


James the son of Alphaeus, and Thaddaeus; Simon the Cananaean, and Judas Iscariot, who betrayed him. These twelve Jesus sent out, instructing them, "Go nowhere among the Gentiles and enter no town of the Samaritans,


THEME: SANCTIFICATION **(Day 20) SATURDAY, JANUARY 24TH**

 **1 John 1:9 ESV**

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

 **John 3: 1-36 ESV**

Now there was a man of the Pharisees named Nicodemus, a ruler of the Jews. This man came to Jesus by night and said to him, "Rabbi, we know that you are a teacher come from God, for no one can do these signs that you do unless God is with him." Jesus answered him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." Nicodemus said to him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God.

 **2 Peter 3:17-18 ESV**

You therefore, beloved, knowing this beforehand, take care that you are not carried away with the error of lawless people and lose your own stability. But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen.

THEME: GIVING **(Day 21) SUNDAY, JANUARY 25TH**

 **Malachi 3:10 ESV**

Bring the full tithe into the storehouse, that there may be food in my house. And thereby put me to the test, says the Lord of hosts, if I will not open the windows of heaven for you and pour down for you a blessing until there is no more need.

2015

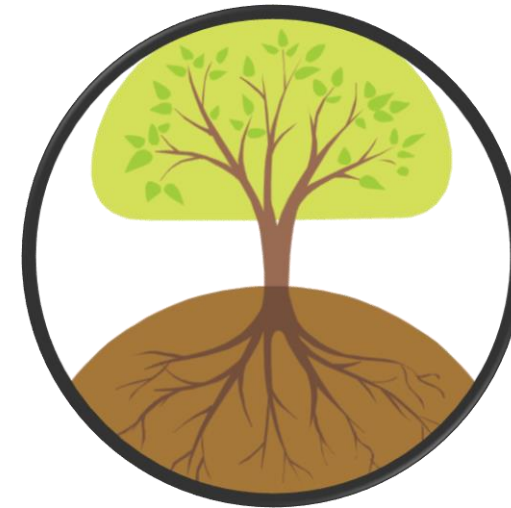
"The Year of Maturity"

Mount Calvary Holy Church of Winston-Salem

930 E. 14th Street, Winston-Salem, NC 27105

www.MCHCWS.org

New Year Fast



Monday, January 5th – Sunday, January 25th

"I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."

Daniel 10:3

Bishop Tejado Hanchell, Ph.D. – Senior Pastor

Elder Victoria Hanchell, Ed.D. – Co-Pastor

The Purpose of Fasting

“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?”

-Isaiah 58:6

Biblical fasting requires discipline and strength – strength which we can only receive from God. Our private discipline will bring us rewards in heaven because we are turning our physical hunger into a spiritual hunger to move into a deeper relationship with Jesus Christ.

When we give God the first part of our year through fasting, prayer and giving, we set the course for the remainder of the year. The year 2015 has been designated as “The Year of Maturity” for our church. This means that our goal is to grow and mature in Christ throughout this year. Fasting helps to accelerate our growth. According to Isaiah 58:6, fasting does four things for us. Fasting (1) LOOSES our bonds, (2) LIGHTENS our burdens, (3) LETS us go free, and (4) LIFTS us up.

As we fast during these three weeks, we abstain from excessive foods, secular music, and alcoholic beverages. We should also limit our watching of non-Christian television and increase our time in prayer, worship, church attendance, and reading our Bible during our personal devotion time. Each day, we have a particular maturity theme and maturity scripture to read in conjunction with our 21-Day Fast.

Eat

- Fruits (Fresh/Frozen/Smoothies)
- Vegetables (Fresh/Cooked)

Drink

- Water, 100% Juice
- Decaffeinated Tea/Decaffeinated Coffee

**Abstain from Meats, Sweets, Sugars, Starches and Dairy*

For meal ideas, visit: www.ultimatedanielfast.com

2 Timothy 3:17 ESV

That the man of God may be competent, equipped for every good work.

Romans 1:1-32 ESV (Shortened)

Paul, a servant of Christ Jesus, called to be an apostle, set apart for the gospel of God, which he promised beforehand through his prophets in the holy Scriptures, concerning his Son, who was descended from David according to the flesh and was declared to be the Son of God in power according to the Spirit of holiness by his resurrection from the dead, Jesus Christ our Lord, through whom we have received grace and apostleship to bring about the obedience of faith for the sake of his name among all the nations....

Joshua 3:1-17 ESV

Then Joshua rose early in the morning and they set out from Shittim. And they came to the Jordan, he and all the people of Israel, and lodged there before they passed over. At the end of three days the officers went through the camp and commanded the people, “As soon as you see the ark of the covenant of the Lord your God being carried by the Levitical priests, then you shall set out from your place and follow it. Yet there shall be a distance between you and it, about 2,000 cubits in length. Do not come near it, in order that you may know the way you shall go, for you have not passed this way before.” Then Joshua said to the people, “Consecrate yourselves, for tomorrow the Lord will do wonders among you.”

Matthew 10: 1-42 ESV

And he called to him his twelve disciples and gave them authority over unclean spirits, to cast them out, and to heal every disease and every affliction. The names of the twelve apostles are these: first, Simon, who is called Peter, and Andrew his brother; James the son of Zebedee, and John his brother; Philip and Bartholomew; Thomas and Matthew the tax collector;

THEME: JOY

(Day 16) TUESDAY, JANUARY 20TH

 **Psalm 45:7 ESV**


You have loved righteousness and hated wickedness. Therefore God, your God, has anointed you with the oil of gladness beyond your companions;

 **James 1:2-4 ESV**


Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

THEME: DISCERNMENT

(Day 17) WEDNESDAY, JANUARY 21ST

 **James 2:1-26 ESV**

My brothers, show no partiality as you hold the faith in our Lord Jesus Christ, the Lord of glory. For if a man wearing a gold ring and fine clothing comes into your assembly, and a poor man in shabby clothing also comes in, and if you pay attention to the one who wears the fine clothing and say, “You sit here in a good place,” while you say to the poor man, “You stand over there,” or, “Sit down at my feet,” have you not then made distinctions among yourselves and become judges with evil thoughts? Listen, my beloved brothers, has not God chosen those who are poor in the world to be rich in faith and heirs of the kingdom, which he has promised to those who love him?

 **Psalm 119:104 ESV**

Through your precepts I get understanding; therefore I hate every false way.

Why should I fast? *(Key Questions taken from Jentzen Franklin’s “Partners in Fasting” Guide)*

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs salvation?
9. Do you desire to know God’s will for your life?
10. Do you want to be in line with the corporate vision of the house and your leader?

Times of Prayer and Praise

Each Tuesday throughout January will be designated nights of worship, prayer and praise. Join us each Tuesday at 7:00 pm and fellowship with the saints as we join us in corporate prayer!

Daily Prayer at 6 am (*10 minutes*) via teleconference with Bishop Tejado Hanchell, 712.432.6100, Code-124541#

Medical

Mount Calvary Holy Church encourages all participants to consult their doctor for dietary or physical needs during this fasting period. Our church does not assume medical responsibility nor liability associated with fasting.

Pregnant women and persons with medical illness should opt to sacrifice something during this period of fasting (such as a favorite sweet, etc.) rather than the full Daniel fast.

Daily Maturity Themes and Scriptures to Read while Fasting

While we FAST from eating certain foods, we must be sure to FEAST on the Word of God throughout the entire fast. Next are daily scriptures to read to enhance our lives over these 21 days.

THEME: MATURITY IN CHRIST

(Day 1) MONDAY, JANUARY 5TH

 **Hebrews 6:1-3 ESV**

Therefore let us leave the elementary doctrine of Christ and go on to maturity, not laying again a foundation of repentance from dead works and of faith toward God, and of instruction about washings, the laying on of hands, the resurrection of the dead, and eternal judgment. And this we will do if God permits.

 **1 Peter 2:2 ESV**

Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation.

 **Philippians 3:12 ESV**

Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own.

THEME: MATURITY IN CHRIST

(Day 2) TUESDAY, JANUARY 6TH

 **1 Corinthians 13:11 ESV**

When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways.

 **1 Corinthians 14:20 ESV**

Brothers, do not be children in your thinking. Be infants in evil, but in your thinking be mature.

 **2 Peter 3:18 ESV**

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen.

for the sins of the whole world. And by this we know that we have come to know him, if we keep his commandments. Whoever says “I know him” but does not keep his commandments is a liar, and the truth is not in him, but whoever keeps his word, in him truly the love of God is perfected. By this we may know that we are in him.

 **Philippians 2:12 ESV**


Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling.

THEME: READING THE BIBLE

(Day 14) SUNDAY, JANUARY 18TH

 **Ephesians 6:17 ESV**

And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

 **John 8:31-32 ESV**


So Jesus said to the Jews who had believed in him, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.”

 **Hebrews 4:12 ESV**

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

THEME: READING THE BIBLE

(Day 15) MONDAY, JANUARY 19TH

 **Psalms 119:105 ESV**

Your word is a lamp to my feet and a light to my path.

 **2 Timothy 3:16 ESV**

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness.

THEME: UNITY/RELATIONSHIPS **(Day 12) FRIDAY, JANUARY 16TH**

 **Exodus 20:16 ESV**

“You shall not bear false witness against your neighbor.

 **1 Corinthians 14:33 ESV**

For God is not a God of confusion but of peace. As in all the churches of the saints.

 **1 John 4:12 ESV**

No one has ever seen God; if we love one another, God abides in us and his love is perfected in us.

 **Ephesians 4:12-13 ESV**

To equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ,

THEME: OBEDIENCE **(Day 13) SATURDAY, JANUARY 17TH**

 **Joshua 6:1-27 ESV**

Now Jericho was shut up inside and outside because of the people of Israel. None went out, and none came in. And the Lord said to Joshua, “See, I have given Jericho into your hand, with its king and mighty men of valor. You shall march around the city, all the men of war going around the city once. Thus shall you do for six days. Seven priests shall bear seven trumpets of rams' horns before the ark. On the seventh day you shall march around the city seven times, and the priests shall blow the trumpets. And when they make a long blast with the ram's horn, when you hear the sound of the trumpet, then all the people shall shout with a great shout, and the wall of the city will fall down flat, and the people shall go up, everyone straight before him.”

 **1 John 2:1-29 ESV (shortened)**

My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins, and not for ours only but also

THEME: MATURITY IN CHRIST **(Day 3) WEDNESDAY, JANUARY 7TH**

 **Ephesians 4:13-15 ESV**

Until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, So that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into Christ, who is the head.

 **Hebrews 5:12-13 ESV**

For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God. You need milk, not solid food, for everyone who lives on milk is unskilled in the word of righteousness, since he is a child.

THEME: MATURITY IN CHRIST **(Day 4) THURSDAY, JANUARY 8TH**

 **James 1:1-27 ESV (shortened)**

James, a servant of God and of the Lord Jesus Christ, To the twelve tribes in the Dispersion: Greetings. Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

THEME: MATURITY IN CHRIST **(Day 5) FRIDAY, JANUARY 9TH**

 **2 Thessalonians 1:1-12 ESV**

Paul, Silvanus, and Timothy, To the church of the Thessalonians in God our Father and the Lord Jesus Christ: Grace to you and peace from God our Father and the Lord Jesus Christ. We ought always to give thanks to God for you, brothers, as is right, because your faith is growing abundantly, and the love of every one of you for one another is increasing. Therefore we ourselves boast about you in the churches of God for your steadfastness and faith in all your persecutions and in the afflictions that you are enduring. This is evidence of the righteous judgment of God, that you may be considered worthy of the kingdom of God, for which you are also suffering.

THEME: SELF-CONTROL **(Day 6) SATURDAY, JANUARY 10TH**

 **Galatians 2:20 ESV**

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

THEME: SELF-CONTROL **(Day 7) SUNDAY, JANUARY 11TH**

 **2 Timothy 2:22 ESV**

So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.

 **1 Corinthians 10:13 ESV**

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

THEME: ENDURANCE **(Day 8) MONDAY, JANUARY 12th**

 **Romans 5:3-4 ESV**

More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.

 **1 Peter 2:20 ESV**

For what credit is it if, when you sin and are beaten for it, you endure? But if when you do good and suffer for it you endure, this is a gracious thing in the sight of God.

THEME: ENDURANCE **(Day 9) TUESDAY, JANUARY 13TH**

 **Hebrews 12:1-2 ESV**

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

THEME: COMMITMENT **(Day 10) WEDNESDAY, JANUARY 14TH**

 **Philippians 1:6 ESV**

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

THEME: WISDOM **(Day 11) THURSDAY, JANUARY 15TH**

 **Proverbs 9:9 ESV**

Give instruction to a wise man, and he will be still wiser; teach a righteous man, and he will increase in learning.