

Miles Chapel Baptist Church
3911 Dickey Mill Road
Mebane, NC 27302

Project 52 Fast

Dear Family,

Grace and peace to you in the strong name of Jesus. As we step into a new season, we, as a congregation, are embarking on a 21-Day Fast, themed “Rebuilding the Walls,” based on the book of Nehemiah. Like Nehemiah, we see what’s broken, we feel it deeply, and, by God’s help, we will rise to build (Nehemiah 1:3–4; 2:17–18).

Fasting is not about impressing God; it’s about making room for Him. We humble ourselves, clear the clutter, and seek His face for renewal. We seek renewal personally, in our families, and in our church. Nehemiah prayed, wept, planned, and then worked with intention (Nehemiah 4:6). We’ll do the same.

Our Focus

Week 1 — Repent & Return (Neh 1–2)

- Prayer of confession (Neh 1:5–11; Psalm 51)
- Asking for favor and clear next steps

Week 2 — Rebuild & Resist (Neh 3–6)

- Unity in serving; courage in conflict (Neh 4:14; 6:3)
- Breaking patterns of discouragement and distraction

Week 3 — Revive & Rejoice (Neh 7–13)

- Renewal by the Word (Neh 8:1–10)
- Holy joy that strengthens the work: “The joy of the Lord is your strength.”

Daily Rhythm

1. **Scripture:** Read from these scriptures daily – Nehemiah, Isaiah 58, Psalm 51, and 2 Chronicles 7:14
2. **Pray:**
 - **Rebuild the Heart:** Clean hands, pure motives.

- **Rebuild the Home:** Reconciliation, wisdom, protection.
 - **Rebuild the House (Church):** Unity, generosity, evangelism, discipleship.
3. **Act:** One small obedience—encourage someone, give, serve, forgive, plan.

Corporate Gatherings

- **Sundays:** Corporate prayer of consecration at the altar.
- **Midweek:** Virtual Bible Study, Wednesday 6 pm
- **Final Day:** Thanksgiving service.

Our Request of God

- **Revive our devotion** (Word, prayer, holiness).
- **Repair relationships** (marriages, families, church unity).
- **Release resources** (vision, workers, finances for ministry).
- **Reach the lost** (bold witness, open doors, salvations).

And yes, expect resistance. When Sanballat mocks and Tobiah chirps, we'll answer like Nehemiah: **"I am doing a great work and cannot come down"** (Neh 6:3). Heads up, hearts steady, hands to the work.

Church, I believe we will emerge from these 21 days with clearer vision, cleaner hands, and stronger joy. The God who moved a king, rallied a people, and raised a wall will strengthen us too. **"The God of heaven will make us prosper, and we His servants will arise and build"** (Neh 2:20).

With love and expectation,

Scottie F. Torain, MDiv
Pastor

P.S. Keep a simple journal: "What is God rebuilding in me today?" Small bricks, stacked daily, make a mighty wall. Remember, **"The joy of the Lord is your strength"** (Nehemiah 8:10)

Project 52 Fast

January 5-25, 2025

21 Day Fast

Nehemiah 2:17 (NKJV)

“Then I said to them, ‘You see the distress that we are in, how Jerusalem lies waste, and its gates are burned with fire. Come and let us build the wall of Jerusalem, that we may no longer be a reproach.’”

Purpose: To strengthen our personal lives and our church family, enabling us to live out godly character with faith and consistency, even when circumstances are uncertain.

- Be intentional about devotion time daily
- Pray for the revelation of areas to change/improve in personal life
- Pray for the revelation of areas to change/improve in ministries

January 5th – 12th No Desserts, No Bread, No Soda

January 12th – 18th 9 am – 5 pm Liquids Only

5 pm – 9 am No Desserts, No Bread, No Fried Foods, No Soda

January 19th – 25th 6 am – 6 pm Liquids Only

6 pm – 6 am No Desserts, No Bread, No Soda, No Sweets, No Meats

Drink only: Water, 100% Juice, Herbal Tea, Milk, or Coffee;

NOTE: If you are sick and/or under medical care, taking medication(s), have a diagnosed medical condition, are pregnant or nursing, or are younger than 21, *please consult with a medical or parental authority before fasting or choose a non-food fast.* Miles Chapel Baptist Church is not responsible for any adverse effects of fasting under the above-mentioned conditions.

Selective Fast: Abstain from social media/TV/caffeine/sweets to redeem time for prayer.

*This fast is not designed to lose physical weight or pounds, but rather to lose the weight and sins that easily beset us.