



5 DAYS OF PRAYER & FASTING

MONDAY, AUGUST 11—
FRIDAY, AUGUST 15, 2025

BISHOP-ELECT
TREVON D. MCCLARY

Dear Freedom Family,

As we enter this time of prayer and fasting, my heart is full of expectation. I truly believe that God is calling us not just as individuals, but as a church family to press deeper into unity. In a world that's often divided, the Church must stand as a model of what it looks like to love, forgive, and walk together as one.

Ephesians 4:16 reminds us that, "From Him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work." That's the picture of a healthy, united church — everyone doing their part, all connected by love.

Over the next five days, we'll be praying specifically for unity within the Body of Christ. Each day's focus is rooted in Scripture and designed to help us grow stronger together, whether it's through forgiveness, reconciliation, or simply showing up for one another in love. These aren't just prayer points; they're invitations to become the Church Jesus prayed for in John 17 when He asked the Father that we might be one.

I want to encourage you: don't take this lightly. There is power when we come together in prayer. The Bible tells us in Ecclesiastes 4:12, "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." Our unity matters. It strengthens our witness, our worship, and our walk with God.

Let's lean in together. Let's pray not only for our church but for the Church — the global body of Christ. Let's believe that through our prayers, God will heal wounds, restore relationships, and strengthen the bond of peace among us.

I'm grateful to walk this journey with each of you. Let's expect God to meet us, move in us, and do something fresh through our unity. As always, we are better together.

With love and expectation,

Bishop-Elect Trevon D. McClary

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Freedom Worship Center

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WHAT IS FASTING?

Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast, and He said that God rewards fasting. Fasting, according to the Bible, means to voluntarily reduce or eliminate your intake of food for a specific time and purpose.

"When you give up eating, don't put on a sad face like the hypocrites. They make their faces look sad to show people they are giving up eating. I tell you the truth, those hypocrites already have their full reward. So when you give up eating, comb your hair and wash your face. Then people will not know that you are giving up eating, but your Father, whom you cannot see, will see you. Your Father sees what is done in secret, and he will reward you." Matthew 6:16-18 (NCV)

WHY FAST?

Prayer and fasting move the hand that controls the universe. Consecrated fasting/prayer opens the heart of God and the windows of Heaven and brings the forces of God into action on our behalf.

THE IMPORTANCE OF FASTING

Often in the Bible, God's people fasted immediately before a major victory, miracle, or answer to prayer. It prepared them for a blessing!

- Moses fasted before he received the Ten Commandments.

"Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the

tablets the words of the covenant--the Ten Commandments."
Exodus 34:28 (NIV)

- The Israelites fasted before a miraculous victory.

"Some men came and told Jehoshaphat, "A vast army is coming against you from Edom, from the other side of the Sea. It is already in Hazazon Tamar" (that is, En Gedi). Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah." 2Chronicles 20:2-3 (NIV)

- Daniel fasted in order to receive guidance from God.

"So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes." Daniel 9:3 (NIV)

"While I was still in prayer, Gabriel, the man I had seen in the earlier vision, came to me in swift flight about the time of the evening sacrifice. He instructed me and said to me, 'Daniel, I have now come to give you insight and understanding.'" Daniel 9:21-22 (NIV)

- Nehemiah fasted before beginning a major building project.

"When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven."
Nehemiah 1:4 (NIV)

- Jesus fasted during His victory over temptation.

"For forty wilderness days and nights he was tested by the Devil. He ate nothing during those days, and when the time was up he was hungry." Luke 4:2 (MSG)

SEVEN THINGS YOU CAN EXPECT

1. Let's clarify - The fast is firstly dedicated to God. It is not about our expectations. It's a part of our devotion to Him.
2. Yes, it will be challenging. This will take discipline and focus on your part. Disciples are known for their discipline.
3. It is in sacrifice and commitment that, down through the centuries, God's people have experienced an increase in faith and personal spiritual transformation.
4. We do know that during this emphasis, we will draw closer to the Lord, and that is where we establish an atmosphere conducive to the miraculous.
5. Setting this time aside for God and disciplining the flesh will establish a sensitivity and clarity to the voice of God.
6. An awareness of God's presence and a call to prayer with an understanding that He is our source in every area of our lives.
7. Sometimes, there is spiritual resistance, and you will have to push through. Remember, fasting and praying unlock the supernatural dimension.

THREE DANGERS TO GUARD AGAINST

1. The ‘God will reward me for this’ mentality. Fasting is not the ‘work’ that earns blessings from the hand of God.
2. The pride and self-righteous attitude that can come with practicing spiritual disciplines. This is not about you being the best disciple; this is about your desire and hunger to draw closer to God.
3. At times during the fast, you will think to yourself, ‘I can’t do this any longer,’ and you will try to justify breaking your fast since you’ve already done more than ever before. Don’t quit. Stick to your commitment, etc.

Fasting Guidelines:

- **Duration:**

- 5 Days

- **No Sweets:**

- Eliminate all added sugars and artificial sweeteners
- Avoid obvious sweets like desserts, candy, and sweetened beverages
- Read labels carefully
- Be vigilant about hidden sugars in: • Condiments (ketchup, BBQ sauce, salad dressings) • Processed foods (cereals, granola bars, yogurt) • Bread and baked goods • Canned fruits and vegetables • Protein or meal replacement bars
- Watch out for sugar aliases on ingredient lists, such as: • High fructose corn syrup • Agave nectar • Honey • Maple syrup • Dextrose, maltose, sucrose
- Be cautious with "natural" sweeteners like dates or fruit juices
- Opt for whole foods without added sugars
- When craving sweets, try: • Fresh fruits (in moderation) • Roasted vegetables (brings out natural sweetness) • Herbal teas • Cinnamon or vanilla extract for flavor
- Stay hydrated to help manage cravings

- **No Social Media:**

- Log out of all social media accounts
- Delete social media apps from your devices
- Use website blockers if necessary

- **Alternatives:**

- Replace sweets with fruits, vegetables, and unsweetened snacks
- Substitute social media time with spiritual devotion and scriptural reading.

Prayer Points:

DAY 1

One Body, One Spirit

We declare that the Body of Christ functions as one body, united by one Spirit, called to one hope.

Ephesians 4:4-6 – *“There is one body and one Spirit, just as you were called in one hope of your calling; one Lord, one faith, one baptism; one God and Father of all, who is above all, and through all, and in you all.”*

Words of Wisdom:

True unity is found in our shared identity in Christ. When we embrace the reality that we are one body under one Lord, we eliminate competition, comparison, and division.

Application:

Reflect on areas where you may have operated in competition or comparison with others in the Church. Today, affirm the beauty of unity in diversity and commit to praying for another church or denomination. We are not rivals—we are one family.

DAY 2

Forgiving and Forbearing One Another

We declare that forgiveness flows freely in the Body of Christ, and believers choose to forbear in love.

Colossians 3:13-14 – “...bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. But above all these things put on love, which is the bond of perfection.”

Words of Wisdom:

Forgiveness isn't a feeling—it's a choice. Love is what binds believers together, and without it, unity is impossible.

Application:

Search your heart for unresolved offenses or bitterness. Pray and release any unforgiveness. Write down one practical act of love you can do for someone who has wronged you or whom you've struggled to connect with.

DAY 3

Speaking the Same Thing

We declare that divisions are destroyed as believers speak the same truth and pursue the same purpose.

1 Corinthians 1:10 – “Now I plead with you, brethren... that you all speak the same thing, and that there be no divisions among you, but that you be perfectly joined together in the same mind and in the same judgment.”

Words of Wisdom:

Unity does not mean sameness—it means shared direction. When our words are filled with faith, not gossip or strife, we unify the Body and amplify our witness.

Application:

Guard your words today. Avoid gossip, criticism, and unnecessary

debate. Instead, use your voice to build up the Church, affirm leadership, and speak life into your congregation and community.

DAY 4

Submitting to One Another in Love

We declare that believers walk in mutual submission, honoring one another out of reverence for Christ.

Ephesians 5:21 – “...submitting to one another in the fear of God.”

Words of Wisdom:

Mutual submission is the key to healthy relationships in the Church. When we stop striving for position and instead honor others, unity becomes unshakable.

Application:

Today, practice honoring someone else above yourself. Whether it's deferring to another's idea, giving public praise, or encouraging a leader, choose humility and honor over control and self-promotion.

DAY 5

Becoming a Witness Through Unity

We declare that the Church's unity becomes a living testimony to the world of Christ's love and power.

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

Words of Wisdom:

The world won't be won by our buildings or branding—it will be won by our love. Our unity isn't just for our benefit; it's a billboard for the Kingdom.

Application:

Today, pray for the unity of your local church and the global Body of Christ. Commit to being a peacemaker and a bridge-builder. Ask God to show you one act of kindness that will reflect His love to someone outside the faith.

Dear Freedom Family,

I want to take a moment to sincerely thank each of you who joined in our recent five-day prayer and fasting journey focused on **Church Unity**. Your commitment to seeking God together through Scripture, reflection, and intentional prayer has been both powerful and uplifting.

Throughout this sacred time, we declared God's Word over our church, our relationships, and the global Body of Christ. We prayed to walk worthy of our calling, to extend patience and love, to break down barriers, to prioritize reconciliation, and to demonstrate our unity through collective worship and service. Each of these prayer points reflected a deeper desire to embody the unity Jesus prayed for in John 17:22-23 — *“that they may be one just as We are one.”*

Your participation not only honored that desire but also helped lay a foundation for God to continue moving among us in remarkable ways. Whether through quiet moments of personal conviction or bold steps toward reconciliation, I believe God heard every prayer and is already at work among us.

As we reflected on passages like Ephesians 4:4-6 and Acts 2:44-47, we were reminded that unity is not just about agreeing with one another — it's about being united in purpose, in spirit, and in action. That's what makes the Church a living, breathing reflection of Christ in the world.

Let me encourage you: this wasn't just a five-day moment. It's the beginning of a lifelong mindset. Let's carry these truths forward. Let's continue to build bridges, extend grace, offer forgiveness, and serve one another with love and humility. Let's protect the bond of peace with everything we've got.

Freedom Family, I am proud of you. I am encouraged by your spiritual hunger. And I am filled with hope for what God is doing in our church as we walk together in unity. Thank you for being a people who pray, who love, and who believe that **we are better together**.

With deep love and appreciation,

Bishop-Elect Trevon D. McClary

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