



# St. James MISSIONARY BAPTIST CHURCH

“A Church With a Big Heart Where Everybody is Somebody”

Reverend Curtiss P. Smith, Pastor

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**TO:** The St. James Family

**SUBJECT:** Call to Fast - 21 Days of Fasting & Praying

As we move further into the year 2012 at St. James God has called us into the year of Discipleship. The operative word in discipleship is discipline. In an effort to unite us as a body and connect us as believers it will take all of us uniting in the spirit of Christ. I believe that with the attacks of the enemy on so many of us, the discipline of fasting is even more important. Fasting requires us to think more of God than of ourselves. It puts us in a position to rely totally and completely on our Lord. I am so excited about the future of this ministry and all of you. Our last corporate fast was a blessing to this body. We saw bodies healed, chains of depression, sickness, poor self-esteem and sin being broken. There was a deep reconciliation of humanity that found themselves back in the everlasting arms of Jesus Christ. It was a time of spiritual growth for St. James that could not be measured.

Therefore, I am declaring a “Call to Fast” among the St. James Body of Christ once again. We will enter into a 21-day fast referred to as the Daniel’s Fast. The fast will begin on March 11th and end on March 31st.

I ask that you...

- Be led by God knowing that He will provide the grace you need.
- Read your bible each day during the fast (reference the enclosed Topical Scripture Guide).
- Focus on the scriptures daily.
- Set aside daily prayer/devotion time.
- Pray for a unified body
- **if in question about your health, consult your physician to ensure you may participate in elements of this fast**

Genuine fasting (*read Isaiah 58*) will always cause us to examine our hearts to make sure everything is right with God first. Before we can exercise our outward authority, we must first effectively exercise it inwardly. Fasting is setting ourselves apart and centering our lives on God. God said, “*When you seek me with all your heart, I will be found by you*” (*Jeremiah 29:13, 14*). It is not just eating differently and expecting some supernatural results. Rather, fasting helps us focus more on God and His Word. **THROUGH FASTING, WE DECLARE AN ATTACK ON THE ENEMY NOW THROUGH OUR SACRIFICE BOTH INDIVIDUALLY AND CORPORATELY AS A BODY.**

### **Facts About The Daniel Fast (Daniel 10:1-3)**

#### **Foods You May 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, Oats, 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, Gingerroot, 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:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

**Foods to Avoid**

Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products Using It, Margarine, Shortening, High Fat Products

**Alternative to the Food Fast**

If you are unable to participate in the Daniel Fast, at least do a “no pleasantries fast.” Put aside the fulfillment of your physical appetites by laying aside something that you like or unnecessary things that entertain and satisfy the flesh. Examples include: TV, radio, internet, movies, shopping, phones, romantic novels, hobbies, desserts, candy, cigarettes, alcohol, fast food, etc.

**What Results Can We Expect from this Fast (Matthew 6:16-18)**

- A “One Accord” Ministry (Unity)
- Strengthening the Body of Christ (Power)
- New Anointing (Healing)
- Breakthroughs in Our Lives (Change)
- Prosperity (Growth)

**Suggestions Before You Start the Fast**

Before you start fasting, go to a quiet room, shut the door, sit down, and take some time to think about why you are fasting. Write your personal purposes down and tape them to your wall where you can see them every day.

**Remember: Your fast is as good as its purpose.**

From this experience, I believe our ministry will be elevated to a higher level pleasing unto God. I encourage each of you to participate and reap the benefits of fasting as a body. I’m really excited about where God is taking us ~ “The St. James Family” ~ and look forward to the gains to come!

In Christ,



Rev. Curtiss P. Smith  
Pastor  
Enclosure

## Topical Scripture Guide

### ABORTION

Psa. 139:13-16 Isa. 43:1 44:2, 24 49:1,5 64:8 Jer. 1:5

### AFFLICTION

Psa. 34:19 119:67, 71, 75 145:14 Prov. 24:10 Isa. 43:2 Rom. 8:28 II Cor.1:4 4:17-18 Heb. 4:15-16 I Pet. 5:6-9

### ALCOHOLISM

Prov. 20:1 23:20-21,29-32 31:4-6 Isa. 5:11 Luke 21:34 Rom. 13:13 Gal. 5:19-21

### ANXIETY

Psa. 34:17 55:22 Prov. 16:3 Isa. 26:3 43:2 Mat. 6:25-34 Luke 2:34 Phil. 4:6-7 Heb. 13:15 I Pet. 5:6-7

### BACKSLIDER

Prov. 11:20 14:14 Jer. 2:19 2 Pet. 2:20-21 (Restoration of) II Chron. 30:9 Psa. 32:1-5 145:14 Isa. 44:22 49:14-16 57:15-18 Jer. 3:12-15, 22 18:1-6 (Lost Sheep) Luke 15:4-7 (Prodigal Son) Luke 15:11-32

### BAPTISM

(Water) Mat. 3:13-16 28:19 John 3:5 Acts 2:38, 41 8:36-41 Rom. 6:4 Col. 2:12

### BIBLE

(Inspired By God) Gal. 1:11-12 II Tim. 3:16 II Pet. 1:21 (Irrevocable) Isa. 55:11 Mat. 5:18 Mark 13:31 Rev. 22:18-19 (Exhortation To Read & Obey) Deut. 12:28 Josh. 1:7-9 Psa. 119:11,18,105 Prov. 4:20-22 Mat. 4:4 John 5:39 Rom. 15:4 II Tim. 2:5 Rev. 1:3

### BORN AGAIN

John 1:12-13 3:3-7 I Pet. 1:22-23 I John 5:4

### CHASTENING

Job 5:17 Psa. 94:12-13 119:67, 71 Prov. 3:11-12 I Cor. 11:32 Heb. 12:5-11 Rev. 3:19

### CHILDREN

(Of Righteousness) Deut. 12:28 Psa. 103:17,18 Prov. 11:21 22:6 Isa. 44:3 54:13 57:18 (Training Of) Deut. 2:6-7 Prov. 13:24 19:18 22:6,15 23:13,14 Eph. 6:4 Col. 3:21

### DEATH

(Of Righteous) II Sam. 12:23 Psa. 23:4 116:15 Ecc. 12:7 Isa. 57:1-2 Luke 16:19-31 Acts 7:59 I Thes. 4:13-18 Rev. 14:13

### DEPRESSION

Psa. 9:9-10 31:22, 24 42:5,11 146:8 Isa. 35:3-4 50:10 Jer. 29:11-13 Heb. 12:12-13

### DISCOURAGED

II Chron. 15:7 Psa. 27:14 37:23-24 42:5,11 138:8 Prov. 24:16 Isa. 40:31 50:7 Mat. 11:28-30 I Cor. 15:58 Gal. 6:9 II Thes. 3:13 Heb. 4:15-16 Jas. 4:8

### DISEASE

(A Curse) Deut. 28:15, 22,27-28,35,45,59-61 (Christ Made Curse For Us) Gal. 3:13

### DIVORCE

Mat. 5:32 19:3-9 I Cor. 7:10-17, 20, 24 Mal. 2:16

### ENEMIES

(Attitude Toward) Prov. 24:17-18 Mat. 5:44-46 Luke 6:27-37 23:34 Acts 7:60 Rom. 12:14,19-21 (Protection Against) Ex. 14:14 Psa. 18:47-48 44:5-7 56:9 60:12 Prov. 16:7 Isa. 41:10-13 50:7-9

### ETERNAL LIFE

(Promised) John 3:15-16, 36 6:40, 47 10:27-37 I John 2:25 (We Can Know) I John 5:11-13

### FAITH

(Defined) Heb. 11:1 (Source) Rom. 10:17 12:3 Heb. 12:1,2 (To Be Exercised) Mat. 17:20 Rom. 1:17 II Cor. 5:7 Gal. 3:11 Heb. 10:38 11:6 Jas. 1:2-3 (Tested) Mat. 8:23-26 14:25-31 I Pet. 1:7-8 I John 5:4 (Honored) Mat. 9:20-22, 27-30 15:28 Mark 5:28-31 9:23 11:20-24 Luke 17:11-19 18:35-43 Acts 14:8-10 Heb. 11 Jas. 5:15

### FALSE DOCTRINES

Prov. 16:25 Mark 13:21-23 Gal. 1:8 Col. 2:8 I Tim. 4:1-3 II Pet. 2:1-2 I John 4:1-3

### FEAR

Psa. 27:1-6 34:4 Prov. 1:33 Isa. 35:3-4 41:10 Rom. 8:15 II Tim. 1:7 I John 4:18 (Of Future) Deut. 31:8 Psa. 23:6 27:4-5 112:1,7 121:7-8 Isa. 43:2 45:2-3 Heb. 13:6 I Pet. 3:12-13

### FORGIVENESS

(Of God To Man) Psa. 85:2 86:5 103:3,12 Isa. 1:18 43:25 Col. 2:13 Heb. 8:12 10:17 I John 1:9 (Of Man To Fellowmen) Mat. 6:14-15 18:21-22 Mark 11:25-26 Luke 17:3-4 Eph. 4:32 Col. 3:12-13

### GIVING

Deut. 15:11 Prov. 3:9-10 11:24-25 19:17 21:13 28:27 Mal. 3:10 Mat. 6:1-4 Luke 6:38 Rom. 12:8 I Cor. 16:1-2 II Cor. 9:6-12

### GUIDANCE

Deut. 31:8 Psa. 25:12 32:8 37:23 48:14 73:24 Isa. 30:21 42:16 45:2 58:11 Jer. 10:23 John 10:1-5 16:3

### GUILT

(Of Righteous) Psa. 31:22 138:8 Isa. 44:22 54:4-10 Rom.7:18-25 8:1-2 14:22 Phil. 1:6 3:13-14 Heb. 10:17 Jude 1:24-25

### HEALING

(Christ's Commission) Mat. 10:1, 7-8 Mark 4:13-14 16:14-20 Luke 9:1-2, 6 John 14:1 (Part Of Atonement) Isa. 53:5 Mat. 8:16-17 I Pet. 2:24 (Promised) Psa. 103:3 (Hindered By Unbelief) Mat. 13:54-58 17:14-20

### HOLY SPIRIT

(A Gift) Luke 11:13 Acts 2:38-39 (Accepted By Faith) Gal. 3:2 (Ministry of) Joel 2:28-29 John 14:26 15:26 16:7-14 Acts 1:8 Rom. 5:5 8:11,16, 26 I Cor. 2:10-14 II Cor. 3:17 II Pet. 1:21 (Fruits of) Gal. 5:22-23 (Gifts Of) Rom. 12:5-8 I Cor. 12:4-1

### HUMILITY

Prov. 15:33 18:12 22:4 Isa. 57:15 66:2 Mat. 20:26-28 Luke 14:11 Jas. 4:6,10

### JESUS

(Prophecy Of) Isa. 7:14 9:6 Chap. 53 (Preexistence Of) John 1:1-3 8:58 17:5 Col. 1:15-17 (Divinity Of) Mat. 1:18-25 John 1:14 Chap. 17 (Humanity of) Mark 6 Luke 22:44 24:40-43 John 4:6 11:35 Phil. 2:5-8 Heb. 4:15 (Ministry of) Mat. 3:11 5:17 18:11 20:28 Luke 4:18-19 John 3:16-17 Gal. 1:3-4 I Tim. 1:15 Heb. 2:14 I John 3:5, 8 (Second Coming) Mat. 24:30 Acts 1:11 I Thes. 4:16-17 Dan. 7:13 (Signs Of) Mat. 24:3-13 Luke 17:26-37 II Tim. 3:1-5 II Thes. 2:1-4 II Pet. 3:3-10

### LOVE

(Defined ) I Cor. 13 (God's Love) John 3:16 16:27 Rom. 5:8 I John 4:8-19 (Our Love To God) Deut. 10:12 Prov. 8:17 Mat. 10:37 22:36-40 John 14:21-24 I Cor. 16:22 (To Fellowmen) Luke 6:31-34 John 13:34-35 Rom. 13:8-10 I Tim. 2:24-25 Gal. 5:14 I Pet. 3:8 4:8 I John 3:11-23 4:20-21

### NEEDS

(Material) Deut. 30:9-10 Psa. 23:1 37:4-5, 25 84:11 Isa. 41:17-20 Jer. 32:17, 27 Mat. 6:25-34 Phil. 4:19 Heb. 13:5-6 (Spiritual) Deut. 4:29 Psa. 37:4-6 Prov. 10:24 Isa. 44:3 55:1 Jer. 29:11-13 Mat. 5:6 John 6:35 Heb. 4:16 Jas. 4:8

### OBEDIENCE

(To God) Deut. 11:26-28 I Sam. 15:22 Isa. 48:18 Jer. 7:23 John 14:15,21 Acts 5:29 I John 2:3-6 rev. 22:14 (To Those In Authority) Mat. 2:17-21 Rom. 13:1-7 Col. 3:22-24 Titus 3:1 I Pet. 2:13-20 4:17 (To Parents) Eph. 6:1 Col. 3:20

### OCCULT

Lev. 19:31 20:27 Deut. 18:10-12 I Chron. 10:13-14 II Chron. 33:6 Isa. 8:19 Jer. 27:9 I Tim. 4:1-4 Rev. 21:8

### PATIENCE

Psa. 37:7 40:1 Rom. 5:3-5 12:10-12 Phil. 4:11 Heb. 6:12 10:35-36 Jas. 1:3-4 5:7-8 II Pet. 1:5-9

### PEACE

Psa. 119:165 Isa. 26:3 32:17 48:18 John 14:27 16:33 Rom. 8:8 Phil. 4:5-8

### PERSECUTION

Isa. 51:12-13 21-23 Jer. 20:11 Mat. 5:10-12 Rom. 8:35-39 12:14 II Cor. 12:10 II Tim. 3:12

### PRAISE

Psa. 22:3 34:1 50:23 100:4 Prov. 27:21 Isa. 42:8 42:21 Heb. 13:15 I Pet. 2:9

### PRAYER

(Admonished) Psa. 50:15 Isa. 55:6-7 Jer. 29:12-13 33:3 Mat. 6:5-8 26:41 Luke 18:1 Luke 21:36 I Thes. 5:17 I Tim. 2:8 Phil. 4:6-7 (Answers - Conditional) Mat. 18:19 21:21-22 Mark 9:23 11:21-24 John 9:31 15:7 Heb. 11:6 Jas. 1:6-8 I John 3:21-22 5:14-15 Job 42:10 (Unanswered) Psa. 66:18 Prov. 28:9 Isa. 1:11-15 Isa. 59:1-2 John 9:31 I Pet. 4:12 (Answers Delayed) Dan. 10:12-13 Psa. 42:5 62:5 Isa. 30:18 40:31 50:7 Lam. 3:25-26 Hab. 2:3 Heb. 10:36 (Hindered) I Pet. 3:7

### PRIDE

Deut. 8:10-18 I Chron. 29:11-12 Prov. 6:16-19 11:2 16:18 29:23 Jer. 9:23-24 Mat. 5:3,5 6:1-4 20:26-27 Luke 14:11 I Cor. 4:7 Jas. 4:6 I Pet. 5:5-6

### PROSPERITY

(Of Righteous) Deut. 28:1-14 Jos. 1:7-9 I Sam. 2:7 I Chron. 29:12 Psa. 112:1-3 III John 2 (Of Wicked) Psa. 37:7 73:3-12,17 Prov. 24:19-20 28:13 Ecc. 8:11 Mal. 3:13-18 4:1-2 Rom. 9:17-24 I Tim. 5:24

### PROTECTION

Psa. Chapters 91 & 121 Prov. 3:24-26 29:25 Isa. 43:2 59:19 Jer. 15:20-21 Psa. 7:10

### REWARDS

(According To Works) II Chron. 15:7 Psa. 58:11 Isa. 40:10 Jer. 17:10 Mat. 16:27 Mark 9:41 Luke 6:35 I Cor. 3:8, 13-15 Gal. 6:7, 9 Col. 3:24-25 Heb. 10:36 11:16 Rev. 20:12 22:12

### SALVATION

(A Gift) Rom. 6:23 Eph. 2:8-9 II Tim. 1:9 (By Repentance & Confession) Mat. 3:1-2 Mat. 10:32-33 Luke 15:10 Acts 2:38-39 3:19 Rom. 2:4 10:9-10 II Pet. 3:9 I John 1:9 (Assurance Of) Mark 13:13 John 3:16 5:24 10:27-28 Rom. 8:1 I Pet. 1:3-5 I John 2:25 5:13 Rev. 3:20-21

### SEXUAL SINS

(Adultery-Fornication) Ex. 20:14 Prov. 6:32-33 Mal. 3:5 Mat. 5:27-28,32 I Cor. 6:15-18 Gal. 5:16-21 Jas. 4:4 (Perversion) Rom. 1:24-32 I Cor. 6:9-10 Eph. 5:5 Rev. 21:8

### SLEEP

Psa. 3:5 4:8 121:3 127:2 Prov. 3:24

### SORROW

Psa. 30:5 126:5-6 127:2 Ecc. 7:3 Isa. 35:10 Mat. 5:4 Rev. 21:4

### STRENGTH

Deut. 33:25 Psa. 31:24 105:4 Prov. 24:10 Isa. 40:28-31 II Cor. 12:9-10 Phil. 4:13

### SUFFERING

Rom. 8:16-18 I Cor. 12:25-27 II Tim. 2:12 3:12 I Pet. 2:19-20 4:12-16,19

### TEMPTATION

Mark 14:38 I Tim. 6:9-10 Jas. 1:13-15 (Christ Tempted) Mat. 4:1-11 Heb. 2:18 4:15 (Trials-Testings) I Cor. 10:13 Jas.1:2-4, 12 I Pet. 1:6-7 4:12-13 II Pet. 2:9

### THANKFULNESS

Psa. 50:14 100:4 105:1 Eph. 5:20 Phil. 4:6-7 Col. 3:15,17 IThes. 5:18 Heb. 13:15

### THOUGHTS

Psa. 1:1-2 Prov. 16:3 23:7 Isa. 55:8-9 Mal. 3:16 Mat. 6:25-34 Phil. 4:8 Heb. 4:12

### TRUTH

John 8:31-32 14:6 16:13 II Tim. 2:15 I John 4:5-6

### UNPARDONABLE SIN

(Attributing Power of Holy Spirit To Satan) Mark 3:28-29

### UNSELFISHNESS

Prov. 21:13 19:17 Ecc. 11:1 Rom. 15:1 Gal. 6:2 Phil. 2:3-4 I Thes. 5:14 Heb. 13:2-3

### VENGEANCE

Deut. 32:35, 43 Prov. 20:22 24:29 Luke 18:7-8 Rom. 12:17-29 Heb. 10:30

### WISDOM

(Godly) II Chron. 1:7-12 Psa. 111:10 Prov. 2:6-11 3:13-18 4:5-9 16:16 Dan. 2:20-23 Luke 21:15 I Cor. 3:18-20 Jas. 1:5-7