



Restoration Guide – Second Baptist Church, Columbus, OH

Daily Word and Scripture Reading – **WEEK TWO** – January 10-16, 2022

Pastor Howard Washington

General Instructions

- During the 21 Days of Prayer and Fasting, *SLOW DOWN*.
- Prayer and fasting are designed to strengthen and deepen your relationship with Jesus Christ and draw you closer to God.
- Make room for God. Be intentional about your daily scheduled time with God.
- Schedule daily prayer, scripture reading, and meditation.
- Read and meditate on the daily Scriptures and the “word” for restoration. Memorize scripture that speaks to your heart.
- Ask someone to hold you accountable for daily scripture reading and prayer.
- Use the prayer starter to begin your prayer time. (This is only a suggested guide.) Allow the Holy Spirit to lead your prayer time. Refer to Emotional Healthy Spirituality Day by Day book by Peter Scazzero as the Holy Spirit leads.
- Seek God’s guidance in deciding on the activities for the day.
- Make steps to change habits that lead to unhealthy or unnecessary activity, busyness, and worst of all workaholism.
- Evaluate the activities in your weekly schedule and assess which involvements are unnecessary and are a distraction from God.
- Give yourself time to listen for God’s voice in your quiet time.
- Journal what you hear God saying in your prayer time.
- Remember to honor the Sabbath as a day of rest.
- Establish a slower pace for each day and plan to rest.
- Get sufficient rest and exercise as you are able. Preserve your body, the temple.
- As you slow down, remember change takes time. Be patient.

WEEK TWO – Daily Themes of Physical Restoration

Day 8	Monday	Renew
Day 9	Tuesday	Revive
Day 10	Wednesday	Reposition
Day 11	Thursday	Renovate
Day 12	Friday	Remodel
Day 13	Saturday	Recharge
Day 14	Sunday	Represent



DAY 8 – RENEW

Renew - to resume an activity after an interruption or replace something that is broken or worn out.

Isaiah 40:28–31 (NASB 2020) ²⁸Do you not know? Have you not heard? The Everlasting God, the LORD, the Creator of the ends of the earth does not become weary or tired. His understanding is unsearchable. ²⁹He gives strength to the weary, and to the one who lacks might He increases power. ³⁰Though youths grow weary and tired, and vigorous young men stumble badly, ³¹Yet those who wait for the LORD Will gain new strength; They will mount up with wings like eagles, They will run and not get tired, they will walk and not become weary.

Prayer Starter:

Lord, thank you for an opportunity to be renewed by your strength and power. As we begin this New Year, I pray that I will never forget the real source of my strength. Now I pray the words of this scripture:

Psalm 51:10–12 (NASB 2020)

¹⁰Create in me a clean heart, God, and renew a steadfast spirit within me. ¹¹Do not cast me away from Your presence, and do not take Your Holy Spirit from me. ¹²Restore to me the joy of Your salvation and sustain me with a willing spirit.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.



DAY 9 – REVIVE

Revive - to restore back to life.

Psalm 119:88 (NASB 2020) ⁸⁸Revive me according to your faithfulness, So that I may keep the testimony of your mouth.

Psalm 138:7 (NASB 2020) ⁷Though I walk in the midst of trouble, you will revive me; you will reach out with Your hand against the wrath of my enemies, and your right hand will save me.

Prayer Starter:

Lord, I need a revival. As a matter of fact, we as a community of faith, need a revival. Please as the hymn writer wrote “revive us again!” May your Spirit dwell within us to bring life, hope and encouragement that we may journey on with greater faith, being assured of your presence and power to restore us.

I believe there is greater work for us to accomplish, but it will only be done if you revive us. Fill us and equip us for the assignments that you have placed in our hands for this season. Fill us with your power divine that you may be glorified.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.



DAY 10 – REPOSITION

Reposition - to relocate or move to a different position. It also means to change strategy.

Matthew 17:20 (NASB 2020) ²⁰And He said to them, “Because of your meager faith; for truly I say to you, if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.”

1 Peter 2:21–25 (NASB 2020) ²¹For you have been called for this purpose, because Christ also suffered for you, leaving you an example, so that you would follow in His steps, ²²HE WHO COMMITTED NO SIN, NOR WAS ANY DECEIT found in HIS MOUTH; ²³and while being abusively insulted, He did not insult in return; while suffering, He did not threaten, but kept entrusting Himself to Him who judges righteously; ²⁴and He Himself brought our sins in His body up on the cross, so that we might die to sin and live for righteousness; by His wounds you were healed. ²⁵For you were continually straying like sheep, but now you have returned to the Shepherd and Guardian of your souls.

Prayer starter:

Lord, I realize you require me to adjust, change and reposition according to your will. Although I may not understand your reasons for repositioning, help me to trust what you reveal to me. Guide my feet, Lord and order my steps as only you can. Please give me the courage to remain in the center of you will. I ask also for the flexibility to be faithful to your directions and the adjustments I must make to follow you.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.



DAY 11 – RENOVATE

Renovate - to restore something back again or to make new.

Acts 15:16 (NASB 2020) ¹⁶AFTER THESE THINGS I will return, AND I WILL REBUILD THE FALLEN TABERNACLE OF DAVID, AND I WILL REBUILD ITS RUINS, AND I WILL RESTORE IT,

Nehemiah 2:17–18 (NLT) ¹⁷But now I said to them, “You know very well what trouble we are in. Jerusalem lies in ruins, and its gates have been destroyed by fire. Let us rebuild the wall of Jerusalem and end this disgrace!” ¹⁸Then I told them about how the gracious hand of God had been on me, and about my conversation with the king. They replied at once, “Yes, let’s rebuild the wall!” So they began the good work.

Prayer Starter:

Lord, there is a season for everything. It is a season of renovation, as you restore and build up that which has been torn down. This new year brings many opportunities to renovate physical spaces that have been damaged or simply worn down. Our physical bodies have been stressed and pushed to the limits. Restore that which has been diseased, wounded or broken. I pray your divine healing, that we may experience restoration both individually and collectively. Renovate our hearts as we pray, study your word and intentionally act in ways that reflect your image and glorify you.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.



DAY 12 – REMODEL

Remodel - to remake, remold, make over or to redesign.

Jeremiah 18:1–10 (NASB 2020) ¹The word that came to Jeremiah from the LORD, saying, ²“Arise and go down to the potter’s house, and there I will announce My words to you.” ³So I went down to the potter’s house, and there he was, making something on the wheel. ⁴But the vessel that he was making of clay was spoiled in the hand of the potter; so he remade it into another vessel, as it pleased the potter to make. ⁵Then the word of the LORD came to me, saying, ⁶“Am I not able, house of Israel, to deal with you as this potter does?” declares the LORD. “Behold, like the clay in the potter’s hand, so are you in My hand, house of Israel. ⁷At one moment I might speak concerning a nation or concerning a kingdom to uproot it, to tear it down, or to destroy it; ⁸if that nation against which I have spoken turns from its evil, I will relent of the disaster that I planned to bring on it. ⁹Or at another moment I might speak concerning a nation or concerning a kingdom to build up or to plant it; ¹⁰if it does evil in My sight by not obeying My voice, then I will relent of the good with which I said that I would bless it.

Prayer starter:

God, you are creator over all. Psalm 24 declares that the earth and everything in it belongs to you. I am clay or a vessel in your hands. Mold me, reshape me, fix me as you restore me to your divine design. I surrender to the process of remodeling me for your purpose, my good and your glory.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.



DAY 13 – RECHARGE

Recharge - to restore power and regain strength from another source.

Psalm 28:7 (NASB 2020) ⁷The LORD is my strength and my shield; My heart trusts in Him, and I am helped; Therefore my heart triumphs, And with my song I shall thank Him.

Ephesians 6:10 (NASB 2020) ¹⁰Finally, be strong in the Lord and in the strength of His might.

2 Corinthians 12:9–10 (NASB 2020) ⁹And He has said to me, “My grace is sufficient for you, for power is perfected in weakness.” Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. ¹⁰Therefore I delight in weaknesses, in insults, in distresses, in persecutions, in difficulties, in behalf of Christ; for when I am weak, then I am strong.

Prayer starter:

Lord your word declares that I can count on your strength whenever I am weak. I must admit, I have been through (and may still be going through) a very exhausting season. It has impacted me both emotionally and physically. Thank you for your grace that is available at every level of weakness. You alone provide all I need to sustain my strength in these difficult times.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.



DAY 14 – REPRESENT

Represent - to act or to speak on one's behalf.

Matthew 5:14–16 (NASB 2020) ¹⁴“You are the light of the world. A city set on a hill cannot be hidden; ¹⁵nor do people light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house. ¹⁶Your light must shine before people in such a way that they may see your good works, and glorify your Father who is in heaven.

2 Corinthians 5:20 (NASB 2020) ²⁰Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God.

Prayer Starter:

Lord, as Christians we are called to be imitators of Christ. We should be found doing to others, saying, or responding to others in ways that represent and glorify Christ. Give us Lord the courage, insight, and empowerment to represent you in a way that would be pleasing in your sight.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.

PRAYER & FASTING GUIDELINES

WHAT IS THE DANIEL FAST?

The Daniel Fast is a biblically based partial fast. It is a method of fasting that men, women and young people all over the world are using as they enter into the spiritual discipline of prayer and fasting.

There are two anchoring scriptures for the Daniel Fast. In Daniel 1 the Prophet ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast:

1. Only fruits and vegetables
2. Only water for a beverage

Then in Daniel 10 we read that the Prophet ate no meat nor any precious breads or foods and he drank no wine for 21 days. So from this scripture, we get a third guideline:

3. No sweeteners and no breads

Another important guideline is drawn from Jewish fasting principles, where no leaven is used during the fast. So that's why yeast, baking powder and the like are not allowed on the Daniel Fast.

Finally, with all the above puzzle pieces, we conclude that no artificial or processed foods nor any chemicals are allowed on the Daniel Fast.

When asked about the eating plan on the Daniel Fast, I often say it is a "vegan diet with even more restrictions."

Be sure to read the ingredients on labels of prepared foods to make sure they only include Daniel Fast friendly ingredients.

The Daniel Fast for the body, soul and spirit

The Bible teaches us that we are a spirit, we have a soul and we live in a body. The Daniel Fast affects all three parts of us as we enter into a period of time for focused prayer and fasting.

The Body - Certainly our bodies are effected as our diet is changed, for some in very dramatic ways, during the Daniel Fast. Many men and women experience detoxing from caffeine, chemicals and sugar. The symptoms are most often headaches, leg cramps, fatigue and malaise.

Most people lose weight during the Daniel Fast. And many report healings from diabetes, allergies, arthritis and cancer.

The Soul - Frequently referred to as "the flesh" in the Bible, the soul is also greatly impacted during the Daniel Fast. The soul is the seat of our emotions, intellect, personality and will. It is in the "soulish realm" where we experience cravings, frustration, anger . . . and even happiness.

During the Daniel Fast, your soul may very well rebel against the dramatic change in your diet. Experiencing and winning this battle over the flesh is often one of the most powerful lessons of the Daniel Fast.

The Spirit - Our spirit is that born-again part of us that surrenders to God and then abides with the Father and the Son. Our spirit is filled with the Holy Spirit when we yield to Him. During the Daniel Fast, we want to put our spirit in charge of the other two parts of us. When our flesh is acting out with a craving, we take control of it with our spirit (just as a parent takes control of a rebellious child).

Fasting is always coupled with a spiritual goal. So during this time of fasting, you will want to focus on prayer, study and meditation.

An important question to ask yourself . . .

During your Daniel Fast you will have many times when you might want to "stretch the rules" a little bit. For example, even though the guidelines say we are to drink only water . . . you conclude that herbal teas are vegetables and water is water and therefore you will go ahead and drink herbal teas during the Daniel Fast.

But I encourage you to learn a powerful spiritual lesson by asking yourself (examining your heart) the question, "Why do you want the herbal teas?"

My guess is that the answer will be, "Well I just want them. I can't drink only water. I have to have something else."

The Daniel Fast teaches us to deny our "selves" and instead put our spirit in control over our flesh. As you plan your meals and eat your food, keep in mind that the definition of a fast is *to deny food for a spiritual purpose*.

What if you have health issues?

Fasting should never bring harm to the body. And if you have concerns, be sure to consult your health professional before going on the Daniel Fast or making any major dietary change.

The Daniel Fast is a very healthy way to eat! So health professionals will support this eating plan, but might suggest a few modifications if you have health issues that need special attention. For example, pregnant and nursing mothers might get instructions to add fish, chicken and cheese into the Daniel Fast, but otherwise stay the course. Diabetics may need to add more carbohydrates or include chicken and fish. Also, those who are especially active either through sports, bodybuilding or vocation may need to slightly alter the eating plan.

I encourage you to check with your doctor . . . and by the way, being addicted to Snickers and Coke don't count as a special need! lol¹

ALSO REFER TO **FASTING HANDBOOK** AT:
<https://www.prayforcolumbus.org/pray40>

