

HOPEWELL NORTH EAST 15TH YEAR CORPORATE FAST

D21

PRAYER & FAST

START DATE: SATURDAY • JANUARY 3, 2026
 END DATE: SATURDAY • JANUARY 24, 2026

HNE THEME FOR 2026
RICH
 ROOTED • INCREASED • COVERED • HEALED
 PROVERBS 10:22 KJV

“LORD, MAKE US RICH IN 2026”

HOPEWELL NORTH EAST - GRAYSON, GA
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 HOPEWELLNORTHEAST.ORG

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R.I.C.H.

Rooted • Increased • Covered • Healed

The blessing of the LORD, it maketh rich, and he addeth no sorrow with it.
Proverbs 10:22 KJV

“Lord, Make Us Rich in 2026”

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RICH 21-Day Fast Schedule

Please check with your physician before fasting.

The prayer line will be open every day at 12 noon (339.207-7200)

Opening of the Fast

Saturday, January 3, 2026

- Opening Prayer: 11:45 PM — Sat, Jan. 3, 2026. Conference line (339.207-7200)
- Daniel Fast Begins Immediately After Midnight

Daily Fasting Schedule

Sunday, January 4, 2026

- Daniel Fast Meals (All Day)
- Prayer of Consecration during Sunday service

Monday, January 5, 2026

- Liquids Only (All Day). Water, 100% veggie and fruit juices.

Tuesday, January 6, 2026 – Saturday, January 24, 2026

- Daniel Fast (Daily): Fruits, vegetables, whole grains, nuts, seeds, water, natural juices, etc. No meat.
- Optional: If meat is desired, fish may be included for one meal. (No seafood allowed)

Closing of the Fast

- End-of-Fast Prayer: 11:45 PM — Sat., Jan. 24, 2026. Conference line (339.207-7200)
- Fast Ends at Midnight (12:00 AM — Sunday, January 25, 2026)

Sunday, January 25, 2026 (Worship Service)

- End-of-Fast Prayer & Celebration Service

Opening Statement and Guideline

Hello , HNE Family and Friends.

Thank you for joining us on our annual fast. This is our 15th corporate fast and the Lord has done great things.

This year's fast aligns with our vision statement for 2026: "Lord Make Me Rich in 2026." As we enter these 21 sacred days of fasting and consecration, we do so with expectation, humility, and a deep desire to experience the fullness of God. This year's theme—RICH—is not about earthly wealth, but about becoming spiritually enriched in every area of our lives. The inspiration is taken from Proverbs 10:22 The blessing of the LORD, it maketh rich, and he addeth no sorrow with it.

Over the next three weeks, we will intentionally posture our hearts to become:

- Rooted in Christ
- Increased in faith, wisdom, and obedience
- Covered by God's presence and protection
- Healed in our minds, bodies, and souls

This fast is an invitation to slow down, seek God, and surrender distractions so we can hear His voice clearly. We encourage you to:

1. Commit Fully
2. Choose your fast with sincerity. Whether Daniel Fast, partial fast, or another Spirit-led sacrifice, honor it before the Lord.
3. Pray Daily
4. Use the daily scriptures, declarations, and devotionals to guide your time with God. Set aside intentional moments for prayer, reflection, and journaling.
5. Stay Connected
6. Engage with your church family. If you are not a member of HNE, we thank you again for joining us in our corporate fast. Attend services, join prayer calls, and encourage someone else on this journey.
7. Expect Transformation

8. Fasting is not about deprivation—it is about revelation. Believe that God will speak, shift, restore, and renew.
9. Guard Your Atmosphere
10. Limit negativity, distractions, and unnecessary noise. Fill your environment with worship, scripture, and peace.

As your pastors, we are fasting with you, praying over you, and believing God for a supernatural breakthrough. May these 21 days mark the beginning of a **RICH** year—rich in purpose, rich in clarity, rich in joy, rich in God.

Let's Do It! Pastors Blanding.

Opening Prayer

Heavenly Father,

We come before You at the start of this 21-day journey with open hearts and surrendered spirits. We thank You for calling us into a season of consecration, renewal, and spiritual enrichment. Lord, as we embark on this RICH fast, we ask that You root us deeply in Your Word, increase our faith, cover us with Your presence, and heal every place in our lives that needs Your touch.

Father, align our desires with Your will. Strengthen us to lay aside every distraction and every weight that competes for our attention. Let this fast sharpen our hearing, purify our motives, and draw us closer to You than ever before.

We pray for supernatural discipline, divine encounters, and fresh revelation. Let Your Spirit rest on every home, every family, and every person participating. Break chains, open doors, restore joy, and release clarity. Make us RICH in You—rich in love, rich in peace, rich in wisdom, rich in purpose.

We dedicate these 21 days to You. Have Your way in us. Transform us from the inside out. And may the fruit of this fast remain long after these days are over.

In Jesus' mighty name, Amen.

We love you. Pastor Gerard and Pastor Veta

Why HNE Enters a 21-Day Annual Fast

Each year, our church sets aside 21 days to seek God with intentional focus, humility, and unity. This church was and is built on the foundation of prayer. Before we opened our physical doors, we knew, without a shadow of a doubt, that prayer would make them open. The foundation of prayer has kept us, it has sustained us, but some things come only by fasting and prayer. We fast because Scripture teaches that consecration positions God's people to hear His voice, receive His direction, and walk in His power. By denying ourselves and drawing closer to Him, we create space for spiritual clarity, renewed strength, and fresh anointing.

This annual fast is not a ritual — it is a sacred rhythm. It aligns our hearts with God's will, purifies our motives, and strengthens our faith. As a church family, we fast to:

- Honor God with our first fruits, giving Him the beginning of our year
- Pursue deeper intimacy through prayer, worship, and the Word
- Break strongholds and invite God's transforming power into every area of our lives
- Unify our church body, believing together for and in God's promises
- Prepare ourselves for the assignments, blessings, and victories God has ordained for the year ahead
- To stay holy, reverent, and thankful
- To experience signs, miracles and wonders
- Guidance in building not numbers but lives
- To embrace this community that surrounds us

We enter this 21-day fast with expectation, believing that as we seek God first, He will reveal Himself, renew us, and release His purpose in our lives and in our church.

My Personal Expectation for the “RICH” 21-Day Fast

Please read the example below. Write your own words.

As I enter this 21-day RICH Fast, I do so with a heart that is open, surrendered, and full of expectation. I believe that God is going to meet me in a personal and powerful way. Over these next days, I am positioning myself to be Rooted, Increased, Covered, and Healed in every area of my life.

I expect God to speak clearly, to reveal His will, and to strengthen my spiritual foundation. I am believing for growth — in wisdom, in faith, in discipline, and in the fruit of the Spirit. I expect God to increase my hunger for His Word, my passion for prayer, and my sensitivity to His voice.

I am trusting God to cover me and my family — spiritually, emotionally, mentally, and physically. I expect divine protection, supernatural peace, and renewed strength. I am believing for healing in every place where I have been wounded, weary, or worn down. I expect restoration, breakthrough, and transformation.

During this fast, I am laying down distractions, excuses, and anything that competes with God’s presence. I am choosing focus, discipline, and obedience. I am expecting God to do something new in me — something lasting, something deep, something that will shape the rest of my year.

I enter this fast with faith, anticipation, and confidence that God will make me RICH in 2026 — Rooted, Increased, Covered, and Healed.

If you agree, shout Amen.

Prayer of Commitment

“Lord, as I commit to this fast, purify my heart, renew my mind, strengthen my spirit, and draw me closer to You. Reveal Your will, break every chain, and let this fast produce lasting fruit in my life. Amen.”

Sign Your Name: _____

Items Needed for This Fast

✓ Items Needed for This Fast — Worksheet

Use this worksheet to prepare your heart, your tools, and your environment for a focused and fruitful 21-day fast.

JOURNAL

- I have a journal dedicated to this fast
- I will document reflections and revelations
- I will track answered prayers
- Notes: _____

PRAYER WORKSHEET (go to last pages)

PRAYER PARTNER

- I have chosen a prayer partner
- We will share this fast with others
- We will pray together regularly
- We will encourage one another
- We will share testimonies and breakthroughs

Name: _____

MEAL & SNACK PLANNING

- I have planned out my meals for the fast
- I have healthy snacks prepared
- I have reviewed the food guidelines
- I have shopped for what I need
- I am prepared to stay disciplined
- Notes: _____

PRINTED COPY OF THIS FAST

- I have printed the full fast guide
- I will keep it somewhere visible
- I will highlight key points
- I will use it daily

DETERMINATION & COMMITMENT

- I am committed to following the daily assignments.

- I will stay consistent in prayer.
- I will avoid distractions.
- I will give God my best effort.
- I will commit to improving my prayer life, my financial health, my physical health, my spiritual health, and my emotional health.
- I will finish strong.
- Personal Commitment Statement: _____

DANIEL FAST
Noon Day Prayer
SECTION

Daily Scripture for Noon-Day Prayer

RICH Intercessory Prayer Schedule

Please join us daily for our Noon prayer call. We want to thank all the intercessors and leaders who will lead us in prayer daily.

The number is 339.207-7200. Please do not announce yourself when you enter the call, and please mute the phone. The prayer calls will last for 15 minutes each day.

This year, we are giving you the noonday scripture and assignment in advance. This is a guideline to help us prepare and be on one accord in prayer. We understand that some cannot join at noon. Please stop during the day and follow the prayer guidelines. We have included the daily scriptures and instructions.

Let's Pray!!!

21-Day Noon-day Prayer Schedule

Rooted • Increased • Covered • Healed

WEEK 1 — ROOTED (Days 1–5) Establishing foundation, identity, and spiritual stability.

DAY 1 — Rooted in God's Presence

Scripture: Psalm 1:1–3

Prayer: "Lord, plant me where You want me and make me fruitful."

Action: 10 minutes of silent stillness before God.

DAY 2 — Rooted in Identity

Scripture: Ephesians 2:10

Prayer: "Reveal who I am in You."

Action: Write 5 lies you've believed and replace them with the truth.

DAY 3 — Rooted in the Word

Scripture: Joshua 1:8

Prayer: "Give me hunger for Your Word."

Action: Read one full chapter of Proverbs.

DAY 4 — Rooted in Obedience

Scripture: John 15:7–8

Prayer: "Strengthen my willingness to obey quickly."

Action: Identify one area where God has been nudging you — obey today.

DAY 5 — Rooted in Purpose

Scripture: Jeremiah 29:11

Prayer: "Align my steps with Your plan."

Action: Write a purpose statement for this fast.

WEEK 2 — INCREASED (Days 6–10) Increase in faith, wisdom, capacity, and spiritual authority.

DAY 6 — Increased Faith

Scripture: Hebrews 11:6

Prayer: "Grow my faith beyond my comfort."

Action: Believe God for one "impossible" thing.

DAY 7 — Increased Wisdom

Scripture: James 1:5

Prayer: "Give me divine insight and clarity."

Action: Ask God one specific question and journal the answer.

DAY 8 — Increased Capacity

Scripture: Isaiah 54:2

Prayer: "Stretch me without breaking me."

Action: Declutter one area of your life (physical or emotional).

DAY 9 — Increased Favor

Scripture: Psalm 90:17

Prayer: "Let Your favor rest on my work."

Action: Send an encouraging message to someone who needs favor.

DAY 10 — Increased Strength

Scripture: Isaiah 40:31

Prayer: "Renew my strength for the journey."

Action: Take a 20-minute walk while meditating on the scripture.

WEEK 3 — COVERED (Days 11–15) Covered by God’s protection, grace, and spiritual armor.

DAY 11 — Covered by God’s Protection

Scripture: Psalm 91

Prayer: “Cover me and my family under Your wings.”

Action: Pray Psalm 91 aloud over your home.

DAY 12 — Covered by Grace

Scripture: 2 Corinthians 12:9

Prayer: “Let Your grace strengthen my weakness.”

Action: Identify one area where you need grace — surrender it.

DAY 13 — Covered by the Blood

Scripture: Revelation 12:11

Prayer: “I apply the blood of Jesus over my life.”

Action: Reflect on the Lord’s Supper.

DAY 14 — Covered by Community

Scripture: Ecclesiastes 4:9–10

Prayer: “Send the right people into my life.”

Action: Reach out to a spiritual friend or mentor.

DAY 15 — Covered by God’s Armor

Scripture: Ephesians 6:10–18

Prayer: “Clothe me in Your armor daily.”

Action: Verbally put on each piece of armor.

WEEK 4 — HEALED (Days 16–21) Healing of the heart, mind, body, relationships, and past.

DAY 16 — Healed in the Heart

Scripture: Psalm 147:3

Prayer: “Heal every broken place in me.”

Action: Write a letter to God about what hurts.

DAY 17 — Healed in the Mind

Scripture: Romans 12:2

Prayer: "Renew my thoughts and patterns."

Action: Replace one negative thought with a biblical truth.

DAY 18 — Healed in the Body

Scripture: Isaiah 53:5

Prayer: "Let Your healing flow through my body."

Action: Drink water and ask God to let it be healing in your body.

DAY 19 — Healed in Relationships

Scripture: Colossians 3:13

Prayer: "Give me the grace to forgive."

Action: Release someone in prayer — even if you don't speak to them.

DAY 20 — Healed from the Past

Scripture: Isaiah 43:18–19

Prayer: "Break every cycle and open new doors."

Action: Throw away or delete something symbolic of an old season.

DAY 21 — Healed and Made Whole

Scripture: Luke 8:48

Prayer: "Make me whole in every area."

Action: Write a testimony of what God has done during these 21 days.

Daniel Fast Guidelines & Scriptures

1. PURPOSE OF THE DANIEL FAST

- To draw closer to God
- To quiet the flesh and strengthen the spirit
- To seek clarity, breakthrough, and direction
- To practice discipline and obedience
- To reset spiritually, mentally, and physically

Scriptures: Daniel 1:8, Daniel 10:2–3, Isaiah 58:6–11, Matthew 6:16–18

2. WHAT YOU MAY EAT (Allowed Foods)

- Fruits: fresh, frozen, dried (no added sugar)
- Vegetables: fresh, frozen, steamed, roasted
- Whole Grains: brown rice, quinoa, oats, barley, whole-grain pasta
- Legumes: beans, lentils, chickpeas, peas
- Nuts & Seeds: almonds, walnuts, cashews, sunflower seeds, chia, flax
- Healthy Oils: olive, coconut, avocado (sparingly)
- Beverages: water only, herbal teas (unsweetened), fresh juices (optional)

3. WHAT YOU MAY NOT EAT (Foods to Avoid)

- Animal Products: meat, poultry, fish, eggs, dairy
- Sweeteners: sugar, syrups, artificial sweeteners
- Processed Foods: chips, fast food, packaged snacks, preservatives
- Leavened Bread: white bread, pastries, baked goods
- Fried Foods: no deep-fried items
- Beverages: no coffee, soda, alcohol, energy drinks

4. DAILY SPIRITUAL PRACTICES

- Morning and evening prayer
- Daily Scripture reading
- Journaling reflections

- Worship and gratitude
- Silence and stillness
- Acts of kindness
- Limiting distractions

Scriptures: Psalm 63:1, Joshua 1:8, Romans 12:1–2, Galatians 5:16

5. SAMPLE DAILY STRUCTURE

- Morning: prayer, scripture, water or herbal tea
- Midday: light meal, devotional moment
- Evening: prayer walk, journaling, scripture meditation

6. SCRIPTURES FOR EACH WEEK

WEEK 1 — CONSECRATION & RESET: Daniel 1:8, Psalm 51:10, Romans 12:1, James 4:8, Psalm 139:23–24

WEEK 2 — STRENGTH & SPIRITUAL GROWTH: Isaiah 40:31, Galatians 5:16–25, Ephesians 3:16–19, Hebrews 12:1–2, John 15:1–8

WEEK 3 — BREAKTHROUGH & CLARITY: Daniel 10:12, Isaiah 58:6–11, Jeremiah 33:3, Proverbs 3:5–6, Habakkuk 2:1–3

7. REMINDERS DURING THE FAST

- Keep meals simple
- Drink plenty of water
- Focus on God, not food
- If you slip, reset and continue
- Expect spiritual resistance and reward

21 Daniel Fast Snack Ideas

1. Fresh Fruit
2. Raw Veggies
3. Nuts (unsalted)
4. Seeds (pumpkin, sunflower, chia, flax)
5. Homemade Trail Mix (nuts + seeds + unsweetened dried fruit)
6. Apple Slices with Almond Butter

7. Banana with Natural Nut Butter
8. Hummus with Veggies
9. Air-Popped Popcorn (olive oil + sea salt)
10. Roasted Chickpeas
11. Baked Sweet Potato Fries
12. Avocado Slices
13. Fruit Smoothie (no sweeteners)
14. Plain Rice Cakes with Avocado or Nut Butter
15. Steamed Edamame
16. Homemade Salsa with Veggie Sticks
17. Guacamole with Cucumber Slices
18. Baked Plantain Slices
19. Oatmeal Cups (oats + fruit + nuts)
20. Frozen Grapes or Berries
21. Dates or Unsweetened Dried Fruit

21 Sample Daniel Fast Foods & Meals

1. Oatmeal with Fresh Fruit & Nuts
2. Vegetable Stir-Fry
3. Lentil Soup
4. Baked Sweet Potatoes
5. Brown Rice & Steamed Vegetables
6. Chickpea & Spinach Curry
7. Fresh Fruit Salad
8. Black Bean & Corn Bowl
9. Quinoa Vegetable Bowl
10. Whole Fruit Smoothie
11. Roasted Vegetables
12. Hummus with Raw Veggies
13. Avocado & Tomato Salad
14. Bean Chili (No Meat)
15. Stuffed Bell Peppers
16. Whole Grain Pasta with Marinara
17. Apple Slices with Almond Butter
18. Cucumber & Tomato Bowl

- 19. Sautéed Greens
- 20. Baked Potato with Veggie Toppings
- 21. Rice & Lentil Pilaf

NOTES AND GROCERY LIST:

**PARTIAL FAST
AND
SPIRITUAL FAST
SECTION**

If You Cannot Physically Fast

We recognize that some individuals may be unable to participate in the physical aspects of fasting due to medical conditions, age, pregnancy, medication requirements, or other health-related needs. Your well-being matters deeply, and there is no condemnation for honoring the body God has entrusted to you.

Fasting is *ultimately* about the posture of the heart, not about restricting food. Even if you cannot fast physically, you can fully participate in this 21-day journey by choosing intentional acts of consecration that draw you closer to God. Consider engaging in one or more of the following:

- - Set aside daily time for prayer and Scripture reading. Follow the activities and assignments of this fast.
- - Limit or eliminate social media, television, or entertainment
- - Fast from negative speech, complaining, or distractions
- - Commit to a daily gratitude practice
- - Choose a personal sacrifice (sweets, shopping, unnecessary spending, etc.)
- - Join the church in corporate prayer times and services
- - Focus on acts of kindness, service, and generosity

Your participation is just as meaningful and powerful. God honors every sacrifice made with sincerity, whether it involves food or another area of discipline. What matters most is that we seek Him together, with unified hearts, as we pursue being Rooted, Increased, Covered, and Healed during this 21-day fast.

PARTIAL FAST

Ways to Fast While Still Eating Regular Meals (for children and medical conditions).

This plan is designed for Children and for adults who cannot restrict their diets. We listed different types of fasts that accommodate health restrictions and children.

Please note that if you can, follow the Daniel Fast. Don't cheat yourself if you can follow Daniel's Fast guideline.

1. "No Extras" Fast

- Keep regular meals but eliminate sweets, fried foods, fast food, bread, sugary drinks, and snacks.

2. Portion-Control Fast

- Eat normal foods (nothing fried, and as natural as possible) but reduce portion sizes.
- Skip seconds.
- Avoid snacking between meals.
- Eat slowly and mindfully.

3. Add Daniel-Style Elements

- Eat normal meals but add more vegetables, whole grains, and water.
- Include one Daniel-style meal per day.

4. Elimination Fast

- Give up one category for 21 days (meat, dairy, caffeine, sugar, processed foods, eating out).

5. Distraction Fast (Food + Lifestyle)

- Keep meals but fast from social media, TV, shopping, secular music, or phone scrolling.

Partial Fast Con't

Sample Daily Meal Ideas

Breakfast

- Oatmeal with fruit
- Eggs with spinach
- Smoothie with greens
- Whole-grain toast with peanut butter

Lunch

- Grilled fish with vegetables
- Salad with beans or lean protein
- Leftovers from dinner

Dinner

- Baked or grilled fish with vegetables
- Stir-fry with brown rice
- Soup and salad
- Wheat pasta with vegetables and fish

Snacks (if allowed)

- Fruit
- Nuts
- Yogurt
- Veggies and hummus

Closing Statement

Fasting is about consecration, not starvation. You can fully participate while still eating regular meals by choosing discipline, sacrifice, and intentional focus on God.

ACTIVITIES FOR CHILDREN

Fun Activities for Children During the 21-Day Fast

(See the Partial Fast portion for food ideas)

Prayer & Praise Art Time

- Children draw or paint what they are praying for.
- Create "Thank You God" posters.
- Make a "God is..." collage.

Daily Kids Devotional Moments

- Short, simple scriptures each day.
- Decorate scripture cards.
- Use a "Verse of the Day Treasure Box."

Prayer Walk Adventures

- Walk around the neighborhood or church campus.
- Pray for families, teachers, and friends.
- Create a "Prayer Scavenger Hunt."

Worship Dance Party

- Play upbeat worship songs.
- Let kids dance and celebrate God.
- Create a simple praise routine.

Kindness Challenge

- One act of kindness each day.
- Make cards, help with chores, share toys.
- Track progress on a Kindness Chart.

Bible Story Movie Nights

- Watch kid-friendly Bible movies.
- Ask: "What did this story teach you about God?"

Fasting Journal for Kids

- Write or draw one thing learned each day.
- Add stickers for motivation.

Build-a-Bible-Scene with Blocks or Legos

- Recreate scenes like Noah's Ark or the Red Sea.

Blessing Bags Outreach Project

- Assemble small bags with notes and items.

Family Prayer Circle

- Share thankfulness and pray together.
-

STUDIES SECTION

Thank you for reading all of the guidelines for the fast.

This section is the beginning of your daily scripture, studies, homework assignments, and journal notes.

Let's Get Started!!!

Becoming Rich According to Proverbs 10:22

Theme Scripture

“The blessing of the Lord makes rich, and He adds no sorrow with it.” — Proverbs 10:22

WEEK 1 — ROOTED

“Lord, root me in Your Word, Your will, and Your wisdom.”

Focus:

- Build spiritual foundation
- Remove distractions
- Strengthen your relationship with God
- Daily Practices:
 - Read one chapter of Proverbs daily
 - Pray for wisdom
 - Fast from negativity, complaining, and fear
 - Journal what God reveals

Goal: Become rooted in God’s truth so you can receive His blessing.

WEEK 2 — INCREASED

“Lord, increase my capacity, discipline, and stewardship.”

- Focus:
 - Godly increase
 - Financial wisdom
 - Discipline and stewardship
- Daily Practices:
 - Pray for an increase in wisdom, discipline, and opportunities
 - Review your finances with God. If you need financial counsel, please reach out. The goal is for you to live as close to a stress-free life from financial worry as possible.
 - Fast from unnecessary spending

- Practice generosity daily

Goal: Prepare your life for the kind of increase God can trust you with.

WEEK 3 — COVERED & HEALED

“Lord, cover me and heal every place that blocks Your blessing.”

- Focus:
 - Protection
 - Healing
 - Breaking cycles
 - Emotional and spiritual renewal
- Daily Practices:
 - Pray for healing in your mind, heart, and habits
 - Fast from anything that steals peace
 - Forgive anyone you need to release
 - Declare Proverbs 10:22 daily

Goal: Remove sorrow, stress, and spiritual blockages so God’s blessing can flow freely.

Daily Declaration

“The blessing of the Lord makes me rich, and He adds no sorrow with it.”

What RICH Means in This Fast

- R — Rooted: Rooted in God’s Word, wisdom, and ways.
- I — Increased: Increased in faith, discipline, stewardship, and opportunity.
- C — Covered: Covered by God’s protection, peace, and presence.
- H — Healed: Healed from anything that blocks God’s blessing.

How You Become Rich According to Proverbs 10:22

- You become rich by receiving God’s blessing, not by striving.
- You become rich by living righteously and wisely.
- You become rich in a way that brings no sorrow, stress, or regret.
- You become rich when you acknowledge God as the source.

Daily Guideline for 21 Days

The Do's of Becoming "RICH" Daily
Rooted • Increased • Covered • Healed

WEEK 1 — ROOTED (Days 1–7)

Day 1 — Rooted in Identity

- Focus: Who God says I am
- Scripture: Ephesians 1:3–14
- Prayer: "Lord, uproot every false identity."

Day 2 — Rooted in the Word

- Focus: Returning to Scripture
- Scripture: Psalm 1
- Prayer: "Give me hunger for Your Word."

Day 3 — Rooted in Christ

- Focus: Christ as foundation
- Scripture: 1 Corinthians 3:11
- Prayer: "Stabilize every shaky place."

Day 4 — Rooted in Love

- Focus: Love as the anchor
- Scripture: Ephesians 3:17–19
- Prayer: "Expand my capacity to love."

Day 5 — Rooted in Obedience

- Focus: Saying yes to God
- Scripture: John 14:15
- Prayer: "Make my heart quick to obey."

Day 6 — Rooted in Community

- Focus: Unity and connection
- Scripture: Acts 2:42–47
- Prayer: "Plant me where I can grow."

Day 7 — Rooted in Purpose

- Focus: Calling and assignment
- Scripture: Jeremiah 1:5
- Prayer: "Reveal the next step."

WEEK 2 — INCREASED (Days 8–14)**Day 8 — Increased Faith**

- Focus: Believing God again
- Scripture: Hebrews 11
- Prayer: "Stretch my faith."

Day 9 — Increased Wisdom

- Focus: Divine strategy
- Scripture: James 1:5
- Prayer: "Give me wisdom for decisions."

Day 10 — Increased Capacity

- Focus: Strength for the assignment
- Scripture: Isaiah 54:2
- Prayer: "Enlarge my territory."

Day 11 — Increased Favor

- Focus: Open doors
- Scripture: Psalm 90:17
- Prayer: "Position me for favor."

Day 12 — Increased Generosity

- Focus: Giving as worship
- Scripture: 2 Corinthians 9:6–8
- Prayer: "Make me a cheerful giver."

Day 13 — Increased Influence

- Focus: Impact and witness
- Scripture: Matthew 5:14–16
- Prayer: "Use my life to draw others."

Day 14 — Increased Joy

- Focus: Joy as strength
- Scripture: Nehemiah 8:10
- Prayer: "Restore the joy of my salvation."

WEEK 3 — COVERED & HEALED (Days 15–21)**Day 15 — Covered by God's Presence**

- Focus: Dwelling in Him
- Scripture: Psalm 91
- Prayer: "Let Your presence be my refuge."

Day 16 — Covered by Grace

- Focus: Freedom from shame
- Scripture: Romans 8:1
- Prayer: "Clothe me in grace."

Day 17 — Covered by Peace

- Focus: Anxiety, fear, and worry
- Scripture: Philippians 4:6–7
- Prayer: "Guard my heart and mind."

Day 18 — Healed in the Heart

- Focus: Emotional wounds
- Scripture: Psalm 147:3
- Prayer: "Heal the broken places."

Day 19 — Healed in the Body

- Focus: Physical healing
- Scripture: Isaiah 53:5
- Prayer: "Release Your healing power."

Day 20 — Healed in Relationships

- Focus: Forgiveness and reconciliation
- Scripture: Colossians 3:12–14
- Prayer: "Restore what was broken."

Day 21 — Healed to Be Whole

- Focus: Wholeness and renewal
- Scripture: 3 John 1:2
- Prayer: "Make me whole in every area."

THE DON'TS OF BECOMING "RICH"

21 Day Guideline . What Keeps Us From Being “Rich” The Don’ts

WEEK 1 — WHAT KEEPS YOU FROM BEING ROOTED

Day 1 — A Shallow Foundation

- Barrier: Inconsistency in prayer and the Word
- Scripture: Matthew 7:24–27
- Prayer Focus: “Lord, deepen my foundation.”
- Breakthrough: Stability and spiritual maturity.

Day 2 — Double-Mindedness

- Barrier: Wavering between God and the world
- Scripture: James 1:6–8
- Prayer Focus: Single-minded devotion.
- Breakthrough: Confidence and clarity.

Day 3 — Identity Confusion

- Barrier: Believing lies about who you are
- Scripture: John 8:44
- Prayer Focus: Rejecting false labels.
- Breakthrough: Identity rooted in Christ.

Day 4 — Misplaced Purpose

- Barrier: Pursuing goals God never assigned
- Scripture: Proverbs 19:21
- Prayer Focus: Realignment with God’s plan.
- Breakthrough: Purpose clarity.

Day 5 — Selective Obedience

- Barrier: Doing what’s convenient instead of what’s commanded
- Scripture: 1 Samuel 15:22
- Prayer Focus: Full obedience.
- Breakthrough: Divine favor.

Day 6 — Weak Faith

- Barrier: Trusting circumstances more than God

- Scripture: Mark 9:24
- Prayer Focus: "Lord, strengthen my faith."
- Breakthrough: Bold belief.

Day 7 — Lack of Love

- Barrier: Unforgiveness, bitterness, or emotional walls
- Scripture: 1 John 4:20
- Prayer Focus: A heart softened by God.
- Breakthrough: Freedom and restored relationships.

WEEK 2 — WHAT KEEPS YOU FROM BEING INCREASED

Day 8 — Ignoring Wisdom

- Barrier: Rejecting counsel or correction
- Scripture: Proverbs 12:1
- Prayer Focus: Teachability.
- Breakthrough: Divine insight.

Day 9 — Mental Turmoil

- Barrier: Anxiety, fear, and overthinking
- Scripture: Philippians 4:6–7
- Prayer Focus: Peace of mind.
- Breakthrough: Mental rest.

Day 10 — Weariness

- Barrier: Spiritual burnout
- Scripture: Galatians 6:9
- Prayer Focus: Strength to endure.
- Breakthrough: Renewed energy.

Day 11 — Limited Capacity

- Barrier: Old wineskins, small thinking
- Scripture: Matthew 9:17

- Prayer Focus: Expansion.
- Breakthrough: Greater capacity.

Day 12 — Lack of Favor Awareness

- Barrier: Not recognizing God’s open doors
- Scripture: Revelation 3:8
- Prayer Focus: Discernment of opportunities.
- Breakthrough: Walking in divine favor.

Day 13 — Poor Discernment

- Barrier: Confusion about God’s voice
- Scripture: John 10:27
- Prayer Focus: Hearing God clearly.
- Breakthrough: Spirit-led decisions.

Day 14 — Fruitlessness

- Barrier: Busyness without productivity
- Scripture: John 15:2
- Prayer Focus: Pruning and alignment.
- Breakthrough: Fruit that remains.

WEEK 3 — WHAT KEEPS YOU FROM BEING COVERED & HEALED

Day 15 — Stepping Out of God’s Presence

- Barrier: Neglecting intimacy with God
- Scripture: Psalm 91:1
- Prayer Focus: Dwelling, not visiting.
- Breakthrough: Divine covering.

Day 16 — Self-Reliance

- Barrier: Trying to protect yourself instead of trusting God
- Scripture: Proverbs 3:5–6
- Prayer Focus: Surrender.

- Breakthrough: Supernatural protection.

Day 17 — Shame and Condemnation

- Barrier: Believing you're too flawed for grace
- Scripture: Romans 8:1
- Prayer Focus: Receiving grace fully.
- Breakthrough: Freedom from guilt.

Day 18 — Toxic Thought Patterns

- Barrier: Negative, unbiblical thinking
- Scripture: 2 Corinthians 10:5
- Prayer Focus: Mind renewal.
- Breakthrough: Mental healing.

Day 19 — Emotional Wounds

- Barrier: Unhealed trauma or heartbreak
- Scripture: Psalm 34:18
- Prayer Focus: Emotional restoration.
- Breakthrough: Wholeness.

Day 20 — Undisciplined Habits

- Barrier: Flesh-led living
- Scripture: Galatians 5:17
- Prayer Focus: Self-control.
- Breakthrough: Spiritual discipline.

Day 21 — Fear of the Future

- Barrier: Doubting God's plans
- Scripture: Jeremiah 29:11
- Prayer Focus: Trust in God's future for you.
- Breakthrough: Hope and confidence.

Closing Prayer

“Lord, reveal and remove every barrier that keeps me from being spiritually RICH. Make me rooted, increased, covered, and healed. Transform me from the inside out. Amen.”

21

DAILY

DECLARATIONS

21 Daily Declarations — Becoming RICH in God

Remember to make a daily declaration.

A declaration is a spoken affirmation that expresses faith, intention, or belief. When you make a daily declaration, you are actively aligning your thoughts and words with God's promises, which can help reinforce hope, confidence, and spiritual growth. Declarations serve as reminders of truth and help you focus on the positive outcomes God desires for your life.

Day 1 — I Am Rich in God's Presence: I declare that God's presence is my greatest treasure and I walk in it daily.

Day 2 — I Am Rich in Faith: I declare that my faith is growing, strengthening, and producing supernatural results.

Day 3 — I Am Rich in Wisdom: I declare that God fills me with divine wisdom for every decision I make.

Day 4 — I Am Rich in Peace: I declare that the peace of God rules my heart and mind in every situation.

Day 5 — I Am Rich in Mercy: I declare that I freely receive and freely give mercy, just as God has given it to me.

Day 6 — I Am Rich in Grace: I declare that God's grace empowers me to do what I cannot do on my own.

Day 7 — I Am Rich in Love: I declare that I love deeply, forgive quickly, and walk in unity with others.

Day 8 — I Am Rich in Purpose: I declare that I am aligned with God's purpose and walking boldly in my calling.

Day 9 — I Am Rich in Strength: I declare that I am strong in the Lord and empowered by His Spirit.

Day 10 — I Am Rich in Obedience: I declare that I joyfully obey God, and my obedience unlocks blessings.

Day 11 — I Am Rich in Generosity: I declare that I am a cheerful giver, and God supplies seed to me continually.

Day 12 — I Am Rich in Joy: I declare that joy overflows in me and strengthens every part of my life.

Day 13 — I Am Rich in Hope: I declare that my hope is anchored in God and cannot be shaken.

Day 14 — I Am Rich in Revelation: I declare that God reveals mysteries, strategies, and answers to me daily.

Day 15 — I Am Rich in Courage: I declare that I walk boldly, fearlessly, and confidently in God's promises.

Day 16 — I Am Rich in Healing: I declare that I am healed, whole, restored, and walking in divine health.

Day 17 — I Am Rich in Provision: I declare that God supplies all my needs and positions me for overflow.

Day 18 — I Am Rich in Integrity: I declare that my character honors God and attracts His favor.

Day 19 — I Am Rich in Influence: I declare that God enlarges my territory and increases my impact.

Day 20 — I Am Rich in Transformation: I declare that I am being renewed, refined, and reshaped into Christ's image.

Day 21 — I Am Rich in Every Spiritual Blessing: I declare that I walk in the fullness of God's promises, lacking nothing.

Closing Declaration

"We are RICH — Rooted, Increased, Covered, and Healed. We walk in God's abundance, spiritual maturity, and divine purpose. We receive the fullness of God's promises."

**DAILY HOMEWORK
ASSIGNMENT
(PLEASE COMPLETE)**

21 Days of RICH Homework Assignments

Rooted • Increased • Covered • Healed

The homework assignments are good. Please stick to it daily. If you miss a day, go back and grab it. This will help you stay focused on your outcome. Remember, a fast is not a food deprivation, it's a life-changing revelation. Let's do it!!!

WEEK 1 — ROOTED (Days 1–5)

Day 1 — Rooted in Identity

- - Write a paragraph describing who God says you are (use scripture).
- - Identify one lie you've believed and replace it with truth.

Day 2 — Rooted in the Word

- - Read Psalm 1 and journal 3 ways you can "delight in the law of the Lord."
- - Choose one verse to memorize this week.

Day 3 — Rooted in Obedience

- - Identify one area where God has been nudging you to obey.
- - Write a simple action plan to respond today.

Day 4 — Rooted in Prayer

- - Spend 15 minutes in uninterrupted prayer.
- - Write down what distractions you noticed and how you can reduce them.

Day 5 — Rooted in Purpose

- - Write your personal purpose statement in one sentence.
- - List 3 habits that support that purpose.

WEEK 2 — INCREASED (Days 6–10)

Day 6 — Increased Faith

- - Write down one area where you need God to stretch your faith.
- - Find a scripture that speaks directly to it.

Day 7 — Increased Wisdom

- - Read Proverbs 3.
- - Write 5 decisions you need God's wisdom for this year.

Day 8 — Increased Capacity

- - Identify one thing you need to stop doing and one thing you need to start doing.
- - Pray for strength to follow through.

Day 9 — Increased Generosity

- - Perform one act of generosity today (time, encouragement, service, or giving).
- - Journal how it made you feel.

Day 10 — Increased Expectation

- - Write a bold prayer request.
- - Write what you believe God can do and what you believe God will do.

WEEK 3 — COVERED (Days 11–15)

Day 11 — Covered by Grace

- - Write about a moment when God covered you even when you didn't deserve it.
- - Thank Him in prayer.

Day 12 — Covered in Prayer

- - Pray for 5 people who need God's covering.
- - Send one of them a message of encouragement.

Day 13 — Covered in Community

- - Identify someone you need to reconcile with or check on.
- - Take one step toward connection.

Day 14 — Covered in Worship

- - Spend 10 minutes in worship (no requests, just gratitude).
- - Write 10 things you're grateful for.

Day 15 — Covered in Strength

- - Identify a spiritual weakness.

- - Write a scripture that strengthens that area.

WEEK 4 — HEALED (Days 16–21)

Day 16 — Healed in Mind

- - Write down 3 recurring negative thoughts.
- - Replace each with a scripture-based affirmation.

Day 17 — Healed in Heart

- - Journal about a hurt you've been carrying.
- - Pray specifically for emotional healing.

Day 18 — Healed in Body

- - Choose one healthy action today (walk, hydrate, rest, stretch).
- - Reflect on how your body feels afterward.

Day 19 — Healed in Relationships

- - Identify one relationship that needs healing.
- - Write a prayer for that person and for yourself.

Day 20 — Healed in Purpose

- - Reflect on a past failure that God used for growth.
- - Write how it shaped your calling.

Day 21 — Healed and Whole

- - Write a testimony of what God has done during the fast.
- - Identify one spiritual discipline you will continue after the fast.

Closing Statement and Prayer

Closing Statement for the RICH Fast

As we come to the close of this 21-Day RICH Fast, we do so with hearts full of gratitude, expectation, and renewed strength. Over these past days, God has rooted us deeper in His Word, increased our faith and discipline, covered us with His protection, and begun healing places we didn't even know needed His touch. We finish this fast, not in our own power, but in the blessing of the Lord that makes us rich and adds no sorrow with it.

We declare that what God has started in us during this fast will continue far beyond these 21 days. The clarity, discipline, peace, and spiritual hunger we have gained will carry us into the rest of this year. We leave this fast, stronger, wiser, more focused, and more surrendered. We step into the future believing that God will make us RICH—Rooted, Increased, Covered, and Healed—in every area of our lives.

Closing Prayer for the RICH Fast

Father, in the name of Jesus, we thank You for meeting us during this 21-day journey. Thank You for every revelation, every moment of strength, every answered prayer, and every quiet whisper of Your Spirit. Thank You for rooting us in Your Word, increasing our faith, covering us with Your presence, and healing us in the deep places.

Lord, we seal every breakthrough, every victory, and every transformation that has taken place. Let nothing be stolen, reversed, or diminished. Establish our steps, strengthen our discipline, and keep our hearts sensitive to Your voice.

As we end this fast, we do not end our pursuit of You. Let the blessing of the Lord rest upon us—rich in wisdom, rich in peace, rich in purpose, rich in faith, rich in favor, and rich in every spiritual gift You have assigned to our lives.

Cover our families, our church, our leaders, and every person who participated.

Let Your blessing go before us, surround us, and follow us. Make us living testimonies of Proverbs 10:22: "The blessing of the Lord makes rich, and He adds no sorrow with it."

We declare that the best is ahead, the door is open, and the blessing is released. In Jesus' name, Amen.

PRAYER JOURNAL

Section

(Make Copies)

People and Situations I Will Pray For — Checklist Worksheet

Use this list to stay intentional about praying for others throughout the fast. Add names as the Holy Spirit brings them to your heart.

✓ **FAMILY**

- Spouse
- Children
- Parents
- Siblings
- Extended family
- Family members who need salvation
- Family members who need healing
- Family members who need restoration
- Myself

Names: _____

✓ **FRIENDS & LOVED ONES**

- Close friends
- Friends going through hardship
- Friends who need direction
- Friends who need breakthrough

Names: _____

✓ **CHURCH & MINISTRY**

- Pastors
- Leaders
- Intercessors
- Worship team
- New believers
- Members struggling spiritually
- Members believing God for miracles

Names: _____

✓ **WORKPLACE / SCHOOL**

- Coworkers
- Supervisors
- Students
- Colleagues facing challenges
- People who need encouragement

Names: _____

✓ **COMMUNITY & BEYOND**

- Neighbors
- Local leaders
- National leaders
- Those in need
- Those battling sickness
- Those who don't know Christ

Names: _____

✓ **SPECIAL PRAYER ASSIGNMENTS**

- Divine connections
- People God places on my heart unexpectedly
- Individuals I'm believing for breakthrough
- People I'm interceding for daily

Names: _____

Prayer Journal — Daily Page

Make copies and use the format below for your prayer journal.

DATE I PRAYED:

PERSON OR SITUATION I'M PRAYING FOR:

SCRIPTURE I'M STANDING ON:

MY PRAYER FOR TODAY:

WHAT I FELT GOD SAYING / REVEALING:

DAY GOD ANSWERED:

WHAT GOD DID:

- _____
- _____
- _____

HOW THE ANSWER CAME:

- _____
- _____

MY RESPONSE (PRAISE, GRATITUDE, TESTIMONY):

- _____
- _____
- _____

FOLLOW-UP / NEXT STEPS:

- Continue praying
- Share testimony with prayer partner
- Record in "Answered Prayers" section
- Encourage the person I prayed for
- Add related scriptures

NOTES:

Prayer Request Tracking Sheet

Date Asked	Prayer Request	Answered <input type="checkbox"/>	Not Answered Yet <input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

Hopewell North East – Weekly Activities

Sunday

Intercessory Prayer – 8:15 AM

Sunday School (All Ages) – 9:00 AM

Sunday Worship Services: Adult, Youth, Nursery – 10:00 AM

Monday

Discipleship Classes – 7:00 PM (via Zoom)

Tuesday

Noon Day Bible Study

Next Level Bible Classes – 7:00 PM (via Zoom)

Young Adult Bible Study – 7:00 PM (2nd & 4th Tuesdays)

Wednesday -7:00 PM

Wednesday Night Bible Study

Wednesday Youth Activities -7:00 PM

- Emmanuel Dance Ministry
- Dissertation (Young Men, 5th–12th Grade)
- Resuscitation (Young Ladies, K5–12th Grade)

Thursday-7:00 PM

Student Praise Team

Adult Praise Team

Men's Praise Team

Choir

Monthly

Marriage Ministry Prayer Line – Every 1st & 3rd Sunday at 6:00 pm. 339.207-7200

Next Generation Youth Intercessory Prayer Ministry – 4th Saturday at 6:00 PM (via Zoom). Please email us at info@hopewellnortheast.org to receive the link.

For all Church and Ministry activities. Visit us at hopewellnortheast.org.

Click on the "Events" button and view our calendar.

HNE — We Need You.

If you are not involved in a ministry, **get involved today.**
Be intentional about growing through all of the available
Christian Education classes.

Your learning matters.

Your gifts matter.

Your presence matters.

YOU make a difference.

**Visit our website at hopewellnortheast.org. Click the
“Get Involved” button to view the list of ministries.**

Learning while Serving will make your life **RICH — Rooted,
Increased, Covered, and Healed.**

@

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