



RALEIGH NORTH
CHRISTIAN CENTER

21

DAYS

FASTING
& PRAYER



JAN 5 - JAN 25



*****All meals will need to be eaten before 8:00pm*****

*****No more than TWO meals per day*****

Foods You May Include During the 21-Day Fast:

Vegetables
Fresh Fruit
Legumes
Whole Grains
Eggs
Real butter
Olive oil
Real/raw dairy products
Water
Natural teas
Black coffee

All natural seasonings include, but are not limited to, sea salt, black pepper, garlic powder, onion powder, paprika, etc.

VEGETABLES: These can be fresh, frozen, dried, or juiced. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, 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, etc.

ALL LEGUMES: These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

WHOLE GRAINS: Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, whole wheat pasta, oatmeal

FRESH FRUIT

NUTS & SEEDS: Including but not limited to sunflower seeds, cashews, peanuts, and sesame. Also, nut butters, including peanut butter.



Things To Avoid During the Fast:

NO MEAT including fish

- **NO CORN, CORN MEAL, OR POPCORN**
- **ALL NON-QUALITY OILS:** Including but not limited to vegetable oil, seed oils (grape, sesame, etc), and peanut oil.
- **ALL SUGAR and SWEETENERS:** Including but not limited to sugar, raw sugar, honey, syrups, molasses, date honey, agave, stevia, and cane juice.
- **ALL BREADS:** Including Ezekiel bread and baked goods.
- **ALL REFINED AND PROCESSED FOOD PRODUCTS:** These include but are not limited to artificial flavorings for additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.
- **ALL DEEP-FRIED FOODS:** Including but not limited to potato chips, French fries, corn chips, etc.
- **BEVERAGES:** No sugary drinks, carbonated beverages, store-bought juices, or alcohol.
- **NO FAST FOOD**
- **NO FRIED OR FLOURED FOOD**



2026 Prayer Targets

“Joshua said to the people, “Consecrate yourselves, for tomorrow the Lord will do wonders among you.” Joshua 3:5

When should we pray?

- 6:30am, 12:00noon, and 6:30pm.
- Set an alarm to pray throughout the day.
- We encourage you to pray with a friend, loved one, or family during the designated prayer times.
- Access the fast playlist to help set an atmosphere of worship throughout the day.

2 Chronicles 7:14

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”



JOIN US EVERY MONDAY
DURING THE FAST FOR A
CORPORATE KICKOFF
PRAYER CALL.

PHONE: 857-357-0254
CODE: 250730

JAN. 5

JAN. 12

JAN. 19

WEEK	PRAYER TARGET
WEEK 1 Jan 5-11	<ul style="list-style-type: none"> • RNCC First Family & Congregation • Personal Prayer Targets
WEEK 2 Jan 12-18	<ul style="list-style-type: none"> • RNCC New Campus • Personal Prayer Targets
WEEK 3 Jan 19-25	<ul style="list-style-type: none"> • United States of America • Personal Prayer Targets



2026 Prayer Targets

Week 1: Jan 5-11: Raleigh North Christian Center Families

- **Unity, Healthy Communication, Collaboration, and Love (know us by the love we have for one another)**

"A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples if you have love for one another." - John 13:34-35

- **All RNCC members walk in health and prosper in spirit, soul & body**
- **Families and marriages prosper and experience healing**
- **Debt freedom, financial prosperity, and favor**

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." - 3 John 1:2

- **Every generation at RNCC actively grows in God and matures in the Christian faith.**

"Therefore know that the Lord your God, He is God, the faithful God who keeps covenant and mercy for a thousand generations with those who love Him and keep His commandments." - Deuteronomy 7:9

"For the Lord is good; His mercy is everlasting, And His truth endures to all generations." Psalm 100:5

"And His mercy is on those who fear Him From generation to generation." - Luke 1:50

- **That we would consistently and proactively hear the Word of God & apply it**

"But be doers of the word, and not hearers only, deceiving yourselves." - James 1:22

- **Revived and renewed in God**

"But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint." Isaiah 40:31



2026 Prayer Targets

Dr. Chapman, Lady Chapman, & First Family

- **Blessed with wisdom and guidance in decision-making**

*“The one who gets wisdom loves life; the one who cherishes understanding will soon prosper.”
Proverbs 19:8*

“For the Lord giveth wisdom: out of his mouth cometh knowledge and understanding. He layeth up sound wisdom for the righteous: he is a buckler to them that walk uprightly. He keepeth the paths of judgment, and preserveth the way of his saints.” - Proverbs 2:6-8

- **Blessed as they do marriage and ministry together**

“So they are no longer two, but one flesh. Therefore, what God has joined together, let no one separate.” - Matthew 19:6

- **Favored**

*“Surely, Lord, you bless the righteous; you surround them with your favor as with a shield.”
Psalm 5:12*

“May the favor of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands.” Psalm 90:17

- **Covered spiritually, physically, and financially**

“So that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, 11 being strengthened with all power according to his glorious might so that you may have great endurance and patience, 12 and giving joyful thanks to the Father, who has qualified you[a] to share in the inheritance of his holy people in the kingdom of light.” - Colossians 1:10-12

- **Walk in total healing**

“But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds, we are healed.” - Isaiah 53:5

“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 The one who calls you is faithful, and he will do it.” - 1 Thessalonians 5:23-24



2026 Prayer Targets

Week 2: Jan 12-18: New Campus

“Those from among you shall build the old waste places; you shall raise up the foundations of many generations, you shall be called the Repairer of the breach, the Restorer of streets to dwell in.” - Isaiah 58:12

A Moment of Praise for Answered Prayers:

- RNCC was able to purchase 30+ acres in Raleigh in CASH.
- City of Raleigh permit approved in 2025 for Mass Grading and Administrative Site Plans.
- The land purchase was contingent on approval of the rezoning and comprehensive plan with the City of Raleigh. To purchase this land, we were required to get support from the city’s planning committee and legislative approval from the City council members and the Mayor. God moved that mountain and gave us a 7 out of 8 majority vote!
- We received favorable and agreed-upon terms with the city of Raleigh regarding the comprehensive plan amendment, rezoning, and site plan for our future church campus.
- The new land is optimal and fully buildable for our new campus.
- We have adapted our campus design for the new site.
- We are a competent project management team.

Prayer Targets:

- Expedited site plan approvals with the city of Raleigh.
- Favor with site grading cost. May the actual costs come in lower than budgeted.
- We will see the blessing of the Lord in the soil of every acre we own at Blue Run Lane.
- New construction will be **on time and under budget** with favor and integrity from all project contractors.
- We will move into our new RNCC campus completely **DEBT FREE!**
- 100% New Campus Fund participation by RNCC members and friends.
- Favor with banks, financial partners, and the city of Raleigh as we build



2026 Prayer Targets

Week 3: Jan 19-25: United States of America

- **Unity within our nation: President Trump and Vice President Vance, Governor Josh Stein, and local government officials, including city & county commissioners.**
"I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought." - 1 Corinthians 1:10

- **That righteousness and justice prevail in local, state, and national positions of all three branches of government.**
"Righteousness and justice are the foundation of your throne; love and faithfulness go before you. Blessed are those who have learned to acclaim you, who walk in the light of your presence, Lord." - Psalm 89:14-15

- **That God's grace and mercy continue to cover and protect the United States of America and heal our land.**
"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." - 2 Chronicles 7:14

*"Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments."
Deuteronomy 7:9*