



Read The Scriptures daily for edification and strength.

Listed below are the Scriptures which will encourage us during this season of fasting and prayer.

January 2th—Philippians 3:14

January 3rd—Proverbs 3:5,6

January 4th—John 1:1-14

January 5th—John 11:25,26

January 6th—Acts 2:1-13

January 7th—Acts 4:33

January 8th—Romans 1:16,17

January 9th—Romans 12:1-8

January 10th—Acts 9:1-17

January 11th—Acts 10:9-23

January 12th—Luke 5:17-20

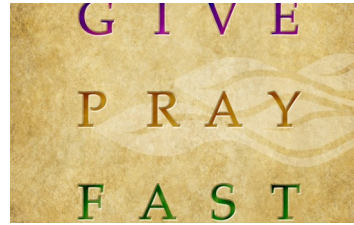
January 13th—Philippians 1:1-6

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Listed below are some actions steps to
“*Develop Disciples For Excellence*”

- **Confess every sin** that the Holy Spirit calls to your remembrance and accept God’s forgiveness (*1 John 1:9*).
- **Seek forgiveness from all** whom you have offended, and forgive all who have hurt you (*Mark 11:4 & 17:3-4*).
- **Meditate on the attributes of God**, His Love, sovereignty, power, wisdom, faithfulness, grace, compassion and others (*Psalms 48:9-10, 103:1-8, 11-13*).
- Begin your time of fasting and prayer with **an expectant heart** (*Hebrews 11:6*).
- **Do Not Underestimate** spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (*Galatians 5:16,17*).
- **Spend Time With The Master.** Start the day sitting quietly to hear from the Lord, don’t talk, meditate and pray in the spirit. Listen quietly to discern His plans and purposes for your life each day.
- **Pray In Faith.** After you’ve been still and quiet for a period, now you’re ready to talk to Him. Believe “He” hears your prayer and will answer according to “His” will. Don’t pray generic prayers or rote prayers. Pray specifically for the people, concerns and circumstances of this day, while trusting that the God who sits high, yet looks low, hears your concerns.
- **Live In The Word.** Daily read scriptures. Ask God to give you divine revelation, insight and a Rhema word for this day. Memorize a scripture each day and begin to apply it to your life, that this “**Word**” might become flesh and dwell among the people.
- **Fellowship With Believers.** Reinforce your walk with the Lord by daily interacting with fellow believers (visits, telephone calls, internet, etc.) Sometimes you have to encourage them, sometimes they will encourage you. Together you strengthen and edify each other in your daily spiritual pilgrimage.



2023 NEW YEAR’S FAST

Beginning Tuesday,
January 2, 2023
to conclude on Saturday,
January 13, 2023
at
“The Church Meeting”

Dear Christian Friends:

I know you will join me as I give thanks and praise to God for delivering and sustaining us, through a challenging year. Between the rise of Covid, Influenzas and other viruses, the recent shootings in the DMV, the war in Ukraine, the spread of racism and treason in our national government, the spread of hate crimes, and the recent House of Representatives and Senate Electoral races, we have much to pray for. I am challenging the FBC family to daily seek the presence of God through a commitment of praying and fasting.

Certainly we also know the fact that we're still here, means God still has work for us to do in "HIS" enterprise of Kingdom building. Therefore, as Christians, I believe God has placed a greater demand on our lives. For years, many of us have heard God's Word, read God's Word and confessed God's Word. However, we have not always acted on or applied God's Word to our daily lives and situations.

I believe 2023 will be one of the greatest years of my life; I am praying the same for you. Let us not settle for anything less than God's best! Let us start the year off right by making a list of all the things we need to change or improve. This should include all promises not kept, all accounts not paid and any relationships that are not Godly. Let us also not become distracted in 2023 by the problems of 2022.

Moreover, let us ask the Lord to help us "win new souls for Christ," that we can experience a renaissance of new spiritual development, new personal growth and an unprecedented growth in our congregation's capacity to do ministry. Just as Jesus, one by one and two by two trained and developed "His" disciples for ministry, let us do no less! God bless you as we go forth "In His Name, In His Power....to "Develop Disciples For Excellence!"

The Reverend Dr. Frank D. Tucker

The Power of Prayer and Fasting

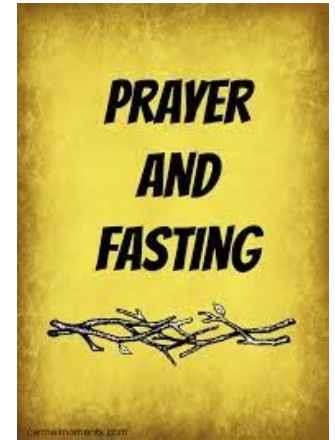
- What happens when you fast
- Biblical reasons for fasting
- How to prepare
- What to do while fasting



Fasting is a means of humbling ourselves before God, letting Him know that we are willing to sacrifice things that we enjoy to be drawn closer to "Him." As a spiritual discipline, fasting is the act of abstaining from feeding the body in order to focus more fully on seeking His face and feeding the spirit. This is a powerful discipline whereby God's spirit is poured out upon us as we earnestly seek Him.

So many of us abstain from food, but forget our purpose is to develop a more focused prayer life and have intimacy with Jesus. When we fast, we should never fast to impress others or for selfish reasons. Fasting should be viewed as a precious opportunity to get closer to the Lord and not be distracted by the daily concern of eating.

Fasting and prayer causes one to become much more spiritually sensitive and thereby able to combat the forces of Satan. Fasting breaks the bands of wickedness; it causes the oppressed to go free; and it brings deliverance. Through fasting and prayer, we can experience God's presence in our lives, that we can overcome our own lusts and live a holy and pure life which is pleasing to "HIM"!



The primary purpose of this "Season of Prayer and Fasting" is to abstain from solid foods, that we might be strengthened in character and drawn closer in relationship with Christ.

Water, fruit, vegetable juices, fresh fruit, vegetables and vitamins are all appropriate food related substances, we can partake of, with moderation, as we endure this season of "prayer and fasting."

Moreover, we are also abstaining from bad habits, questionable lifestyle challenges, sour attitudes, negative dispositions, gossip, slander, selfishness, jealousy, anger and poor financial management.

The Reverend Donald D. Robinson