

Shiloh Baptist Church (New Site)
Pastor Search
30-Day Fasting and Prayer

The Pastor Search Committee is now in the process of selecting a final nominee amongst the two finalists for presentation to the congregation for the Office of Pastor for Shiloh Baptist Church (New Site). The committee will be listening to a final sermon by the candidates, reviewing input from background checks, interviewing references, meeting with the candidates' current church staffs, interviewing the candidates, and conducting final prayerful deliberations. As we draw closer to this momentous decision, we ask the congregation to be rededicated to the task of prayer and fasting to seek God's direction that the divinely ordained candidate be nominated and received by this congregation. We ask the congregation to commit to a 30-day period of prayer and fasting from 1 to 30 August, 2022 to discern God's will for this pastoral search process.

While abstaining from or limiting food intake is a key aspect of fasting, the true intent of a fast is to focus on our communications and relationship with God. Fasting should never conflict with medical conditions or prescription drug regimens. When medical conditions do not allow for abstinence from food, we can still commit to the spirit of fasting through some form of self-denial, prayer, and meditation time with God.

In addition to praying as the Holy Spirit leads us during the fast, the congregation is invited to set aside a moment to pray at noon each day so we can be in corporate prayer at the same time daily. Prayer partners and/or groups are encouraged as excellent opportunities to strengthen one another and be strengthened throughout this period.

Fasting and Prayer Meditations

Our prayers during these 30 days may be directed to a number of topics to include: (1) praising God, (2) confession and reconciliation, (3) direction for the current church leadership, (4) blessings for and unity within the membership, (5) discernment for the pastor search process, and (6) preparation to receive our next pastor. The following is a guide for daily prayer topics and accompanying scriptures offered to help direct our time of prayer and meditation:

- Aug 01 – Day 01: The LORD is Good! – Psalm 100:1-5
- Aug 02 – Day 02: We Confess and Forsake Our Sins – Proverbs 28:13
- Aug 03 – Day 03: Pray, Believe, Forgive – Mark 11:22-26
- Aug 04 – Day 04: Love Your Enemies – Matthew 5:43-48
- Aug 05 – Day 05: Living in Harmony – Romans 12:14-21
- Aug 06 – Day 06: Praying with Thanksgiving – Philippians 4:4-7
- Aug 07 – Day 07: God Has a Plan – Jeremiah 29:11-14
- Aug 08 – Day 08: Have the Mind of Christ – 1 Corinthians 2:10-16
- Aug 09 – Day 09: Reaching for the Prize – Philippians 3:13-14
- Aug 10 – Day 10: Trusting in the LORD – Proverbs 3:5-10
- Aug 11 – Day 11: Waiting on God – Psalm 27:1-14
- Aug 12 – Day 12: Living in the Spirit – Galatians 5:22-26
- Aug 13 – Day 13: Persistent in Prayer – Luke 18:1-8
- Aug 14 – Day 14: No Worry, No Anxiety – Luke 12:22-32
- Aug 15 – Day 15: God's Great Faithfulness – Lamentations 3:21-26
- Aug 16 – Day 16: In Search of Wisdom – Proverbs 2:1-11
- Aug 17 – Day 17: The Good Shepherd – Psalm 23:1-6

- Aug 18 – Day 18: The God of Revival and Resurrection – Ezekiel 37:1-14
- Aug 19 – Day 19: Prayer of Intercession – Nehemiah 1:4-11
- Aug 20 – Day 20: A Real Fast – Isaiah 58:6-14
- Aug 21 – Day 21: Shepherd After God’s Heart – Jeremiah 3:15, 23:3-8
- Aug 22 – Day 22: Not Without God – Exodus 33:12-17
- Aug 23 – Day 23: Peace of God – Philippians 4:4-9
- Aug 24 – Day 24: Believe to See God’s Glory – John 11:32-40
- Aug 25 – Day 25: God’s Anointed – 1 Samuel 16:1-7
- Aug 26 – Day 26: Boldness in Christ – Hebrews 4:14-16
- Aug 27 – Day 27: Discerning God’s Guidance – Acts 13:2-3
- Aug 28 – Day 28: Unity Within the Body – Psalm 133:1-3
- Aug 29 – Day 29: Thankful for the Called – Romans 10:13-15
- Aug 30 – Day 30: I Will Bless the LORD – Psalm 34:1-8

The Daniel Fast Plan

²At that time I, Daniel, had been mourning for three weeks. ³I had eaten no rich food, no meat or wine had entered my mouth, and I had not anointed myself at all, for the full three weeks. — Daniel 10:2-3

As it fits your medical circumstances, the Daniel Fast (<https://danielfast.wordpress.com/>) can be employed as a fasting option. Feel free to tailor this to your personal needs and budget. **The focus is not on what we eat, but how we pray.**

Foods included in the Daniel Fast Plan:

- ✓ All fruits: Fresh, frozen, dried, juiced or canned.
- ✓ All vegetables: Fresh, frozen, dried, juiced or canned. Veggie burgers are an option if you are allergic to soy.
- ✓ All whole grains: Including whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, popcorn.
- ✓ All nuts and seeds: Including nut butters (peanut butter and almond butter).
- ✓ All legumes: Fresh, frozen, dried or canned.
- ✓ All quality oils: Including but not limited to olive, canola, grape seed, peanut, and sesame.
- ✓ Beverages: Spring water, distilled water or other pure waters.
- ✓ Other: Tofu, soy products, vinegar, seasonings salt, herbs and spices.

Foods NOT include in the Daniel Fast Plan:

- ✓ All meat and animal products.
- ✓ All dairy products: Including eggs.
- ✓ All sweeteners.
- ✓ All refined and processed food products.
- ✓ All deep-fried foods.
- ✓ All solid fats: Including shortening, margarine, lard, etc.
- ✓ Beverages: None other than water.