippians 4:19 –

"And my God will meet all your needs according to the riches of his glory in Christ Jesus."

Thought to Consider:

God is our provider, supplying not just material needs but also spiritual, emotional, and relational fulfillment. Sometimes, provision comes in unexpected ways—a door opening, a divine connection, or strength to endure. Trusting in God’s provision means surrendering our worries and choosing to rest in His faithfulness. How has God provided for you in ways you didn’t anticipate?

Action Steps

One:
Reflect on a time when God provided for you.

Two:
Trust Him with your current needs and seek Him in prayer.

Three:
Look for ways to be a vessel of provision for someone else.

Prayer:

Heavenly Father, you gave rest to your disciples in a deserted place (Mark 6:31) and was moved with compassion on the multitude. You fed them with only five loaves and two fish and during this fast, as I feed on your word, I trust that you, Jehovah Jireh, will provide me with your strength and wisdom during this process. In Jesus Name, Amen.

~Prayer by Min. Thomas London



DAY – 10 / APRIL 8TH

Power

2 Timothy 1:7 –

"For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline."

Thought to Consider:

As believers, we are given divine power through the Holy Spirit to overcome obstacles and walk in boldness. God's power is not just for miracles but for daily endurance, self-control, and spiritual strength. How are you tapping into the power of the Holy Spirit in your daily life?

Action Steps

One:
Identify an area where you need God's strength.

Two:
Speak scripture over your life, declaring His power.

Three:
Step out in faith in something you have been hesitant about.

Prayer:

Lord, fill me with Your power. I reject fear and doubt, standing firm in the strength You provide (Ephesians 6:10). Use me mightily for Your purposes. In Jesus Name, Amen.



DAY – 11 / APRIL 9TH

Vision

Habakkuk 2:2 –

"Write the vision and make it plain."

Thought to Consider:

God calls us to have vision for our lives, aligning with His divine purpose. Without vision, we wander aimlessly, missing the opportunities He places before us. A clear vision gives direction and inspires action. What dreams and goals has God placed in your heart that align with His Kingdom?

Action Steps

One:
Write down your vision for this season of life.

Two:
Pray for clarity and guidance.

Three:
Take one small step toward fulfilling that vision.

Prayer:

Lord, give me clarity and purpose. Help me to align my vision with Your will (Proverbs 29:18). Strengthen me to pursue it faithfully. In Jesus Name, Amen.



DAY – 12 / APRIL 10TH

Strength

Isaiah 41:10 –

"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you."

Thought to Consider:

God's strength is made perfect in our weakness. When we feel depleted, it's an invitation to rely on Him instead of our own efforts. Strength in Christ is more than physical endurance—it is resilience in trials, courage in uncertainty, and peace in chaos. Where do you need God's strength today?

Action Steps

One:
Lean into God's power in difficult situations.

Two:
Encourage someone else with His promises.

Three:
Pray for renewed strength.

Prayer:

Lord, I find my strength in You. Uphold me with Your righteous hand (Psalm 46:1). Remind me that in my weakness, You are strong (2 Corinthians 12:9). Carry me through every trial and help me to walk in faith. In Jesus Name, Amen.



DAY – 13 / APRIL 11TH

Love

1 John 4:19 –

"We love because He first loved us."

Thought to Consider:

Love is the foundation of our faith. Jesus demonstrated the ultimate love through His sacrifice, and we are called to reflect that love in our daily lives. Loving others is not just a command—it's a way of life that testifies to God's presence within us. Love requires action, patience, and an intentional desire to see others through God's eyes. How can you demonstrate selfless love today?

Action Steps

One:

Show an act of kindness to someone today, whether through words, service, or generosity.

Two:

Reflect on how God's love has transformed your life and write down ways you can extend that love to others.

Three:

Pray for God to increase your capacity to love, especially in challenging relationships.

Prayer:

Father, in the Name of Jesus, according to 1 Corinthians 13, I pray your love fills our hearts, causing us to be patient and kind, not envious, not arrogant, not rude, not insisting on our own way. May we rejoice in the truth and always have hope and perseverance, help us to love unconditionally just as you loved us and let this love shine through in all of our relationships. In Jesus Name, Amen.

~Prayer by Pastor Tammie Jones



DAY – 14 / APRIL 12TH

Patience

James 1:4 –

"Let perseverance finish its work so that you may be mature and complete, not lacking anything."

Thought to Consider:

Patience is more than just waiting; it's trusting in God's timing. Trials often test our patience, but they also refine our faith. Practicing patience allows us to develop spiritual endurance and a deeper reliance on God's perfect plan. How can you shift your mindset to see waiting as an opportunity for growth rather than frustration?

Action Steps

One:

Identify an area where you struggle with impatience and commit to surrendering it to God.

Two:

Practice gratitude in moments of waiting by listing things you are thankful for instead of focusing on delays.

Three:

Meditate on scripture about patience and pray for the strength to trust God's timing.

Prayer:

Father in the name of Jesus, your word says we need to trust you with all our heart, help us to be patient as we trust you to bring to pass what we are believing you for. Your word says we need patience for after we've done the will of God, we shall receive the promise. So help us to hold on to our confidence which has great reward, (*Hebrews 10:35*) for you are faithful who promise these things ... In Jesus Name, Amen.

~ Prayer by Min. Allean Jones



DAY – 15 / APRIL 13TH

Faithfulness

Lamentations 3:22-23 –

"Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness."

Thought to Consider:

Faithfulness is a reflection of God's character. He is consistent, steadfast, and always keeps His promises. When we walk in faithfulness, we reflect His unwavering nature to the world. Faithfulness in small things leads to greater responsibility and trust in God's greater plan. How can you cultivate faithfulness in your relationship with God and others?

Action Steps

One:

Commit to a spiritual discipline (prayer, Bible study, fasting) and be consistent in practicing it daily.

Two:

Reflect on God's faithfulness in past situations and write down moments where He has provided, guided, or strengthened you.

Three:

Encourage someone with a testimony of God's consistency and remind them of His promises.

Prayer:

Lord, help me to be faithful as You are faithful. Strengthen my devotion and keep me steadfast in Your will (Hebrews 10:23). Let my actions reflect a commitment to serve You wholeheartedly and trust in Your plans. In Jesus Name, Amen.



DAY – 16 / APRIL 14TH

Courage

Joshua 1:9 –

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Thought to Consider:

Courage is not the absence of fear but the decision to trust God in the face of uncertainty. The Bible is filled with stories of people who stepped out in faith despite their fears. Where is God calling you to be bold in your life today?

Action Steps

One:

Identify an area where fear is holding you back and take one step of faith toward overcoming it.

Two:

Read about biblical figures who displayed courage (e.g., David, Esther, Daniel) and reflect on their faith.

Three:

Speak words of courage over yourself, using scripture to affirm God's presence and strength.

Prayer:

Lord, we ask you to give us the courage that we may face any uncertain dangers that lie ahead. Like you did for David, give us the courage to face the giants who come our way. (1 Samuel 40-52). Remind us that we fight from victory with You on our side and help us to stand with great courage when we're up against all odds. In Jesus Name, Amen

~Prayer by Min. Michael Brown



DAY – 17 / APRIL 15TH

Stewardship

Matthew 25:21 –

"His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'"

Thought to Consider:

Everything we have—time, talents, finances, relationships—is a gift from God. Stewardship means managing these gifts wisely and using them for His glory. Are you being intentional with what God has entrusted to you?

Action Steps

One:

Take inventory of your resources (time, money, talents) and ask how they can be used more effectively for God's kingdom.

Two:

Set a small stewardship goal, such as tithing, volunteering, or mentoring someone.

Three:

Reflect on areas where you may be wasteful and commit to making changes.

Prayer:

Heavenly Father, the earth is Yours, the fullness of it, the world, and we who dwell in it. You founded it on the seas and established it on the waters . Yet, in Your sovereignty, You have given us dominion and authority over Your creation. Father, help us to be good stewards over what You have entrusted to us. This includes our time, talents, and treasures. May we manage well all that You have placed into our hands. May it increase thirty, sixty, and one hundred-fold, as You desire. May this be for Your glory. In Jesus Name, Amen.

~Prayer by *Min. Shawantha Thomas*



DAY – 18 / APRIL 16TH

Generosity

2 Corinthians 9:7 –

"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."

Thought to Consider:

Generosity is a reflection of God's abundant love. When we give freely—whether it's our time, resources, or encouragement—we align ourselves with God's heart. How can you be more intentional about generosity today?

Action Steps

One:

Find one way to give selflessly today, whether through financial giving, service, or encouragement.

Two:

Reflect on how generosity has impacted your life and the lives of others.

Three:

Pray for a heart that gives joyfully and without hesitation.

Prayer:

Lord, teach me to be generous in all things. Help me to give cheerfully and trust that You provide for my needs (Luke 6:38). May my giving reflect Your love. In Jesus Name, Amen.



DAY – 19 / APRIL 17TH

Accountability

Galatians 6:1-2 –

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

Thought to Consider:

Accountability is essential in our spiritual walk. God calls us to live in community, helping and supporting one another in truth and love. True accountability requires humility, honesty, and a willingness to both give and receive correction. Do you have someone in your life who holds you accountable in your faith journey?

Action Steps

One:

Identify a trusted person who can hold you accountable in your spiritual growth.

Two:

Commit to being transparent about struggles and victories with an accountability partner.

Three:

Seek God in prayer for the wisdom to provide loving and truthful accountability to others.

Prayer:

Lord, thank You for placing people in my life who can encourage and challenge me in my faith. Help me to be open to accountability and to provide the same support to others with love and grace (Proverbs 27:17). May we walk together in truth, helping one another grow in You. In Jesus Name, Amen.



DAY – 20 / APRIL 18TH

Perseverance

Hebrews 12:1 –

"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.

Thought to Consider:

The Christian journey requires endurance. Perseverance is not just about pushing through difficulties but about keeping our eyes fixed on Jesus, who strengthens us. Challenges will come, but they refine our faith and deepen our reliance on God. Where do you need endurance in your walk with Christ today?

Action Steps

One:

Identify an area in your spiritual life where you need perseverance and commit it to prayer.

Two:

Read about biblical figures who displayed perseverance (e.g., Paul, Job, Ruth) and reflect on their faithfulness.

Three:

Encourage someone else who is struggling by sharing a testimony of perseverance.

Prayer:

Lord, grant me endurance to stay faithful in my walk with You. When challenges arise, help me to remain steadfast, knowing that my strength comes from You (James 1:12). Keep my heart fixed on the eternal prize, and help me to encourage others on their journey. In Jesus Name, Amen.



Fasting in the Bible

Scripture Reference for Fasting:

- *Matthew 6:16-18*
- *Luke 18:9-14*
- *Matthew 9:14-15*

Relation to Prayer and Reading of the Word:

- *1 Samuel 1:6-8; 17-18*
- *Nehemiah 1:4*
- *Daniel 9:3, 20*
- *Joel 2:12*
- *Luke 2:37*
- *Acts 10:30, 13:2*

Corporate Fasting: *(together as one Faith Family and People of God)*

- *1 Samuel 7:5-6*
- *Ezra 8:21-23*
- *Nehemiah 9:1-3*
- *Joel 2:15-16*
- *Jonah 3:5-10*
- *Acts 27:33-37*