

St. Paul Baptist Church

“The Place Where God is Changing Lives for the Kingdom”

Warren N. Montgomery, Senior Pastor



2019 Breakthrough and Breakout Fast

Thursday, January 10th, 2019 – Friday, January 18th, 2019

Background & Purpose: 2019 is the year of breakthrough and breakout.

Isaiah 58:6: “Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”

Fast Details:

- The fast will last for nine days, from Thursday, January 10th to Friday, January 18th.
- The fast will consist of sacrificing two things. The requirement is to give up two things that you know are standing between you and a closer relationship with God. The things that you give up can be items that you consume physically (tangible dietary items) and / or Spiritually or mentally (intangible items such as social media, television programming, video gaming, etc).
- Prayer is a focal point during this fast; a fast without prayer is just a diet. Each day will consist of dedicated Corporate prayer twice per day, at noon and at 6 PM.
- Focal scriptures for each period of Corporate Prayer are listed below.
- During the fast, list your personal goals for 2019 and place them in your Bible at Mark 11:24.

Day 1 – Thursday, January 10th

- 12PM Scripture – Hebrews 12:1
- 6PM Scripture – 1 Corinthians 9:24-26

Day 2 – Friday, January 11th

- 12PM Scripture – Philippians 4:13
- 6PM Scripture – Luke 18:27

Day 3 – Saturday, January 12th

- 12PM Scripture – 2 Corinthians 2:14
- 6PM Scripture – 1 Corinthians 15:57

Day 4 – Sunday, January 13th

- 12PM Scripture – Deuteronomy 31:6
- 6PM Scripture – Isaiah 40:31

Day 5 – Monday, January 14th

- 12PM Scripture – Deuteronomy 20:3-4
- 6PM Scripture – Colossians 3:23-24

Day 6 – Tuesday, January 15th

- 12PM Scripture – 1 John 5:4
- 6PM Scripture – 1 Corinthians 10:13

Day 7 – Wednesday, January 16th

- 12PM Scripture – Ephesians 6:10
- 6PM Scripture – Psalms 3:8

Day 8 – Thursday, January 17th

- 12PM Scripture – Romans 8:31-32
- 6PM Scripture – Joshua 10:8

Day 9 – Friday, January 18th

- 12PM Scripture – 1 John 4:4
- 6PM Scripture – Revelations 3:21

Fast Daily Prayer & Meditation Focus: Pray for yourself, your family, the church body and leadership, for God to send the harvest of souls, and the manifestation of your personal goals.