

THE FAST TRACK

21 DAYS OF PRAYER,
PURPOSE, AND POWER

NOV. 4-25

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THE GREATER ALLEN A.M.E.
CATHEDRAL OF NEW YORK

REV. STEPHEN A. GREEN, PASTOR

Dear Family,

WELCOME TO THE FAST TRACK

Fasting is a powerful, ancient spiritual discipline that helps us draw closer to God through self-denial. In Matthew 17:21, Jesus challenges His disciples, saying, "These things can only come through prayer and fasting." Now, in this critical moment for our community, church, and country, we must seek the spiritual discipline and wisdom that only God can provide to guide us forward.

Over the next twenty-one days, I invite you to join me in prayer three times daily at 7:00 a.m., 12:00 p.m., and 8:00 p.m. During this time, may you grow closer to God through meditation and reflection on our daily themes. Additionally, I encourage you to read a chapter of the Gospel of John each day. As you embark on this journey, prayerfully discern the type of fast to undertake, and consult a physician if needed.

ABSOLUTE FAST

- Abstain from Food, Water Only (7am - 7pm)
- Eat Fruits, Vegetables, Whole Grains, and Fish (7pm - 7am)

MODIFIED FAST

- Abstain from Meats, Sweets, and Bread
- Eat Fruits, Vegetables, Whole Grains, Fish, and Limited Poultry

PARTIAL FAST

- Abstain from Social Media, (Unnecessary) TV, Online Shopping

We will come together as a church family to break our fast on **Monday, November 25, 2024**, with a **Thanksgiving Worship Service at 7:00 p.m.** Then, on **Sunday, December 1, 2024**, we will celebrate **First Fruit Sunday** and offer our **Fast Track Pledge** as a sacrificial gift unto God.

As we embark on this journey together, prepare your soul, mind, and body for a transformative encounter with God. Be intentional with your time: pray, write, read, reflect, and watch God move in your life each day.

In the spirit of Ubuntu,

Reverend Stephen A. Green
GAC Pastor

21 DAYS OF PRAYER

Join Pastor Green and GAC
for 21 minutes of Prayer at
7am, 12pm, and 8pm.

21 DAYS OF PURPOSE

Spend moments of
meditation with God through
music, reflection, and acts of
service.

21 DAYS OF POWER

Embrace the power of God
through the word of God by
reading a chapter of the
Gospel of John daily.

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VISION

Scripture: Habakkuk 2:2

"Then the Lord answered me and said: Write the vision; make it plain on tablets, so that a runner may read it."

Reflection Question: What is the vision that God has for your life?

Read: John 1

NOV. 5

JUSTICE

Scripture: Micah 6:8

"He has told you, O mortal, what is good, and what does the Lord require of you but to do justice and to love kindness and to walk humbly with your God?"

Reflection Question: What does it mean to "do justice"?

Read: John 2

NOV. 6

HEALING

Scripture: Jeremiah 17:14

"Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise."

Reflection Question: What areas of your life need healing?

Read: John 3

NOV. 7

UNITY

Scripture: Psalm 133:1

"How very good and pleasant it is when kindred live together in unity!"

Reflection Question: What does it look like to "live together in unity"?

Read: John 4

NOV. 8

DISCIPLINE

Scripture: 2 Timothy 1:7

"For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline."

Reflection Question: How do you stay disciplined?

Read: John 5

NOV. 9

YOUTH AND CHILDREN

Scripture: Mark 10:13-16

"People were bringing little children to Jesus for him to place his hands on them, but the disciples rebuked them. When Jesus saw this, he was indignant. He said to them, 'Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.'"

Reflection Question: How can we uplift young people in our lives?

Read: John 6

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LEADERSHIP

Scripture: Luke 12:48

"From everyone to whom much has been given, much will be required; and from the one to whom much has been entrusted, even more will be demanded."

Reflection Question: How do you handle the responsibility of leadership?

Read: John 7

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SENIORS

Scripture: Isaiah 46:4

"Even to your old age and gray hairs, I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you."

Reflection Question: How can you honor the elders in your life?

Read: John 8

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CLIMATE

Scripture: Psalm 24:1

"The earth is the Lord's and all that is in it, the world, and those who live in it."

Reflection Question: How can you contribute to caring for God's creation today?

Read: John 9

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COMPASSION

Scripture: Colossians 3:12

"As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience."

Reflection Question: How can you show compassion to someone today?

Read: John 10

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FAMILIES

Scripture: Joshua 24:15

"But as for me and my household, we will serve the Lord."

Reflection Question: How can you strengthen your family's relationship with God?

Read: John 11

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MENTAL HEALTH

Scripture: Philippians 4:6-7

"Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Reflection Question: How can you nurture your mental well-being through faith?

Read: John 12

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JOY

Scripture: Nehemiah 8:10

"Do not grieve, for the joy of the Lord is your strength."

Reflection Question: How can you bring joy into someone else's life?

Read: John 13

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PEACE

Scripture: Matthew 5:9

"Blessed are the peacemakers, for they will be called children of God."

Reflection Question: How can you be a peacemaker today?

Read: John 14

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LOVE

Scripture: 1 Corinthians 13:13

"And now faith, hope, and love abide, these three; and the greatest of these is love."

Reflection Question: How can you demonstrate God's love to others?

Read: John 15

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HOPE

Scripture: Romans 15:13

"May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit."

Reflection Question: Where do you find hope during difficult times?

Read: John 16

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FORGIVENESS

Scripture: Ephesians 4:32

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you."

Reflection Question: Who do you need to forgive today?

Read: John 17

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PERSEVERANCE

Scripture: James 1:3-4

"Because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."

Reflection Question: How can you persevere through challenges today?

Read: John 18

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PATIENCE

Scripture: Galatians 6:9

"So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up."

Reflection Question: How can you practice patience today?

Read: John 19

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FAITH

Scripture: Hebrews 11:6

"And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him."

Reflection Question: How can you stretch your faith today?

Read: John 20

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GENEROSITY

Scripture: Luke 6:38

"Give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back."

Reflection Question: What are some ways that you can extend your generosity to others?

Read: John 21



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