

## HOW TO PARTICIPATE

### PRAYER TIMES:

Monday–Friday:  
7 PM in the Sanctuary

Saturday  
7 AM in the Sanctuary

### FASTING DETAILS:

Choose a fast that  
works for you

*(E.G., FULL, PARTIAL, OR DANIEL FAST).*

### ENCOURAGEMENT:

Pray daily with the  
provided scriptures.

Journal reflections and  
revelations during the fast.

## CONTACT & SOCIAL MEDIA



**HOPE WEBSITE**  
HOPECATHEDRAL.COM



**YOUTUBE**  
@HOPECATHEDRAL



**INSTAGRAM**  
@HOPECATHEDRAL



**FACEBOOK**  
@HOPECATHEDRAL



**TIKTOK**  
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732-928-9072



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contact@hopecathedral.com



**Address:**  
46 Bennetts Mills Road  
Jackson, NJ 08527



**Service Times:**  
Every Sunday  
9:30AM



HopeCathedral

## 21-DAY PRAYER & FASTING GUIDE

JANUARY 5TH - 25TH, 2025

**“THE JOY OF THE LORD  
IS YOUR STRENGTH”**

**NEHEMIAH 8:10 NLT**

### JOIN US IN PRAYER

This fast is a sacred opportunity  
to draw close to God. Together,  
let us step boldly into 2025,  
ready to embrace His joy, unity,  
and purpose.

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## WHY WE FAST

Fasting is a spiritual discipline that helps us draw closer to God. It clears distractions and aligns us with His will.

During these 21 days, we will seek God's presence, renew our confidence in His promises, and embrace contentment in His plan.

### KEY VERSE:

***"BUT AS FOR ME, HOW GOOD IT IS TO BE NEAR GOD!" — PSALM 73:28***

## 2025 THE YEAR OF JOY

This year's prophetic declaration calls us to embrace J.O.Y.—Jesus Over Yourself.

Joy is a spiritual force born from:

- **Closeness** to Jesus
- **Confidence** in His promises
- **Contentment** in His presence

Through this fast, we will unwrap the gift of joy and step into the fullness of God's purpose for 2025.

### KEY VERSE:

***"MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND PEACE AS YOU TRUST IN HIM."  
— ROMANS 15:13***

## DAILY SCRIPTURES FOR MEDITATION

CLOSENESS TO JESUS		
Day 1	Jan 5	Psalms 16:11
Day 2	Jan 6	John 15:4-5
Day 3	Jan 7	Matthew 11:28-30
Day 4	Jan 8	James 4:8
Day 5	Jan 9	Isaiah 26:3
Day 6	Jan 10	Psalms 73:28
Day 7	Jan 11	Jeremiah 29:13
CONFIDENCE IN HIS PROMISE		
Day 8	Jan 12	Romans 15:13
Day 9	Jan 13	2 Corinthians 1:20
Day 10	Jan 14	Proverbs 3:5-6
Day 11	Jan 15	Isaiah 41:10
Day 12	Jan 16	Psalms 37:23-24
Day 13	Jan 17	Hebrews 10:23
Day 14	Jan 18	Joshua 1:9
CONTENTMENT IN HIS PRESENCE		
Day 15	Jan 19	Philippians 4:11-13
Day 16	Jan 20	Hebrews 13:5
Day 17	Jan 21	Psalms 23:1
Day 18	Jan 22	2 Corinthians 12:9
Day 19	Jan 23	Colossians 3:15
Day 20	Jan 24	Isaiah 58:11
Day 21	Jan 25	Habakkuk 3:17-18