



PRAYER **AND** FASTING

JANUARY 5TH - 26TH

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DR. JOHN R. ADOLPH



FASTING AND PRAYER GUIDELINES

Sunday January 5th @6:00pm - Sunday January 26th @6:00pm, 2025

Welcome To Our Time of Fasting 2025

This year's fast promises to be life-changing at best! Pastor Adolph has authored a new book entitled *Help Me Handle This!* This book is designed to work in conjunction with you each day of your fast. To gain the most from the 2025 Fast, consider getting a copy of the book for your daily devotional readings. Please know that you do not have to purchase the book to do the fast. However, the book enhances each day with readings, prayers, precepts, and practices from the Pastor's heart.

WHAT IS FASTING?

Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast, saying that God rewards fasting. According to the Bible, fasting means voluntarily reducing or eliminating your food intake for a specific time and purpose. It is intentionally denying pleasure to the flesh to gain a spiritual result. It is a sacrificial lifestyle that indicates one who lays aside food for a time so that the believer may know God for a more profound experience. Scripture teaches us that fasting is not a requirement but a choice.

"When you give up eating, don't put on a sad face like the hypocrites. They make their faces look sad to show people they are giving up eating. I tell you the truth: those hypocrites already have their full reward. So when you give up eating, comb your hair and wash your face. Then people will not know that you are giving up eating, but your Father, whom you cannot see, will see you. Your Father sees what is done in secret and will reward you." Matthew 6:16-18 (NCV)

WHY FAST?

There are many good reasons, and even health benefits, for fasting. However, as we enter into 14 days of corporate fasting and prayer, our heart desires to unselfishly pray in accordance with Matthew 6:10, *"Thy Kingdom come. Thy will be done in earth, as it is in heaven"*. We will use

this scripture as the foundation for our 2023 thematic thrust of Maximum Impact as we seek God to lead us in fulfilling the vision and core values of the Antioch Church. As ambassadors of the Kingdom, we collectively agree and individually acknowledge the following as reasons to enter into 14 days of fasting and prayer:

1. Fasting gives us more time for prayer. The time typically spent eating can be used as time in prayer for what God wants to do among us. We will pray for our pastor, leaders, staff, and five ministry arms of the church (Exhortation, Evangelism, Equipping, Edification, and Encouragement).
2. Fasting demonstrates the depth of our desire when praying for something. God honors deep desire and praying in faith. Our commitment to fasting shows that we are serious enough about our prayer request to pay a personal price. We will pray concerning the three core values of our church: The Great Commission, The Great Commandment, and The Great Calling.
3. Fasting releases God's supernatural power. It is a tool we can use when there is opposition to God's will. Satan would like nothing better than to cause division, discouragement, defeat, depression, and doubt among us. In the year 2025, believers who have enough crazy faith will ask God to take their faith fellowship HIGHER THAN THE TOP!

THE IMPORTANCE OF FASTING

In the Bible, God's people often fasted immediately before a major victory, miracle, or answer to prayer. It prepared them for a blessing!

- **Moses fasted before he received the Ten Commandments.**

"Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant--the Ten Commandments." Exodus 34:28 (NIV)

- **The Israelites fasted before a miraculous victory.**

"Some men came and told Jehoshaphat, "A vast army is coming against you from Edom, from the other side of the Sea. It is already in Hazazon Tamar" (that is, En Gedi). Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah." 2 Chronicles 20:2-3 (NIV)

- **Daniel fasted in order to receive guidance from God.**

"So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes." Daniel 9:3 (NIV) "While I was still in prayer, Gabriel, the man I had seen

in the earlier vision, came to me in swift flight about the time of the evening sacrifice. He instructed me and said to me, 'Daniel, I have now come to give you insight and understanding.'" Daniel 9:21-22 (NIV)

- **Nehemiah fasted before beginning a significant building project.**

"When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven." Nehemiah 1:4 (NIV)

- **Jesus fasted during His victory over temptation.**

"For forty wilderness days and nights he was tested by the Devil. He ate nothing during those days, and when the time was up he was hungry." Luke 4:2 (Msg)

- **The first Christians fasted during decision-making times.**

"While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' So after they had fasted and prayed, they placed their hands on them and sent them off." Acts 13:2-3 (NIV)

TYPE OF FASTS

There are many types of fasts. The option you choose depends upon your health, the desired length of your fast, and your preference:

1. Absolute Fast (Full Fast) – Abstinence from all solid foods. It is a LIQUIDS ONLY fast.
2. Selective Fast (Daniel Fast) – Remove certain elements from your diet. An example is the Daniel Fast, where meats, sweets, bread, and juice are removed and replaced with water, vegetables, and nuts.
3. Partial Fast – A limited fast that consists of abstaining from certain foods for a prolonged period or abstinence from all foods for a portion of the day.
4. Soul Fast – (Entertainment Fast) – Eliminating something other than food from your life for a period of time. For example, you may stop using Facebook, Instagram, Twitter, or other social media platforms, watch television, use unnecessary phones, or go to movies. This is an excellent option for children, students, or people with medical issues who cannot abstain from foods for prolonged periods of time.

FASTING GUIDELINES

- Explain to your family and friends IN ADVANCE what you are doing.
- Request privacy from those who want to find out what you are doing.
- Never complain or brag about your fast, and avoid talking about it.
- Establish an accountability partner for prayer and encouragement.
- Stay away from negativity, including people, situations, or things.
- Reserve more time to pray, meditate on God's truths, and study His Word.

- Open your heart and spend as much time as possible alone in prayer and meditation
- Acknowledge that your flesh cannot be trained but must be crucified
- Journal as you pray and meet with the Lord and keep track of all miracles in your life

FASTING PREPARATION

1. Prepare your heart – Be willing and open to hear what the Lord will speak to your heart during the fast and change it. Do everything you can to forsake sin during this time for a purging of all that is unrighteous. Surrender yourself to God and dedicate your ways, thoughts, talents, and resources to Him.

2. Prepare your motives – God desires to give you good gifts. Perhaps He wishes to bestow wisdom, anointing, prayer power, healing power, teaching power, joy, or encouragement upon you. Allow your motives to be purified during your fast.

3. Prepare your body – If you decide to eat only fruits and vegetables, you will experience a cleansing. You may even feel sick while your body detoxes itself of sugars and other matter, but **YOU WILL MAKE IT**. Some may ask, what does not eating have to do with my relationship with God? A Pastor once answered this question: "Stop eating and find out." Get ready!

4. Prepare your schedule – Be intentional about your time with God. Decide where you will meet Him, what and when you will eat, and how you will spend time drawing nearer. Create a plan and commit to spending more time with the Lord.

5. Prepare your journal – Chronicle all your prayers, expectations, conversations, oppositions, dreams, revelations, healings, answered prayers, guidance, and miracles that God will manifest during your consecration.

FOODS TO EAT WHOLE GRAINS: Brown Rice, Oats, Barley

LEGUMES: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

FRUITS: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

VEGETABLES: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Seeds, Nuts, Sprouts

LIQUIDS: Water (as much as possible), Unsweetened Soy Milk, Herbal (caffeine free) Tea, Natural Fruit Juice (no added sugar)

OILS: Extra-virgin olive Oil (small quantities), Honey

MEAT: Turkey, Chicken, Fish

FOODS TO AVOID: White Rice, Fried Foods, Caffeine, Coffee, Tea (including decaf), Carbonated Beverages, Foods Containing Preservatives or Additives

Day 1 Sunday, Jan 5th

Our Passage of Study

Remember ye, not the former things, Neither consider the things of old. Behold, I will do a new thing; Now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, And rivers in the desert (Isaiah 43:18-19, KJV).

God's Word For You Today: DO NOT EXPECT A REPEAT!

Today's Prayer

Thank you, O Lord, for letting me live to see the bounty, blessing, and bliss of a season for the life you have given me. Forgive me for the mistakes of my past and the errors of my way. Now bless me, O Lord! Order my steps, help me select my friends, and guide my decisions like never before. In The Name of Jesus, Amen.

Day 2 Monday, Jan 6th

Our Passage of Study

Brethren, I count not myself to have apprehended: but *this* one thing *I do*, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus (Phil 3:13-14, KJV).

God's Word For You Today: GOD SAID, 'FORGET IT!'

Today's Prayer

O God, my Father, please help me handle my mind and its memory. I tend to remember things I need to forget and forget things I need to remember. Help me forget anything that holds my future blessings hostage. And empower me to remember who you are, what you have said, and what you have done for me, knowing that you can do it again if you have done it before. In The Name of Jesus, Amen.

Day 3 Tuesday, Jan 7th

Our Passage of Study

It is of the LORD's mercies that we are not consumed because his compassions fail not. They are new every morning: Great is thy faithfulness. (Lamentations 3:22-23, KJV).

God's Word For You Today: NEW LOOKS GOOD ON YOU!

Today's Prayer

Jesus, today you have blessed me with a new day and a new lease on the life you have given me to live. Please know that my heart and my soul cry. Thank you! My asking of you right now is this: help me treasure what's new and use it in a way that is pleasing to you. I do not want to waste the grace you have extended to me, but I want to be found faithful with the newness of my life and my day. In The Name of Jesus, Amen.

Day 4 Wednesday, Jan 8th

Our Passage of Study

And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe *and* to do all his commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth: and all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God. Blessed *shalt thou be* in the city, and blessed *shalt thou be* in the field. Blessed *shall be* the fruit of thy body, and the fruit of thy ground, and the fruit of thy cattle, the increase of thy kine, and the flocks of thy sheep. Blessed *shall be* thy basket and thy store. Blessed *shalt thou be* when thou comest in, and blessed *shalt thou be* when thou goest out. The LORD shall cause thine enemies that rise up against thee to be smitten before thy face: they shall come out against thee one way, and flee before thee seven ways. The LORD shall command the blessing upon thee in thy storehouses, and in all that thou settest thine hand unto; and he shall bless thee in the land which the LORD thy God giveth thee (Duet 28:1-8).

God's Word For You Today: IT'S COMING!

Today's Prayer

Merciful Master, I want you to know that I look forward in faith to every single solitary thing you have planned for the life you have given me! If you have commanded healing for me, it's coming. If you have commanded a blessing for me, it's coming. And if you have commanded strength for me amid my trials, I know it is coming. Thank you for being faithful to me, even when I am not always faithful. And, Lord, give me the patience to wait for what's coming and rejoice like it's on the way because of your goodness and kindness. I know that what's coming from you in my life shall come to pass! In The Name of Jesus, Amen.

Day 5 Thursday, Jan 9th

Our Passage of Study

'and the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.'

(Isaiah 58:11 KJV).

God's Word For You Today: YOUR GOD IS A WAY MAKER!

Today's Prayer

God, you are mighty, and you are strong! Today, I pause to celebrate your strength, power, and sovereign ability to do what no one else can. Thank you for being my way maker and my way out of no way when things seem impossible. I have seen you do it time and time again. And right now, I want to thank you for how you will make things for me that I have not seen yet. Increase my faith to match the provisions coming in my direction, and I want to thank you for who you are in my life. In The Name of Jesus, Amen.

Day 6 Friday, Jan 10th

Our Passage of Study

Blessed *is* the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, Nor sitteth in the seat of the scornful. But his delight *is* in the law of the LORD; And in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, That bringeth forth his fruit in his season; His leaf also shall not wither; And whatsoever he doeth shall prosper (Psalm 1:1-3 KJV).

God's Word For You Today: EXPECT THE IMPOSSIBLE!

Today's Prayer

God, I want you to know I will live the rest of my life expecting great things from you! I will not panic when I find myself in situations that are too hot for me to handle or too heated for me to deal with. Instead, I will thank you and bless you like crazy because your miraculous provisions will meet my needs. Thank you for being my provider and my miracle worker. In The Name of Jesus, Amen.

Day 7 Saturday, Jan 11th

Our Passage of Study

'He hath made everything beautiful in his time: also he hath set the world in their heart, so that no man can find out the work that God maketh from the beginning to the end.' (Ecc 3:11 KJV).

God's Word For You Today: THIS IS THE MOMENT YOU HAVE BEEN WAITING FOR!

Today's Prayer

Father, I do not know how much time I have left on the Earth. That is in your hands, and I trust you to take care of me. Thank you for the time you have already given me. Each day has been a

and I am eternally grateful for them. Right now, I want to say thank you for this very moment. Today is the first day of the rest of my life, and this is the moment I have been waiting for. Use me for your glory, grow me in your grace, and bless me with your goodness, which is my sincere supplication and request. In The Name of Jesus, Amen.

Day 8 Sunday, Jan 12th

Our Passage of Study

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful (Psalms 1:1, KJV).

God's Word For You Today: GOD CHOOSES YOUR FAMILY BUT YOU PICK YOUR FRIENDS!

Today's Prayer

Lord, I sincerely desire you to be my best friend. Anyone in my life who cannot walk with you cannot walk with me. With this in mind, O God, help me make the right decisions regarding the people I allow into my life. I want to be near people who love you, seek you, obey you, and follow you. Thank you for sending the right people into my life. In The Name of Jesus, Amen.

Day 9 Monday, Jan 13th

Our Passage of Study

Make no friendship with an angry man; And with a furious man thou shalt not go: Lest thou learn his ways, And get a snare to thy soul (Proverbs 22:24-25 KJV).

God's Word For You Today: YOU SHOULD BLESS YOURSELF!

Today's Prayer

Lord of Heaven and God of the Earth, help me choose the right people for my life. Forgive me for making some really poor choices in the past. Thank you for the blessed privilege of making new decisions starting today. In The Name of Jesus, Amen.

Day 10 Tuesday, Jan 14th

Our Passage of Study

'But he forsook the counsel of the old men, which they had given him, and consulted with the young men that were grown up with him, and which stood before him: and he said unto them, What counsel give ye that we may answer this people, who have spoken to me, saying, Make the yoke which thy father did put upon us lighter? And the young men that were grown up with him

spake unto him, saying, Thus shalt thou speak unto this people that spake unto thee, saying, Thy father made our yoke heavy, but make thou it lighter unto us; thus shalt thou say unto them, My little finger shall be thicker than my father's loins. And now whereas my father did lade you with a heavy yoke, I will add to your yoke: my father hath chastised you with whips, but I will chastise you with scorpions. So Jeroboam and all the people came to Rehoboam the third day, as the king had appointed, saying, Come to me again the third day.' (1 Kings 12:8-12 KJV).

God's Word For You Today: RUN FROM BAD ADVICE!

Today's Prayer

Jesus, there are times I admire certain people's achievements. It bothers me when I do not hear them mention or acknowledge you. Today, I have discovered these people are what the Bible calls the "ungodly." Lord, order my steps and direct my paths to people who love telling others what you have done for them. In The Name of Jesus, Amen.

Day 11 Wednesday, Jan 15th

Our Passage of Study

'Wherefore Come out from among them, and be ye separate, saith the Lord, And touch not the unclean thing ; And I will receive you, ' (2 Corinthians 6:17 KJV)

God's Word For You Today: STAND FOR SOMETHING OR FALL FOR ANYTHING!

Today's Prayer

Eternal God, my Father, I approach you right now with a spirit of gratitude. I'm thankful because I have been near people who sinned openly and enjoyed every moment with them. Yet, you have brought me close enough to you right now to know better and to want to do better. Lord, I want you to give me the strength to stand for you even when it is unpopular. Forgive me for my previous failures, and thank you, Jesus, for the blessing of another chance. In The Name of Jesus, Amen.

Day 12 Thursday, Jan 16th

Our Passage of Study

"Be not deceived: evil communications corrupt good manners." (1 Corinthians 15:33 KJV)

God's Word For You Today: BAD COMPANY CORRUPTS GOOD MANNERS!

Today's Prayer

Lord, give me the strength to break relational ties with anyone in my life who is not helping me walk in the same direction you are walking in. Help me discern the motives, intentions, and

spirits of the people in my life. Guide me in my decision making, and know I will follow where you lead. Thank you, Jesus, for who you are and what you mean to me. In The Name of Jesus, Amen.

Day 13 Friday, Jan 17th

Our Passage of Study

'Fret not thyself because of evildoers, Neither be thou envious against the workers of iniquity. For they shall soon be cut down like the grass, And wither as the green herb. Trust in the LORD, and do good; So shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the LORD; And he shall give thee the desires of thine heart. ' (Psalm 37:1-4 KJV)

God's Word For You Today: WITH THE WRONG PEOPLE IN YOUR LIFE, THINGS CAN GO FROM BAD TO WORSE!

Today's Prayer

Lord Jesus, I want the right people in my life. I do not wish to be affiliated with anyone you did not send or authorize. Please show me the way and light my path in my relationships. I love you, Lord, and thank you, In The Name of Jesus, Amen.

Day 14 Saturday, Jan 18th

Our Passage of Study

'He that walketh with wise men shall be wise: But a companion of fools shall be destroyed. ' (Proverbs 13:20 KJV)

God's Word For You Today: SOME PEOPLE YOU CUT AND OTHERS YOU KEEP!

Today's Prayer

Lord, thank you for the positive, loving, caring, wonderful, and meaningful people in my life. I consider them ambassadors you sent to help me along the way. Forgive me for allowing the wrong people into my life, and I celebrate you giving me the courage to release people who do not mean me well so I can move progressively onward. Soli Deo Gloria! In The Name of Jesus, Amen.

Day 15 Sunday, Jan 19th

Our Passage of Study

And she went and did according to the saying of Elijah: and she, and he, and her house, did eat many days. And the barrel of meal wasted not, neither did the cruse of oil fail, according to the word of the LORD, which he spake by Elijah. (1 Kings 17:15-16, KJV).

God's Word For You Today: YOU ARE NOT SUPPOSED TO BE BROKE!

Today's Prayer

Lord Jesus, thank you for blessing me by increasing what's in my bank account. Yet, God, I have come to you right now because I struggle from time to time financially, and I work every day. There are times that it feels like everything breaks at the same time, and my financial portrait looks terrible. Sometimes, I can see the light at the end of the tunnel, but I realize there is no light, and I'm stuck there. Help me, O God, possess the financial wealth you have assigned to my hands. Give me the faith to make the necessary changes and the endurance to press my way into the financial blessing that would set me for the rest of my life. In The Name of Jesus, Amen.

Day 16 Monday, Jan 20th

Our Passage of Study

'Behold, I will stand before thee there upon the rock in Horeb; and thou shalt smite the rock, and there shall come water out of it, that the people may drink. And Moses did so in the sight of the elders of Israel. '(Exodus 17:6 KJV)

God's Word For You Today: GOD WILL PROVIDE!

Today's Prayer

God, you have always been a way maker, a provider, and a bill payer for me. Thank you for never leaving me in the condition you found me in. Lord, my prayer today is that you would please show yourself mighty and strong by providing for me again. However, I want you to move me from being broke to sound financially. I know that you can; I only ask that you would. In The Name of Jesus, Amen.

Day 17 Tuesday, Jan 21st

Our Passage of Study

'After these things Jesus went over the sea of Galilee, which is the sea of Tiberias. And a great multitude followed him, because they saw his miracles which he did on them that were diseased. And Jesus went up into a mountain, and there he sat with his disciples. And the passover, a feast of the Jews, was nigh. When Jesus then lifted up his eyes, and saw a great company come unto him, he saith unto Philip, Whence shall we buy bread, that these may eat? And this he said to prove him: for he himself knew what he would do. Philip answered him, Two hundred pennyworth of bread is not sufficient for them, that every one of them may take a little. One of his disciples, Andrew, Simon Peter's brother, saith unto him, There is a lad here, which hath five barley loaves, and two small fishes: but what are they among so many? And Jesus said, Make the

men sit down. Now there was much grass in the place. So the men sat down, in number about five thousand. And Jesus took the loaves; and when he had given thanks, he distributed to the disciples, and the disciples to them that were set down; and likewise of the fishes as much as they would. When they were filled, he said unto his disciples, Gather up the fragments that remain, that nothing be lost. Therefore they gathered them together, and filled twelve baskets with the fragments of the five barley loaves, which remained over and above unto them that had eaten. Then those men, when they had seen the miracle that Jesus did, said, This is of a truth that prophet that should come into the world. '(John 6:1-14 KJV)

God's Word For You Today: LITTLE BECOMES MUCH WHEN USED THE RIGHT WAY!

Today's Prayer

Lord Jesus, help me reorganize my spending priorities. Give me the faith and obedience, to begin with, including you with my tithe, and look carefully at all of my other expenses that are primary first. Forgive me for the impulsive, needless spending I sometimes feel guilty of. Thank you for this moment when the changes that I am going to make will result in a harvest that is coming my way. In The Name of Jesus, Amen.

Day 18 Wednesday, Jan 22nd

Our Passage of Study

'And Samuel said, Hath the LORD as great delight in burnt offerings and sacrifices, As in obeying the voice of the LORD ? Behold, to obey is better than sacrifice, And to hearken than the fat of rams. '(1 Samuel 15:22 KJV)

God's Word For You Today: OBEDIENCE AND OVERFLOW ARE ALWAYS EQUALS!

Today's Prayer

God, I want you to have mercy on me and forgive me. There have been times, moments, and even seasons where I have not been a good steward of the resources you have placed in my hand. The result has been that I work hard every day but have little to show for it. As of right now, I am starting over. The tithe is yours, and I will give it to you. I will, by faith, reprioritize and reorganize my life so that my needs and wants are never mixed up again. Give me the strength and perseverance not just to talk the talk but also faith to walk the walk. Thank you, Jesus, for the increase that will find me due to my obedience as it relates to my finances. In The Name of Jesus, Amen.

Day 19 Thursday, Jan 23rd

Our Passage of Study

'But thou shalt remember the LORD thy God: for it is he that giveth thee power to get wealth, that he may establish his covenant which he sware unto thy fathers, as it is this day.

' (Deuteronomy 8:18 KJV)

God's Word For You Today: WHAT YOU HAVE NOW IS NOT ALL GOD WANTS YOU TO POSSESS!

Today's Prayer

Eternal God, our Father, please use my life to bless not just me but also my entire family through me. In The Name of Jesus, Amen.

Day 20 Friday, Jan 24th

Our Passage of Study

'And I have given you a land for which ye did not labour, and cities which ye built not, and ye dwell in them; of the vineyards and oliveyards which ye planted not do ye eat. Now therefore fear the LORD , and serve him in sincerity and in truth: and put away the gods which your fathers served on the other side of the flood, and in Egypt; and serve ye the LORD . '(Joshua 24:13-14 KJV)

God's Word For You Today: THE FLOOD GATES ARE NOW OPEN!

Today's Prayer

May the floodgates of the blessing of the Lord find my life and flood my family. In The Name of Jesus, Amen.

Day 21 Saturday, Jan 25th

Our Passage of Study

'And if it seem evil unto you to serve the LORD , choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD . '(Joshua 24:15 KJV)

God's Word For You Today: THE CHOICE IS YOURS!

Today's Prayer

Lord, I realize that my past money choices have not always been the best. I humbly ask you to give me the wherewithal to make better financial decisions with the money you have blessed me with so that my financial outlook will have your favor and blessing written all over it. In The Name of Jesus, Amen.

Day 22 Sunday, Jan 26th

Our Passage of Study

And let us not be weary in well doing for in due season we shall reap if you faint not. As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith (Galatians 6:9 KJV).

God's Word For You Today: OUR DUE SEASON IS NOW DUE!

Today's Prayer

Lord of heaven, there are times when I must admit that life gets the best of me. There are times when I feel angry, depressed, dejected, disgusted, and sometimes I even feel depleted to the point that I just want to give up. However, I know I do not sew and reap in the same season. God help me hold on. Give me the strength not to quit. And, if I'm too weak to hold on, let me have more of your strength so that I will not let go. Thank you, Lord, because your strength in me never gets weak, never wanes, and always works. In The Name of Jesus, Amen.

Join us for Family Night
BIBLE STUDY
Thursdays @ 6pm
IN PERSON IN KOINONIA HALL

zoom MEETING ID: 939 1449 7444 PASSCODE: 3920

Dr. John R. Adolph
SENIOR PASTOR

Greetings,

There is always so much happening here at Antioch, and I'm excited to share a few updates from my desk. As we continue to grow together in faith, I invite you to join me for some upcoming events that will enrich your spiritual journey. We have meaningful gatherings planned, including our weekly Wise Women Survive sessions, the first FLO Fireside Chat of 2025, and our much anticipated Women's Conference in April. These events are designed to uplift, encourage, and strengthen us as women of faith. I look forward to seeing each of you there as we come together for fellowship, prayer, and growth in Christ.



WISE WOMEN SURVIVE

We meet weekly on Saturdays via Zoom from 8 AM to 9 AM. These intentional and inspiring sessions include Bible study, praise reports, and prayer requests, all led by Lady Dorrie. To be added to the notification call list for Zoom details, please contact the church administration with your name and number.

FLO FIRESIDE CHAT

Save the date for Saturday, February 1, 2025, at 10 AM! The first FLO Fireside Chat of the year will take place on campus, offering spiritual nourishment, fellowship among women, prayer, testimonies, and delicious food. There may even be door prizes!

FOR LADIES ONLY CONFERENCE

Ladies, mark your calendars for an exciting event just for you! Join us for the Women's Conference on Friday, April 4th, and Saturday, April 5th. It will be a time of empowerment, inspiration, and connection. Stay tuned—ticket sales and more details are coming soon! We can't wait to see you there!

*" Ladies remember just as you are the apple of
HIS eye, you should keep GOD on your
mind always!*

*My brothers in the faith, GOD calls
you HIS mighty men of valor,
strive to please HIM and you will
stand mighty always! "*



by: Davis and Mary Darby

What is your story?

I began the Free Indeed program, starting with the "Crystal Clear" episode on April 4, 2024, and set three, six and nine month financial goals with my husband. At the outset, we had \$96,000 in debt, including eight credit cards, a truck note, a personal loan, and our mortgage.

Using Miss Felicia's guidance, we focused on paying off the smallest credit card first. Although we missed our three month goal, we achieved it by month four, consolidating \$19,000 in credit card debt along with the truck note and personal loan. This reduced our interest rate from 26-29% to 6.9%.

Within eight months, we paid off \$11,000, reducing our debt to \$85,000. We're now working to pay off a four-year note in two years and plan to redirect those savings toward accelerating our mortgage payoff.

Why and how did you change your habits?

I transformed my spending habits by embracing accountability and taking control of my finances. Instead of wondering where my money went, I began intentionally directing every dollar with purpose. This shift helped me create a clear financial plan, align my spending with my goals, and prioritize my financial well-being. By budgeting and tracking expenses, I became more aware of my spending patterns, enabling me to make informed decisions and stay on track.

What advice would you give any other church members considering joining the program of free indeed?

I highly encourage church members to consider joining the Free Indeed program. From my experience, it has been truly transformative. The insights and tools provided have greatly benefited me, and as I progress through episode 30, I can confidently say that each step has brought me closer to my financial goals. Taking this leap could be a game changer for your financial well-being.



by: The Leggington's

What's Your Story?

We both come from modest beginnings, so we felt it was important to ensure our children had everything they needed—and wanted. However, traveling across the country for travel sports, band performances, college expenses, and poor spending habits led to excessive debt. In hindsight, we struggled to say “no” when we should have.

How has the program helped you achieve your financial goals?

We're not quite there yet, but we've made significant progress! Free Indeed provides us with a clear focus and a target to aim for. By using the "Snowball" method, we found an effective system to accelerate our progress toward achieving our goal.

What advice would you give church members considering joining Free Indeed?

You should join as soon as possible! Don't let embarrassment or fear stop you from committing to this program. The truth is, most people could use some help with their finances—you're not alone. Why seek help elsewhere or pay for it when it's right here, offered by caring people, and completely free?

What valuable lesson have you learned since joining the program?

Staying financially aligned with your spouse is essential, and regular communication about all financial matters is a must. Most importantly, keep God at the center of your financial journey—you can't do it without Him!

Get

“ we struggled to say “no”
when we should have ”

DEBT

Free!



Adult Ministry of the year

by: terrance davis

What were some of the key accomplishments for your ministry this year?

As a grateful ministry leader, I am humbled by the incredible progress we've made in fulfilling all three of the church's core values. One of the most inspiring milestones has been the overwhelming growth in our team, expanding from just five dedicated volunteers to over 20 faithful individuals who serve with passion and commitment. Additionally, I am deeply thankful for the unwavering support of other ministries that join us every month, demonstrating a spirit of unity and willingness to serve. This collective effort has truly been a blessing and a testament to God's work through us.

Was there a particular project or event this year that stood out as a highlight? Why?

Father's Day was a memorable occasion as the men and several families enjoyed personalized haircuts from Ladi Barber. Pappy's food truck added a delicious touch to the celebration, and God blessed the sunny day with a special treat when an ice cream truck passing by provided free ice cream for everyone. On another occasion, we distributed bus passes, which were deeply appreciated. These passes provided those in need with the means to attend interviews, go to school, get to work, and handle everyday errands—opportunities many of us often take for granted.

What does receiving the Ministry of the Year recognition mean to you and your team?

For my team and me, it means that God can use even the least of us to achieve great things. I wasn't serving at all before, but now, together, we accomplish so much—from cooking and plating meals, distributing clothes, and using our personal vehicles for transport and setup, to those who pray for others. It's an honor to come together and love on people, living out Matthew 25:44-45: "Truly I tell you, whatever you did not do for one of the least of these, you did not do for me."

How has your ministry positively impacted the church and the community? Can you share any specific stories or examples?

The ministry provides the church with a meaningful way to give back and serve those who are less fortunate, teaching us to serve with compassion. One memorable moment was when a family in need arrived looking for shoes. Without hesitation, the team purchased shoes on the spot from a local store to meet their needs. When we shared the need for shoes on ATV, the church family responded with overwhelming generosity, donating so many pairs that we didn't even have enough space to store them all.



2024 Serve Award Nominees



Dorrie Adolph



Kennetha Alvarez



Chase Arceneaux



Crystal Boudreaux



Dale Boudreaux



Songa Briscoe



Jessica Brown



Louis Bryant



Albert Chargois



Eugenia Chargois



Erika Claiborne



Crystal Collins



Natasha Copes



Terrance Davis



Edreanna Fowler



Christan G. Goldman



Roderick Hadnot



Michael Howard

2024 Serve Award Nominees



Linda Jones



Doug Levias



Jamison Malbrough



Joseph Malbrough



Kim Malbrough



Loretta Martin-Davis



Yolanda Monroe



Albert Moore



Barry Nix



Renatta Rawlins



Devonya Ray



Landon Richard



Washeka Roy



Angela Senegal



Linda Sion



Musiqqa Tate



Edith Tims



Angela Vaughn



YOUTH MINISTRY of the year | by: rev. jamison malbrough

What are some of the key accomplishments for your ministry this year?

As a youth pastor, I am incredibly proud of the accomplishments we've achieved in the youth ministry this year. We've increased the number of youth actively serving in ministry roles and successfully relaunched the Antioch Youth Council, empowering young leaders to guide their peers post-COVID. To enhance engagement, we introduced an 8 AM worship service and launched a Thursday night Bible study, "Live Out Loud (LOL) Crown", providing three weekly opportunities for age-appropriate Christian learning and fellowship. Additionally, we implemented quarterly Christian Teacher Development training to equip our volunteers to meet the unique needs of today's youth. By incorporating more in-class activities and leveraging technology, we've fostered an engaging learning environment that connects youth with real world perspectives through a Christian lens.

Was there a particular project or event this year that stood out as a highlight? Why?

Our ministry has made a significant impact on the church and community through volunteer efforts such as Feed the Hungry, the Thanksgiving Giveaway, and the Christmas shopping spree. We've also taken part in some of the city's largest events, including our Annual Easter Egg Hunt and the most successful Fall Festival to date. These activities have not only enriched the community but also increased the church's visibility, contributing to a rise in new members, particularly families with children. The Fall Festival and Vacation Bible School were the youth ministry's largest events, successfully planned and executed. These community gatherings provided meaningful opportunities for discipleship and connection.

What does receiving the Ministry of the Year recognition mean to you and your team?

Being recognized as Youth Ministry of the Year is a testament to our dedication to training, educating children, team building, community outreach, and supporting families, including adults. This honor reflects the acknowledgment of our efforts by God, our Pastor, leadership, and peers. We give all glory and honor to God for the strength and ability to serve in the way we do!

What does receiving the Ministry of the Year recognition mean to you and your team?

We see God's hand at work in our ministry when children confidently talk about God in public, engage in conversations about Christ, and challenge their peers in their beliefs. It's equally inspiring to witness volunteers grow in faith as they are supported and encouraged to attend conferences, participate in Bible studies, and be spiritually nourished themselves.



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