



*Rev. Kevin L. Sykes
Senior Pastor*

**JOIN PASTOR SYKES &
THE ST. JAMES BAPTIST CHURCH FAMILY**

FOR

21 DAYS OF Prayer & Fasting



**"Chosen by God to THRIVE,
Spirit, Soul (mind, will, emotions), and Body (Expect God's Best)"
John 15:4 (KJV)**

MARCH 18 - APRIL 7, 2019

**6:00 AM -
6:00 P.M.**

ADULT PARTIAL FAST

Biblical Purpose for Fasting

- To strengthen prayer
- To see God's Guidance
- To express Grief
- To see deliverance or protection
- To express repentance and return to God
- To express concern for the work of God
- To minister to the needs of others
- To overcome temptation and dedicate yourself to God
- To express love and worship to God

**6:00 PM -
6:00 A.M.**

YOUTH MEDIA FAST

***** EVERYONE IS WELCOME TO PARTICIPATE! *****

**2169 NEW MARKET ROAD - RICHMOND, VA 23231
WWW.SJBCOFVARINA.ORG**

Adult 21 Day Partial Fast

During the 21 Day Prayer and Fasting Period,
We will . . .

- Participate on the Early Morning Prayer Line
- Refrain from food from 6:00 p.m. – 6:00 a.m. During the hours of 6:00 a.m. to 6:00 p.m. eat **only one** meal and drink plenty of liquids.
- Every morning and evening commit to reading God's word.
- Here's what you'll need to do to get ready:
 - Begin drinking plenty of water, (squeeze fresh lemon juice in your water).
 - Begin cutting back on caffeine and sugar. Drinking plenty of water will help you get over the cravings for these two things.

Youth Media Fast

Plan to be a part of the
21 Days of Fasting & Praying

Here's what you'll need to do . . . Ready!
From 6:00 p.m. – 6:00 a.m.

- Send an encouraging, inspiration message to someone you haven't talked to in a couple of days.
- Refrain from any media that does not encourage positive thoughts.
- Be selective in what you engage in and do not entertain any "drama" or idle conversation.

No Instagram · Only Gospel Music
No Cell Phones · Snap Chat

Join the Early Morning Prayer Line During The 21-Day Prayer & Fasting

Pastor Sykes invites you to join in for the
Church Prayer Line. Beginning
Monday, March 18th through Sunday, April 7th,
we will come together for a daily prayer period.
The prayer line will start at 6 a.m. each morning

Call-In Number: 1-302-202-1116
Access Code: 115320

All are invited to join our Church Family as we share
words of meditation, scripture readings, and prayer!

Pray Daily For Our Church Family, Our First Family, And Community

Daily Scripture Readings

Mar 18 Prayer for Renewal (Deuteronomy 10:12)
Mar 19 Pray Against Spiritual Warfare (Philippians 4:6-9)
Mar 20 Prayer for Growth in Christ (Psalm 61:2-4)
Mar 21 Prayer for Growth in Wisdom (James 1:13-15)
Mar 22 Prayer for Family (1 Samuel 12:23)
Mar 23 Prayer Churches and Ministries (Ephesians 4:4-6)
Mar 24 Prayer for Believers (2 Corinthians 6:4-10)
Mar 25 Prayer Relationship with Others (Isaiah 58:6-7;
1 Corinthians 16:14)
Mar 26 Prayer for Faithfulness as a Steward (Exodus 18:21)
Mar 27 Prayer for Evangelism (Ephesians 6:19-20)
Mar 28 Prayer for Outreach (Acts 17:30-31)

Mar 29 Prayer for Social Justice (Psalms 85:4-7)
Mar 30 Prayer for Family & Ministry (Colossian 3:22-24)
Mar 31 Prayer for Worship (Nehemiah 9:1-3)
Apr 1 Prayer for Spiritual Insight (Psalm 25:3-5)
Apr 2 Prayer of Adoration (1 Chronicles 29:10-13)
Apr 3 Prayers of Affirmation (John 4:23-24; 1 John 3:24)
Apr 4 Prayer of Thanksgiving (Psalm 34:6-7 & 40:1-3)
Apr 5 Prayer for Hunger and Thirst for God (Psalm 63:1;
Psalm 73:23-24)
Apr 6 Prayer of Thanksgiving and Praise (Ezra 8:23)
Apr 7 Closing Prayer (Psalm 73:25-28)

Pastor Sykes and the St. James Baptist Church advise all members and participants of this consecration to consider their personal health needs and to consult their personal physician prior to beginning this fast.