

Second Baptist Church Prayer Emphasis Season

Guidebook



Keep Moving F.O.R.W.A.R.D.

SEPTEMBER 1ST - DECEMBER 31ST

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- Letter from the Pastor
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Scan to join a prayer chain/
prayer partner, or
conference prayer call.

Theme Scripture: Brothers and sisters, I do not consider that I have made it my own yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal to win the [heavenly] prize of the upward call of God in Christ Jesus.

Philippian 3:13-14 AMP

Becoming Like Christ Is A Lifelong Process.

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From The Desk of The *Pastor*



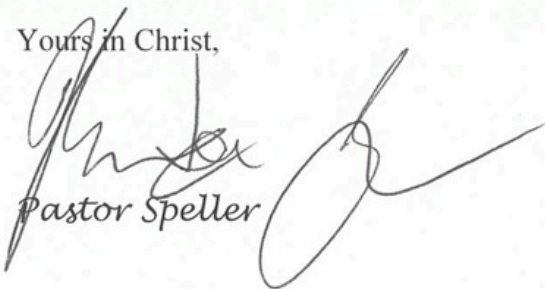
Greetings Second Baptist Family,

As we enter this season of prayer, Scripture reading, and consecration together, my primary prayer is that God would give us direction and strength like never before so that we can continue moving F.O.R.W.A.R.D. in the strength of unity and the power of God's Spirit.

As soon as you pick up this guidebook, commit to reading it at least twice before September 1st. As you read it, take notes and make highlights and earmark pages. This will be your guidebook over the next 122 days on how to stay faithful to this commitment of consecration. Within these pages are prayers, Scripture readings, weekly challenges in which you can participate, special instructions for teens and children, and so much more. If you are truly serious about going to the next level in your faith, if you need God to move on your behalf, and if you really want to experience God's presence throughout the end of this year, then keep this guidebook and your Word before you consistently.

Make a plan for how you will prioritize God in this season. The Word of the Lord promises that "You will find Me when you seek me with all your heart" (Jeremiah 29:13) It is time to seek and experience the fullness of God, family. Let's move F.O.R.W.A.R.D. together, no one left behind!

Yours in Christ,


Pastor Speller

Dear Brothers and Sisters in Christ,

We began our first prayer emphasis season in 1997. God has blessed us in so many ways because of our unified focus on Prayer. We have participated in different types of **prayers** and prayer events during our prayer seasons. This Prayer Season will focus on our vision theme of **F.O.R.W.A.R.D.** (F = Faith, O = Outreach, R = Responsiveness, W = Witness, A = Acceleration, R = Resilience, D = Discipleship).

If Paul's challenge in Romans 12:1 "to present your bodies as a living sacrifice" is important to you, then we must consistently remember that we have been challenged to be a "living sacrifice." We must be committed to not neglecting our bodies, minds, and souls. We must discipline ourselves, so we are at our best for God's service. We are responsible for maintaining a true relationship with God through prayer, fasting and reading of His Word.

During this prayer and fasting season, allow God to transform us into new creatures (Creatures with godly ideals and godly attitudes so our lives will be pleasing in his sight). (II Corinthians 5:1)

This year's Prayer Emphasis Season will begin on Sunday, September 1, 2024, and end on Tuesday, December 31, 2024. In this booklet, you will receive Scriptures and prayers to help you to concentrate on casting down our sinful nature and pulling down the strongholds that lead us to incomplete lives.

Yours in Christ,
Prayer Ministries



Prayer
WARRIOR

122 Days of Sanctification through Praying and Fasting

“I appeal to you therefore, brethren, and beg of you in view of [all]] the mercies of God, to make a decisive dedication of your bodies [presenting all your members and faculties] as a living sacrifice, holy (devoted, consecrated) and well pleasing to God, which is your reasonable (rational, intelligent) service and spiritual worship.

Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].” - *Roman 12:1-2 (AMP)*

God has good, pleasing, and perfect plans for his children. He wants us to be transformed people with renewed minds, living to honor and obey Him. Because God wants only what is best for us and because God gave His Son to make our new life possible, we should joyfully give ourselves as living sacrifices for God’s service.

Don’t copy the behavior and customs of this world; they are usually selfish and often corrupting. Wise Christians should decide that worldly behavior is off limits for them. Our refusal to conform to this world’s values, however, must go even deeper than just behavior and customs. God’s way must be firmly planted in our minds and souls. Let God transform you into a new person by changing the way you think, not just what you do. It is possible to avoid most worldly customs and still be proud, covetous, selfish, stubborn, and arrogant. Only when the Holy Spirit renews, re-educates, and re-directs our minds are we truly transformed.

Prayer of Guidance and Deliverance; Overcoming Temptation

“There has no temptation taken me, but such as is common to man; but God is faithful, who will not suffer me to be tempted above that which I am able; but will with the temptation also make a way to escape, that I may be able to bear it.

I count all joy when I fall into various temptations, knowing this – that the trying of my faith worketh patience.

I will not say when I am tempted, ‘I am tempted for God’; for God is incapable of being tempted by [what is] evil, and He Himself tempts no one.

Thank You, Jesus, for sacrificing your life for my sins and delivering me from this present evil world, according to the will of God our Father; to God be the glory for ever and ever.

Father, in the name of Jesus, and according to the power that is at work in me I will keep awake (give strict attention to be cautious) and watch and pray that I may not come into temptation. In Jesus’ name, Amen.”

Scripture References

1 Corinthians 10:13
Ephesians 3:20

Galatians 1:4, 5
James 1:14

James 1:2, 3
Matthew 26:41

Activities for the Season

- **Prayer Chains (Small Groups)** – One person will call and connect all the people on your prayer chain. If you are using cell phones, no more than 5 people will work best. One person prays each day. **(Sign up to join a prayer chain via QR code)**
- **Prayer Conference Calls** – At varying times throughout the day each day there will be prayer leaders leading out in prayer on the Church prayer conference line. You are invited and encouraged to call in regularly. There is an unlimited number of people who can be on the conference prayer call. **(Sign up for prayer times via QR code)**
Our Conference Call number is 717-908-1834 and the code is 494533#.
- **Prayer Partners** – All members are strongly encouraged to choose a prayer partner for this season. Prayer partnerships will consist of two people calling each other and praying with each other regularly (you choose your own times that work best) for the entire Prayer Emphasis Season. Find someone you feel comfortable praying with. Daily prayer is best. The accountability and support of having a prayer partner can help with consistency and fervor in prayer. (Matthew 18:19-20; Deuteronomy 32:30)
- **Prayer Vigil** – A 12-hour prayer vigil (December 31st) at the church building.
 - Various ministries will be asked to take a one-hour time block during the 12 hours.
 - Anyone can be present in prayer at any time, you do not have to come only during a time when a ministry that you are part of is leading in prayer.
- **Day of Atonement** – A 12-hour period of Scripture reading will be held at the church building. *(October 11, 2024, 6:00 AM – 6:00 PM)*
- **Attend a Bible Study weekly!**
- **Quiet Time** - Morning Service – We will observe quiet time for individual prayer for 15 minutes before worship services start. Please try to get to the sanctuary by 9:59 AM to participate in prayer.
- **Dollar-A-Day or Spare Change Offering** – Prayerfully consider setting aside a dollar-a-day or all of the spare change that you accumulate when breaking dollars each day to give for a sacrificial offering (above the tithe) on the last day of the fast: December 31, 2024. Doing a dollar-a-day would mean giving to God \$122 on December 31st.
(Also prayerfully consider giving even more above the tithe, as a true financial sacrifice to God in this season. Only you know what is a true sacrifice!) For instance:

\$2 per day would mean giving \$244	\$3 per day would mean giving \$366
\$4 per day would mean giving \$488	\$5 per day would mean giving \$610

Types of Fasts in Which You Can Participate:

There are four major types of fasting (Be sure to attend Bible Study regularly to learn these kinds of vital things.) Several fasting options within those four major categories are:

The Daniel Fast – This fast consists of vegetables and fruits (fresh or frozen), beans, nuts, soybeans, lentils, peas, rye, barley, wheat, and water. Fruits and vegetables may be juiced. This fast will help us as a congregation to overcome the flesh; by eliminating rich foods such as meats, pastries, cakes, pies, cookies, alcohol, and all other foods that are tempting to the flesh. (Daniel 1)

Detox Fast – This fast involves consuming pure/organic juices, fruits, vegetables, and water only.

Partial Fast – This fast restricts our diet to eating healthily rather than completely abstaining from any particular foods. (See Daniel Fast.)

Absolute Fast/Total Fast– This is a fast for protection, deliverance, and divine favor. Do not eat or drink for three days or nights. (Esther 4:16; Exodus 34:28; Deuteronomy 9:18; I Kings 19:5-8). It is encouraged that you not take the absolute fast without a strong and certain directive from God. **(IMPORTANT NOTE: PLEASE ALWAYS consult God and a physician before starting a fast and obey physician’s orders.)**

Sacrificial Fast – Involves giving up bad habits or lifestyle choices that cause you to sin. (Ideas are shared in later sections)

Dates of Key Activities

September 1st – December 31st	Prayer/Fasting Season
September 15th	National Back to Church Sunday
October 11th	Day of Atonement (Scripture read from 6:00 AM – 6:00 PM)
November 5th	Election Day (Pray for our leaders and for the nation to make God-honoring choices)
December 31st	12- Hour Prayer Vigil (Ministries leading prayer)
	WATCH NIGHT Services (6:00 PM and 10:00 PM)

Weekly Challenges

1. Join all the activities during this prayer season and set aside time to grow closer to God. Read and study the weekly Scriptures which will be listed later in a table of weekly prayer emphases.
2. Keep a journal on how God will **S.P.E.A.K.** to you during the prayer season. (**S**=Sins you have committed, **P**= Promises you need to keep or promises you may have forgotten, **E**= Examples to follow, **A**=Attitudes you need to change, **K**=Knowledge about something you did not know or have forgotten.)
3. Ultimate Challenges
 - a. Full tithing: All are called on to commit to tithing throughout this season the full 10% of our income
 - b. Dollar-A-Day or Spare change offerings
Set aside a dollar or your loose change created throughout each day during the fast and return it to God on Sunday, December 31st. Teenagers and children are asked to set aside spare change (coins).
4. Fasting from social media of all kinds, TV, non-work essential internet and radio – **Every Wednesday,**
5. Word Fast – **All 122 days** – Refuse to speak any words that hurt, injure or cause fear, doubt, anger, strife, shame, or guilt.
 - a. Fast from gossip
 - b. Fast from harsh, critical words at home – All 122 days – Speak encouraging, and up-lifting words in your household.
6. Total Commitment to God:
 - 1) Prayer (**begin and end each day in prayer**) and Study the Word (**attend Bible study**).
 - 2) Become active in a ministry or ministries (**Become a “3-T”/ Triple Threat Member – Consistently giving Time, Talent, and Treasure**)

Each Morning Dress Yourself with God's Armor

(Post on Your Bathroom Mirror)

The Armor of God is not to be taken lightly. In this Christian Walk we battle against the powerful evil forces of fallen angels headed by Satan. To withstand their attacks, we must depend on God's strength and use every piece of his armor. The whole body needs to be armed. As you do battle against the "mighty powers of darkness," fight in the strength of the church, whose power comes from the Holy Spirit. We need supernatural power to defeat Satan, and God has provided this by giving us his Holy Spirit within us and his armor surrounding us.

Ephesians 6:10-18:

Daily prepare yourself as priest unto the Lord by physically and spiritually putting on God's Armor. Be strong in the Lord [be empowered through your union with Him] and draw your strength from Him. Put on God's whole armor that you may be successfully able to stand up against [all] the strategies and the deceits of the devil. For we are not wrestling with flesh and blood [contending only with physical opponents], but against the powers, against [the master spirits who are] the world rulers of this present darkness, against the spiritual forces of wickedness in the heavenly (supernatural) sphere. Therefore, put on God's complete armor, that you may be able to resist and stand your ground on the evil day [of danger], and, having done all [the crisis demands], to stand [firmly in your place].

How to Dress Yourself in God's Armor Daily

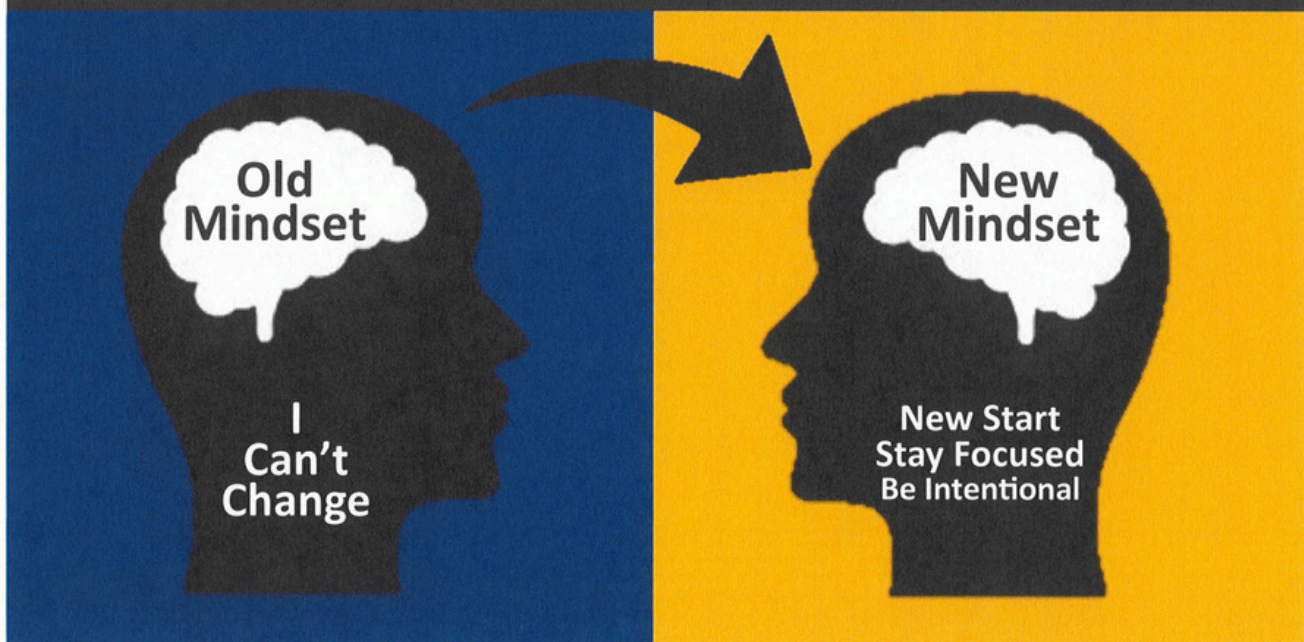
The Armor	How to put the armor on daily	Background Scriptures
Head	As you comb your hair or put on a hat or head covering, <i>speak the Scripture.</i>	I take the helmet of salvation and the sword that the Spirit Wields, which is the Word of God (Ephesians 6:17).
Chest	As you cover your chest with clothing, <i>speak the Scripture.</i>	I put on the breastplate of integrity and of moral rectitude and right standing with God (Ephesians 6:14b).
Waist	As you put on a belt or pull shorts/pants/skirt around your waistline, <i>speak the Scripture.</i>	I stand therefore [hold your ground], having tightened the belt of truth around my loins (Ephesians 6:14a).
Shoes	As you put on your socks and shoes, <i>speak the Scripture.</i>	I have shod my feet in preparation [to face the enemy with firm-footed stability, the promptness, and the readiness produced by the good news] of the Gospel of peace. (Ephesians 6:15).
Shield/God's Promises	Meditate and speak on some of God's Promises as you head out of the door.	I lift up over all the [covering shield of saving faith upon which I can quench all the flaming missiles of the wicked [one] (Ephesians 6:16).
Pray	Keep a prayerful attitude.	I will pray at all times (on every occasion, in every season) in the Spirit, with all [manner of] prayer and entreaty. I will keep alert and watch with strong purpose and perseverance, interceding in behalf of all the Saints (God's consecrated people) (Ephesians 6:18).

How to keep a “24-7” Prayer Time – I Thessalonians 5:16-17

WAYS TO STAY IN A CONSTANT ATTITUDE OF PRAYER:

1. **Alarm Clock Alleluia** – When your alarm goes off in the morning, open your eyes and repeat this, Psalm. **“This is the day the Lord has made. Let us rejoice and be glad in it.”**
2. **Show Power** – Water is a powerful spiritual symbol. While you soak and rinse in the shower, pray to be cleansed of any feelings of anger, bitterness, resentment or regret.
3. **Climb Stairs** - Thank God for every step you make.
4. **One Minute Fast** – In times of stress, we are often tempted to reach for foods that aren’t healthy for us. Before you reach for the fried foods, sugar or chips, wait one minute and offer that minute to God and ask for the grace you need to control your appetite.
5. **Open Mind** – Notice meaningful coincidences in your life and in the lives of others; keep an open mind with them and pray for discernment on what God is saying and doing.
6. **Post-Exercise** – Instead of praising yourself after exercising, praise God and thank Him for the ability to exercise and all the blessings God gives you.
7. **Doorknob Prayers** – Each time you place your hand on a door or a doorknob, whisper a prayer. Thank God for open doors.
8. **Commute Prayers** – On your way to work, home, etc. pray and quote Scripture.
9. **Siren Prayers** – Whenever you hear a siren, say a quick prayer for whomever or wherever the siren is heading toward.
10. **Elevator/Escalator Prayers** - Next time you share an elevator/escalator with someone, say a silent prayer for them.
11. **Peanut Butter Minute** – When making your, your spouse’s, or your child’s lunch, whisper a prayer as though you are sending the prayer right into the meal. Post a Scripture on a post-it-note or napkin and place it in the lunch box.
12. **Worship While Working** – As possible, listen to Livestreams of previous worship services to connect with God’s presence and feast on the Word again.

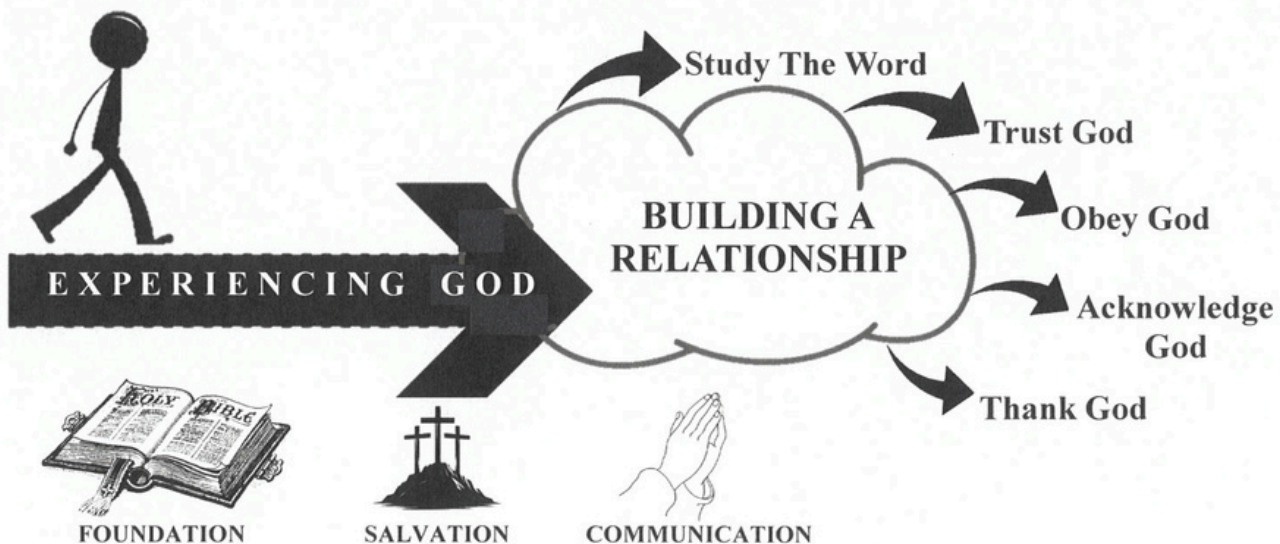
“An attitude of prayer leads you to the foot of the cross and holds you there.”



Bible Readings and Prayer Focus for **SEPTEMBER**

Month /Week	Focus Area/Area of Development	Scripture(s)
SEPTEMBER	FAITH/Resilience	Hebrews 11:1-2
September 1 st – 7 th	Experiencing God/ Knowing God- (Who God is)	2 Corinthians 5:7; Psalm 145:8-9 1 John 4:8; Hebrews 11:7 Romans 4:20
September 8 th – 14 th	Trusting God- (Stand on His promises no matter)	Proverbs 3:5-6; Proverbs 30:5 Psalm 56:3-4; Hebrews 10:23 Jeremiah 17:7-8; Psalm 37:5
September 15 th – 21 st	Obedying God (Obedience is better than sacrifice)	1 Samuel 15:22 Deuteronomy 28:1-2; Joshua 1:8 1 Peter 1:14-15; Proverbs 3:5-6
September 22 nd –28 th	Acknowledging God (Praise/ Worship)	Psalm 5:7; Psalm 29:2; Hosea 6:3 Philippian 2:9-11; Luke 24:52-53 John 4:23-24; Psalm 150
September 29 th – October 5 th	Thanking God- (Showing Gratitude)	Psalm 107:1 1 Thessalonians 5:16-18 Psalm 8:1; Ephesians 4:6 James 4:10; Colossians 3:15-17
September 15	National Back to Church Sunday	

Knowing and Doing God's Will For Your Life



Bible Readings and Prayer Focus for **OCTOBER**

OCTOBER	Focus Area/Area of Development	Scriptures
Month/Week	DISCIPLESHIP / Responsiveness	Romans 12:1, Matthew 4:19
October 6 th – 12 th	Study	Joshua 1:8, 2 Timothy 2:15, 2 Timothy 3:16, Romans 15:4, Hebrews 4:12
October 13 th – 19 th	Pray	Matthew 6:9-13, 1 Thessalonians 5:16-18, Philippians 4:6-7, Mark 11:23-24, 1 John 5:14
October 20 th – 26 th	Stewardship (Time, Talents, Treasures)	Ephesians 5:16-17, 1 Peter 4:10, Malachi 3:8-10, 2 Corinthians 9:7, Luke 6:38
October 27 th – November 2 nd	Go	Matthew 28:19-20, Matthew 10:7, Psalm 121:8, Matthew 24:14, Luke 9:60
October 11	Day of Atonement	

Pathway To Discipleship



Bible Readings and Prayer Focus for **NOVEMBER**

November	Focus Area/Area of Development	Scriptures
Month/Week	CHRISTIAN WITNESSING & OUTREACH	Acts 1:9; 1 Peter 2:9
November 3 rd – 9 th	“Heeding God’s Call”	“Alas, Sovereign LORD,” I said, “I do not know how to speak; I am too young.” But the LORD said to me, “Do not say, ‘I am too young.’ You must go to everyone I send you to and say whatever I command you. Do not be afraid of them, for I am with you and will rescue you,” declares the LORD. Then the LORD reached out his hand and touched my mouth and said to me, “I have put my words in your mouth. See, today I appoint you over nations and kingdoms to uproot and tear down, to destroy and overthrow, to build and to plant.” The word of the LORD came to me: “What do you see, Jeremiah?” Jeremiah 1:6 – 11a
November 10 th – 16 th	“Work It”	In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. Matthew 5:16
November 17 th – 23 rd	“Set No Limits”	And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come. Matthew 24:14 And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come. Matthew 28:19-20
November 24 th – 30 th	“No Shame but Thankful”	For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes: first to the Jew, then to the Gentile. Romans 1:16
November 3 rd	Day Light Saving Ends	
November 5 th	Election Day	
November 11 th	Veterans’ Day	
November 28 th	Thanksgiving	



CHRISTIAN WITNESSING
Pointing People To Jesus

Bible Readings and Prayer Focus for **DECEMBER**

December	Focus Area/Area of Development	Scriptures
Month/Weeks	ACCELERATE	Colossians 3:23-24
December 1 st – 7 th	Empower our Minds! (Guard your mind/heart)	Philippians 4:4-9; Romans 12:1-2; Philippians 2:5-11; 2 Timothy 1:7-9; Psalms 1:1-6
December 8 th – 14 th	Increase God Word coming out of your mouth! (Speak life/Think on the right things/Catch your thoughts)	Ephesians 4:29-5:2; Proverb 18:21; Proverb 31:26; Colossians 4:6; James 1:19-21
December 15 th – 21 st	Move pass every obstacle or resistance in our lives.	John 16:33; Psalms 27.; Isaiah 41:10; 1 Peter 5:7; James 1:2-4 & 12
December 22 nd – 31 st	Increase Our Giving	Deuteronomy 15:10-11; Proverbs 11:24-25; Proverb 3:9-10; Matthew 10:42; Luke 6:38; II Corinthians 9:6-11; I Timothy 6:17-19; Luke 21:1-4; Mark 12:41-44
December 24th	CHRISTMAS EVE	
December 25th	CHRISTMAS	
December 31st	PRAYER VIGIL	
December 31st	WATCH NIGHT	



Teens' Daily Morning Prayer Focus

HEAD

(Monday) God anoint my head so that I will have the mind of Christ, that I will focus on spiritual things, that I will be transformed by the renewing of my mind, that my thoughts will be Jesus' thoughts, and my ways will be Jesus' ways.

MOUTH

(Tuesday) God anoint my mouth for words of life because death and life are in the power of the tongue. I will speak no idle words and I will not condemn others. God anoint me so that my words will be acceptable and pleasing to you. Anoint me that my mouth will bless and not curse, that I will represent Jesus in what I say and never misrepresent Him. Help me to pray continually, so that I will know that Your presence is always with me.

EYES

(Wednesday) God anoint my eyes so that I may have vision to see the spirit world and see the destiny you have for me. Help me to view others as you view them.

EARS

(Thursday) God anoint my ears so that I may hear Your voice speaking to me in each situation that I may face throughout the day, that my ears will be sensitive to spiritual things, that I will listen to obedience rather than disobedience.

NOSE

(Friday) God anoint my nose so that I will have discernment, wisdom, and judgement in my relationships with others. So, I will do what's spiritually right before the Lord.

HANDS

(Saturday) God anoint my hands that I might touch others to bless and heal and not to hurt in any manner, so that I may work Your works while it is day, because when the night comes no man can work. The work that I do will bear fruit into eternity so let me



More Teen Daily Prayers throughout the Day

Monday

Grant me, O Lord, to know what is worth knowing, to love what is worth loving, to value what is precious in your sight. Do not let me judge by what I see, nor pass sentence according to what I hear, but to judge rightly, and above all to search out and to do what pleases you. In Jesus' name, amen.

Tuesday

Father, I arise today through Your strength to direct me, Your might to uphold me, Your wisdom to guide me, Your eyes to look before me, Your ears to hear me, Your Word to speak to and for me, Your hands to guard me, Your way to lie before me, Your shield to protect me, Your hosts to save me from the snares of devils, and from temptation of vices. Let no weapon formed against me prosper and every tongue against me be condemned. This is my protection, because I am your child. In Jesus' name I pray, amen.

Wednesday

Father, you said in Your word "fear not," for You are with me; to "be not dismayed" for You are my God. You said you would strengthen me, and you will help me and uphold me with Your righteous right hand. You promised that when I "pass through the waters," You will be with me, and through the rivers, they will not overflow me. When I walk through the fire, I shall not be burned; neither shall the flame kindle upon me. As I go through this day keep me in Your path of righteousness. Guide my mouth, mind, heart, and feet that I may go in the direction of godly counsel. In Jesus' name, amen.

Thursday

Father, today I fix my mind on whatever is true, whatever is worthy or reverent and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious. If there is any virtue and excellence, if there is anything worthy of praise, I will think on and take account of these things. Today I roll my works upon You, Lord. I commit and trust them wholly to You. You will cause my thoughts to become agreeable to Your will, and so shall my plans be established and succeed. In Jesus' name I pray, amen.

Friday

Father, help me to meet new friends, friends who will encourage me. I ask for divine connections, good friendships ordained by You. Thank You for the courage and grace to let go of detrimental friendships. I ask and receive, by faith, discernment for developing healthy relationships. You know the hearts of people, so I won't be deceived by outward appearances. Bad friendships corrupt good morals. Thank You for quality friends that will help me to build a stronger character and draw me closer to You. Help me be a friend to others and to always love my friends. Develop in me a fun personality and a good sense of humor. Thank You, Lord, that I can entrust myself and my need for friends into Your keeping. I submit to the leadership of the Holy Spirit, in the name of Jesus. Amen.

Teen Fasts

Since our children will be in school, playing sports and other extracurricular activities, some fasts would not be advisable for them during this prayer season. We ask that they consider the following sacrificial fasts.

Foods – To Free Your Body

Instead of These:	Try This:
Soda, PowerAde, sweet juices, carbonated water, sugared Kool-aide	Water, flavored water, real unsweetened fruit juices, skim milk
Cake, donuts, pastries, and other sweets	Fresh fruit
Candy snacks or candy bars	Grapes, raisins or trail mix
Fried food or meats	Baked, grilled, boiled, broil meats
Potato chips	Baked or low-fat chips, fresh fruit, raw vegetables, fat-free popcorn, low-salt pretzels
Creamy chip dip	Salsa dips
Regular salad dressing	Fat-free salad dressing
White rice	Brown rice or baked potatoes (no butter or sour cream)
White bread	Whole grain bread
Sugary cereal	Oatmeal or other whole-grain cereals

Exercise – At least 3 to 5 days a week

Instead of this:	Try this:
Nap after school	Do your homework first and then household chores
Watching TV all evening or playing video games	Go for a Walk, ride your bike, play basketball, football, if you have stairs in your house walk up and down the steps, do sit-ups, push-ups, squats, lunges, (Get Active!)
Riding around with your friend	Encourage each other to get active (walk, run, dance), get in school related activities after school.
Using the elevator or escalators in the mall	Take the stairs

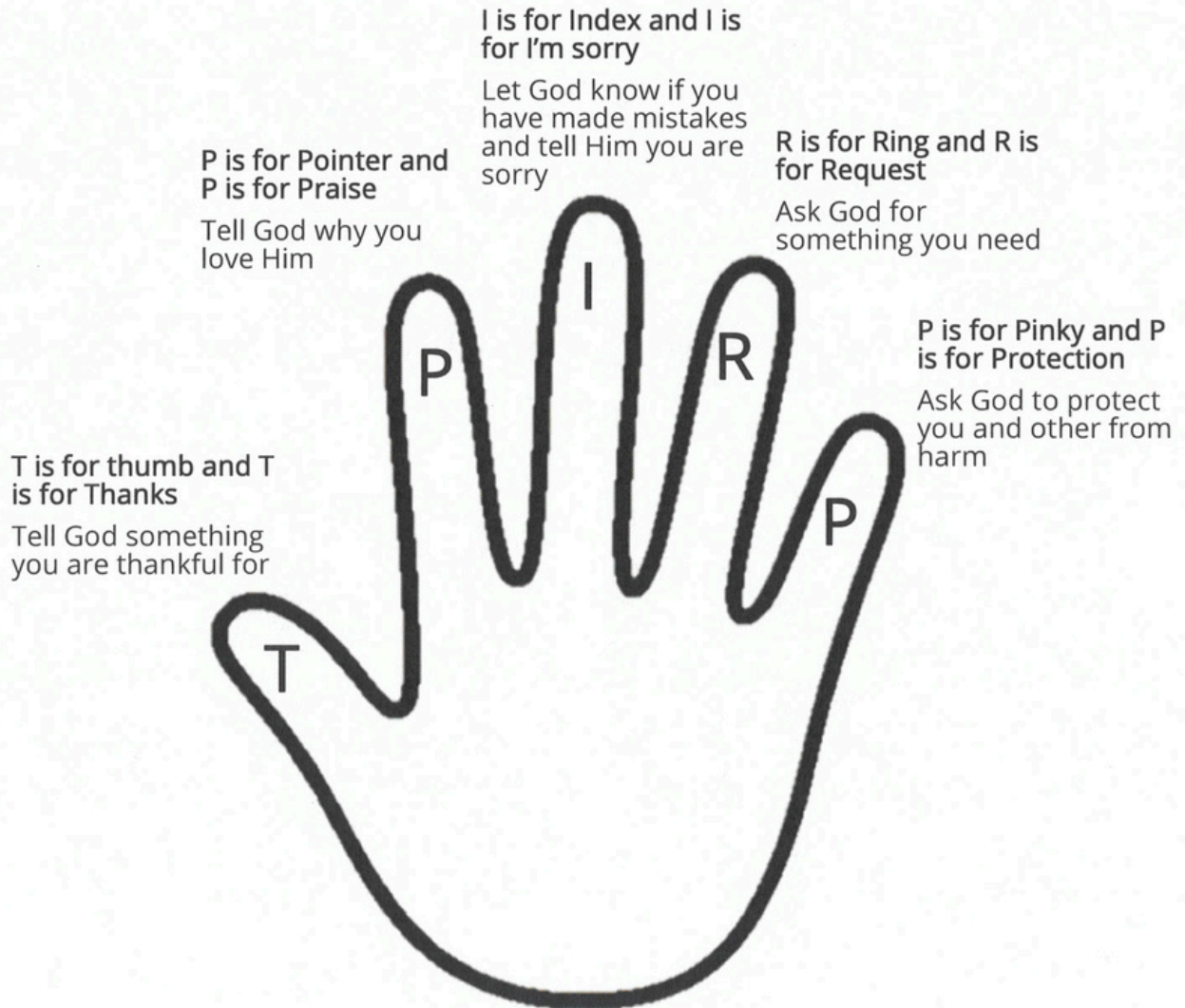
Personal Sacrificial Fasts:

1. **Give up television, non-school or work essential Internet and radio, and all social media – Every Wednesday** – do extra homework and keep ahead in school.
2. **Fast from gossip** – All 122 days plus more – Keep peace with your school mates and teachers.
3. **Fast from harsh, critical words at home** – All 122 days – Speak encouraging, uplifting words to your family members. Resist the urge to talk back to your elders and use terms of respect.
4. **Word Fast** – All 122 days – refusing to speak any words that hurt, injure or cause fear, doubt, anger, strife, shame or guilt.

Activities for the Youth

Every first and third week of each month during Prayer Emphasis Season, our JAM students will take home an age-appropriate devotional card that aligns with the lesson's focus for that week. These cards feature a verse or short passage of Scripture along with a brief prompt to encourage them to pray using methods like the 5 Fingers of Prayer/Prayer Hands:

Prayer Hands



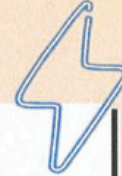
Devotional Card for September

September 2024

Week Three

K-5th Grade

Compassion is caring enough to do something about someone else's needs.



DAY 1

DAY 2

Read Proverbs 3:27

Have you ever missed out on something? Maybe you lost your spot in line or didn't hear your name when it was called. Maybe you missed your turn in a game and someone else took your spot. It doesn't feel good to be left out.

When it comes to showing compassion, we shouldn't leave anyone out! If you have a chance to do good to others, don't hold back. When you see a need that you can do something about, the best thing to do is to get busy helping and show compassion.

Crack the Code

Fill in the letters by following the grid below. The first number corresponds to the number across the top. The second number corresponds to the numbers along the side. So, 28 would be "P".

	1	2	3	4
5	B	C	E	L
6	A	M	J	I
7	H	T	K	S
8	D	P	R	O

.....
26 16 37 35 27 46 26 35 27 48

.....
17 35 45 28 48 27 17 35 38 47

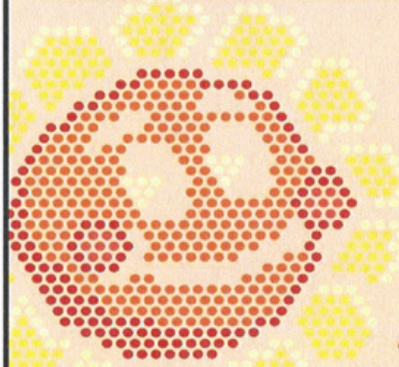
Answer: Make time to help others

Read Mark 10:51-52

When Jesus heard Bartimaeus call out, what did he do? Why do you think Jesus stopped to help this man who was blind? Do you think Jesus had other things to do? Maybe. But still, Jesus chose to stop and help Bartimaeus.

Do you ever feel that way when you see a need? Maybe you were about to do something else and that something else seemed really important. The truth is, if we wait for the "perfect" time to show compassion, we might not ever stop to help.

This week, when you see a need that you can do something about, put whatever plans you have aside and make time to help.



A Devotional on Compassion

There's More! →

Appendix A: Explanation of Each Fast

(Always consult a physician before fasting and be sure to use wisdom. It is not the activities or abstentions that make a fast powerful, it is having a yielded and humble spirit before God. If you cannot fast from foods, there are other ways to show to God that God is number one in your life.)

1. Day of Atonement

- a. No food at all, but you may drink water or natural juices. For those who can not do this fast (because of illnesses or strenuous jobs) eat healthy.

2. Daniel Fast

- a. Include – vegetable, preferably fresh or frozen. Vegetables such as potatoes, beans and soybeans will help provide substance.
- b. Nuts
- c. Pure/organic fruit juices or fruits (no sweetened drinks or sweetened fruit).
- d. You can take vitamins, minerals and protein supplements.
- e. Not included – sugar and sugar products, caffeine, bread, grains and rice and meats (all kinds) including eggs.
- f. Drink plenty of water, at least half your weight in oz.

3. Detox Fast

- a. Organic or Pure Juices
- b. Juiced fruits and vegetables
- c. Drink plenty of water.

4. Partial Fast

- a. Eat Healthy
 - 1) **AVOID** -no fried food, no processed foods or meat, no processed vegetable, no caffeine, salt, carbonated drinks alcohol, or sugars (artificial sweeteners).
 - 2) **INCLUDE** - Eat fresh fruit, vegetables, leafy greens for salads, whole-grain breads, freshly squeezed juices, brown rice, nuts (almonds, walnuts and macadamia nuts) seeds (pumpkinseeds, sunflower seeds, sesame seeds or flaxseeds) fresh herbs, herbal teas, eggs, fish, lean meat and skim milk.
 - 3) **Drink plenty of water**

5. Ester/Ezra Fast – See # 1 (Day of Atonement Fast)

- a. Drink plenty of lemon or lime water.

6. Absolute Fast

- a. Absolutely Nothing (It is not advised to undertake a “No food” fast for more than 21 days or a “No food and no water” fast for more than 72 hours. If you sense God directing you to go beyond these limits, please sit down and speak with your doctor and Pastor Speller first.)

** Anyone with a medical condition or under the treatment of a doctor should consult your doctor before going on a fast that includes dietary restrictions.*

Appendix B: Fast Journal

Keep a Journal

1. Keep note on your daily reading.
 - 1) Write down the best thing you have read each day.
 - 2) Write how God spoke to you through the Scripture.

2. Activity: Examine your emotions/feelings as you go through each day. Communicate your feelings to yourself in such a way that you are looking at **you**, taking responsibility for **your** own feelings without blaming others.
 - 1) Write an I-feel message each day. Example: I feel _____
(Name the feeling) when _____ (describe the situation without blaming others).
 - **Good Example:** I feel excited when I hear a praise report of an answered prayer!
 - **Unacceptable Example:** I feel angry when you act like a dummy. (This is unacceptable because the blame is put on another person and the person has been put down.)

Write down your sacrificial fast for the day and how it made you feel.

3. Keep a daily eating and physical activity log.
 - a) Write down everything you eat each day.
 - b) Write down your physical activities each day.

Put aside your dollar-a-day and place it in the pocket folder of a notebook or a tithing envelope to be ready to give on December 31st.

Write down how you can be a blessing to someone else financially.

Pinpoint a starting date and get started giving to others.

Each Sunday that you tithe, write down how you have been blessed throughout the week.

Appendix C

The Word Financial in Spiritual Terminology

F - - - - - *Faith* that God will do just what He says.

I - - - - - *Increase* God's favor upon your life.

N - - - - - The *Need* to push through these 122 days
of Prayer time.

A - - - - - *Almighty* God.

N - - - - - Healing in the *Name* of Jesus.

C - - - - - *Christ* died and rose on the 3rd day.

I - - - - - Remember to get your *Inheritance*.

A - - - - - *Agape*, the love that knows no end.

L - - - - - *Your Latter* will be greater for this after
the 122 days of prayer emphasis season.

Credits

Toxic Relief by Don Colbert, MD

Prayers That Avail Much By-Word Ministries, Inc.

Turning Point Humor Volume 10 by Dr. David Jeremiah

Nutrition & Diet Therapy by Ruth A. Roth and Carolynn E. Townsend

New King James Version, Holy Bible

Amplified Version, Holy Bible.

Life Application Study Bible

Forty Days of Consecration through Prayer and Fasting



Second
Baptist Church



Prayer

Date:

SCRIPTURE:

PRAISE AND THANKS:

PRAYERS FOR:

ON MY HEART TODAY:



Second
Baptist Church
AIKEN SOUTH CAROLINA

Second Baptist Church

Welcome
COME WORSHIP WITH US

SUNDAYS AT 10:15 AM

1151 YORK STREET, NE AIKEN, SC 29801



SECONDBAPTISTAIKEN.ORG