



## **Becoming Contagious Christians**

**2022 Fasting Guide**  
**January 5 - January 25**

“Those who have insight will shine like the bright expanse of the heavens, and those who lead many to righteousness, like the stars forever and ever.”

**Daniel 12:3**

Hi Strong Tower:

I am so excited for our next journey together and it all begins with our annual fast! Over the next twenty-one days, we are going to go on an amazing adventure.

And it's *going* to be an adventure.

Our thematic vision for 2022 is becoming a church full of "Contagious Christians. In 2022, we are establishing the Strong Tower Soul-winning Society and are going to trust God for the salvation of our friends, neighbors and loved ones.

It all begins with fasting and prayer. During our fast, we will be asking God to change us into evangelists for his glory:

- 1) Receiving fresh boldness and wisdom from the Holy Spirit to be a witness for Christ
- 2) Every Wednesday we will have teaching on becoming a Contagious Christian which will allow us to leverage our individual personalities and gifts into our personal evangelism style
- 3) Daily intercession prayer for our unsaved family, neighbors and friends

Over the next several weeks, we will come together daily for prayer. Throughout, we will celebrate communion together, worship together, pray together, read scripture together and share encouraging testimonies of God's activity among us.

Our vision: Acts 2:46-47. Every day they devoted themselves to meeting together in the temple, and broke bread from house to house. They ate their food with joyful and sincere hearts, praising God and enjoying the favor of all the people. Every day the Lord added to their number those who were being saved.

If you have never experienced this type of authentic Christian community, you are in for a treat! Get ready for a rocket boost in your relationship with God!

Our fast will be life-giving and not legalistic. Our goal is connection with God, favor and spiritual power being released resulting in salvation for those around us!

If you are new to fasting or dread fasting, sometimes you may feel weak or temptation may feel very strong; check in with us daily. It will strengthen your resolve. Let's do this together!

*Darren & Angie*

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## WHAT IS A DANIEL FAST?

**Daniel 1:16** *So the guard continued to remove their food and the wine they were to drink and gave them vegetables.*

Following the fall of Judah to Babylon, Daniel – along with select others – was tapped by King Nebuchadnezzar's chief of staff to be trained in palace life for three years in order that he might enter the King's service. Part of the gig was to eat like a royal, but Daniel, not wanting to defile himself with food not of the Lord, requested vegetables and water, promising that after ten days he and his friends would appear stronger and healthier than all the others. If that was not the case, he agreed to then eat the King's food. Read Daniel Chapter One to find out the rest of the story; it's a good one!

We will be observing a Daniel Fast for the 21<sup>st</sup> century (21 days versus Daniel's three years!). Your diet should consist mainly of grains and vegetables. Those who have dietary restrictions should alter as needed.

We will fast from refined sugars and simple carbs such as breads and pasta.

Additionally, we ask that you curb your use of television and social media. Follow the leading of the Holy Spirit for specific ways He may desire you to consecrate yourself during the fast.

## DAILY SCHEDULE

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### Morning Prayer

Daily at 7 a.m. via Zoom

- Join by computer/Zoom app: [Click here for the live link](#)

**Meeting ID:** 843 9775 7897

**Passcode:** 023334

- Join by phone:

Call: **1 (301) 715-8592**

Meeting ID: **843 977 578 97#**

Participant ID: **\*023334#**

### Daily Scripture Readings

Read the scripture and use a reflection tool called S.O.A.P. which stands for:

**Scripture:** Write down the scripture

**Observation:** Write down how the scripture is meaningful to you

**Application:** Write down how you can apply the scripture to your life today

**Prayer:** Write down a short prayer

### Noon-day Prayer

Every Thursday at 12 p.m.

### Evening Gatherings

We will have an evening gathering each day from 6:30 to 7:30 p.m. Participants can gather in-person in the STCC sanctuary or join livestream via our [Facebook page](#) or the [Strong Tower website](#) (stccfrederick.com)

**DAY 1/** Wednesday January 5

- MORNING PRAYER
- SCRIPTURE READING: Daniel 1:8-16

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- EVENING GATHERING (6:30 p.m.): Contagious Christian teaching

**DAY 2/** Thursday January 6

- MORNING PRAYER
- SCRIPTURE READING: 1 Corinthians 9:19-21

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- NOON-DAY PRAYER (in-person; 12 p.m.)
- 6:30 p.m. EVENING GATHERING: Intercessory Prayer for family

**DAY 3/** Friday, January 7

- MORNING PRAYER
- SCRIPTURE READING: 1 Corinthians 9:24-27

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- EVENING GATHERING (6:30 p.m.): Intercessory prayer for neighbors

**DAY 4/ Saturday, January 8**

- SCRIPTURE READING: Luke: 9: 23-25

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- EVENING GATHERING (6:30 p.m.): Cross Service

**DAY 5/ Sunday, January 9**

- SCRIPTURE READING: Luke: 9: 26-27

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- EVENING GATHERING (6:30 p.m.): Intercessory prayer for co-workers

**DAY 6/ Monday, January 10**

- MORNING PRAYER
- SCRIPTURE READING: Romans 1:16-17

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- EVENING GATHERING (6:30 p.m.): Intercessory prayer for youth

**DAY 7/** Tuesday, January 11

- MORNING PRAYER
- SCRIPTURE READING: Ephesians 6:18-20

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- EVENING GATHERING (6:30 p.m.): Prayer over letters to a loved one

**DAY 8/** Wednesday, January 12

- MORNING PRAYER
- SCRIPTURE READING: Acts 4:29-31

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- EVENING GATHERING (6:30 p.m.): Contagious Christian teaching

**Day 9/** Thursday, January 13

- MORNING PRAYER
- SCRIPTURE READING: Romans 10:8-13

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- NOON-DAY PRAYER (in-person; 12 p.m.)
- 6:30 p.m. EVENING GATHERING: Communion and intercessory prayer for salvations

**DAY 10/** Friday, January 14

- MORNING PRAYER
- SCRIPTURE READING: Romans 10:4-10

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- EVENING GATHERING (6:30 p.m.): Intercessory prayer for family, friends, neighbors, coworkers

**DAY 11/** Saturday, January 15

- SCRIPTURE READING: Romans 10:11-13

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- EVENING GATHERING (6:30 p.m.): Testimonials and prayer

**DAY 12/** Sunday, January 16

- SCRIPTURE READING: Romans 10:14-17

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- EVENING GATHERING (6:30 p.m.): Prayer and invitation



**DAY 13/ Monday, January 17**

- MORNING PRAYER
- SCRIPTURE READING: Romans 10:20

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- EVENING GATHERING (6:30 p.m.): Personal testimony and prayer

**DAY 14/ Tuesday, January 18**

- MORNING PRAYER
- SCRIPTURE READING: 2 Timothy 4:3-5

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- EVENING GATHERING (6:30 p.m.): Preaching (Pastor Darren)

**DAY 15/ Wednesday, January 19**

- MORNING PRAYER
- SCRIPTURE READING: 2 Peter 3:8-9

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- EVENING GATHERING (6:30 p.m.): Contagious Christian teaching

**Day 16/ Thursday, January 20**

- MORNING PRAYER
- SCRIPTURE READING: 1 John 5:11-12

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- NOON-DAY PRAYER (in-person; 12 p.m.)
- 6:30 p.m. EVENING GATHERING: Scripture and intercessory prayer

**DAY 17/ Friday, January 21**

- MORNING PRAYER
- SCRIPTURE READING: 1 John 5:13

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- EVENING GATHERING (6:30 p.m.): Praise and Worship

**DAY 18/ Saturday, January 22**

- SCRIPTURE READING: Acts 16:25-34

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- EVENING GATHERING (6:30 p.m.): Testimonials and prayer

**DAY 19/ Sunday, January 23**

- SCRIPTURE READING: Luke 19:1-10

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- EVENING GATHERING (6:30 p.m.): Communion

**DAY 20/ Monday, January 24**

- MORNING PRAYER
- SCRIPTURE READING: John 4:1-26

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- EVENING GATHERING (6:30 p.m.): Prayer for loved ones

**DAY 21/ Tuesday, January 25**

- MORNING PRAYER
- SCRIPTURE READING: Acts 8:26-40

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- EVENING GATHERING (6:30 p.m.): Celebration

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