

*Dr. Michael T. Scott, Sr. and Lady Tamara T. Scott
Presents...*

FOCUS 2012
21 Days of Prayer & Fasting:
New Year-New You!
January 9, 2012-February 1, 2012 (Excluding Sundays)

What is Fasting? Fasting is an intentional denial rooted in a quest to get closer to God. Fasting is a physical sacrifice for spiritual increase. Fasting is a commitment to deny your physical flesh, to increase your spiritual effectiveness. Fasting takes prayerful discipline! (Mark 9:29)

What is Prayer? Prayer is your intentional reach for God's direct and specific involvement in your life. Prayer is communication with God, giving thanks, requests, and desires, knowing He can and will respond with thoughts, ideas, situations, people or primarily His word. (James 5:16)

What are the Fasting & Prayer options?

- Denial Fast (Abstaining from food from Sunrise to Sunset. After sunset, you may eat whatever.)
- Daniel Fast (Abstaining from all food except fruit, vegetables, juice, and water).
- Desert Fast (Abstaining from all beverages except water. You may eat whatever and whenever. No coffee, tea, soda pop, alcohol, etc. just water as a beverage).
- Drought Fast (Abstaining from all television programming, except religious/spiritual channels).

Instructions:

During the 21 Days of Prayer & Fasting it is imperative that you pray a minimum of (3) three times per day. Join Pastor & Lady Scott on the Prayer Conference Call on Wednesdays @ 6AM-6:30AM. All participants are asked to abstain from sinful habits, or habitual behaviors (i.e. cursing, gossip, overeating, alcoholism, ungratefulness, sexual sins, etc. See Galatians 5:19-26 and Hebrews 12:1) prayerfully after the fast, you won't look back! This will be a time for God's people to get FOCUSED on the spiritual growth, spiritual maturity, new vision and insight, new beginnings of empowerment for the future of 2012.

Isaiah 58:6 "Is this not the fast that I have chosen: To loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?" (NKJV)

