



Date	Scriptures	Word
Jan. 3	I Peter 2:9 (Amp)	Virtue
Jan. 4	II Timothy 2:21	Honor
Jan. 5	Psalms 27:1	Strength
Jan. 6	Numbers 13:30	Overcome
Jan. 7	Colossians 3:15	Peace
Jan. 8	Psalms 146:2	Praise
Jan. 9	James 5:16	Prayer
Jan. 10	II Timothy 2:20-21	Vessel
Jan. 11	John 6:63	Spirit
Jan. 12	II Timothy 4:5	Endure
Jan. 13	Isaiah 40:31	Wait
Jan. 14	Ezra 7:10 (NASB)	Study
Jan. 15	Proverbs 18:24	Friend
Jan. 16	Ephesians 5:8	Light
Jan. 17	Colossians 3:4	Life
Jan. 18	Proverbs 16:20	Happy
Jan. 19	Psalms 119:1-2	Blessed
Jan. 20	Isaiah 40:29	Power
Jan. 21	Proverbs 4:23	Heart
Jan. 22	Proverbs 16:24	Health
Jan. 23	Colossians 3:17	Thanks

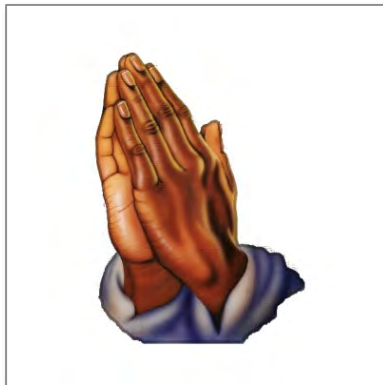
**PRAYER STILL WORKS**

develop within us courage  
and to share the good news  
our lives are a witness  
self-restraint and discipline  
greater power in prayer  
grow in grace and in the  
many  
matters spiritually &  
emotional prayer  
worldly people and  
passions help our families  
help us in our daily work

**FASTING**  
coupled with  
**MIGHTY**  
**PRAYER**  
is powerful.

**JOIN US EVERY  
WEDNESDAY**

6:00 am – 7:00 am  
Early Morning Sacrifice Schedule



***“The effectual fervent  
prayer of a righteous  
man avails much.”***

James 5:16 (NKJV)



**FIRST BAPTIST  
CHURCH OF  
CAPITOL HEIGHTS**



**January 3-23, 2018**

***PREPARING  
FOR THE SHIFT***

“Behold, I will do a new thing;  
now it shall spring forth; shall  
ye not know it?”

~ ISAIAH 43:19 (a) KJV

**First Baptist Church of Capitol Heights**

6 Capitol Heights Blvd, Capitol Heights, MD 20743

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Rev. Harold L. Dugger, Sr., Pastor

## Pastor's Message...

God is with us as we embark upon another year of our Annual Fast. God has promised us great things, and I appreciate those of you who are taking this "step of faith" with us.



This fast is from all dairy and meat products such as beef, pork, veal, lamb, poultry (chicken and turkey unless small bits in soups), and fish products. We deny ourselves of all starches, breads, desserts and other foods made with dairy products.

No non-gospel entertainment (TV, music, Internet, etc.) these 21 days. Let's use this time to read the Word, study and meditate in the Word, and listen to gospel music, gospel preaching and gospel singing programs/videos. Try to make as many services as possible. Assembling with the "Saints" is added strength. Remember mints and gum help your breath.

You will be especially irritable during this time; because your body will crave various food substances it is use to. Ask God to constantly keep your attitude in check and your mind focused. You will be tempted in many areas, but remember to read your "Pill" everyday and "think" on the things addressed.

Those of you, who are diabetics or experiencing other medical and health situations or problems, please consult your physician prior to participating in this fast.

**Isaiah 43:19 (a) KJV**

## \* 21-Days \*

### Annual New Year's Fast and Period of Self Denial



#### Week 1

##### 1<sup>st</sup> Seven Days - January 3-9

Drink: Water, coffee, tea, ginger ale, or fruit juice ONLY

Eat: Any variety of fruits and veggies, meatless soups or Jell-O

#### Week 2

##### 2<sup>nd</sup> Seven Days - January 10-16

Drink: Same as 1<sup>st</sup> seven days

Eat: Same as 1<sup>st</sup> seven days

Add: Chicken or turkey noodle or rice soup

#### Week 3

##### 3<sup>rd</sup> Seven Days - January 17-23

Drink: Same as 1<sup>st</sup> seven days

Eat: Same as 1<sup>st</sup> seven days

Add: Small meatless salad with a light vinaigrette dressing

**God speaks in the  
silence of the heart.**

**Listening  
is the beginning of  
PRAYER**

-Mother Teresa



**THINGS TO PRAY FOR DURING THE FAST  
(Give Us This Day Our Daily Bread)**

- 3<sup>rd</sup> --- Pray for souls to be saved.
- 4<sup>th</sup> --- Pray that the whole church will be revived.
- 5<sup>th</sup> --- Pray for God's divine direction for the Pastor.
- 6<sup>th</sup> --- Pray for the financial stability of the church.
- 7<sup>th</sup> --- Pray for the community.
- 8<sup>th</sup> --- Pray for the various ministries of our church.
- 9<sup>th</sup> --- Pray that the Fruit of the Spirit will operate along with the Gifts of the Spirit in our church.
- 10<sup>th</sup> --- Pray for one another that brotherly love may continue among us.
- 11<sup>th</sup> --- Pray for the healing of all diseases.
- 12<sup>th</sup> --- Pray for the release of properties to house the ministries.
- 13<sup>th</sup> --- Pray for those incarcerated.
- 14<sup>th</sup> --- Pray for our government officials.
- 15<sup>th</sup> --- Pray for marriages and families.
- 16<sup>th</sup> --- Pray for the needs of single adults.
- 17<sup>th</sup> --- Pray for senior citizens.
- 18<sup>th</sup> --- Pray for those in schools and colleges.
- 19<sup>st</sup> --- Pray for men of God everywhere.
- 20<sup>th</sup> --- Pray for women of God everywhere.
- 21<sup>st</sup> --- Pray for all of God's children.
- 22<sup>nd</sup> --- Pray for the homeless.
- 23<sup>rd</sup> --- Pray for our soldiers.