

THE
FAST
TRACK

NOV. 3 - 24 / 2025

21 DAYS OF
PRAYER PURPOSE AND POWER

**THE GREATER ALLEN A.M.E.
CATHEDRAL OF NEW YORK
REV. STEPHEN GREEN PASTOR**

WELCOME TO THE **FAST TRACK**

21 DAYS OF PRAYER, PURPOSE, AND POWER

Fasting is a sacred and time-tested spiritual discipline that draws us closer to God through focus and self-denial. In Matthew 17:21, Jesus reminds His disciples, "These things can only come through prayer and fasting." In this critical moment for our church, our community, and our country, we must again seek the spiritual strength and divine wisdom that only God can provide.

Over the next twenty-one days, I invite you to join me for daily prayer at 7:00 AM, 12:00 PM, and 8:00 PM (Monday–Friday) as we center our hearts and encounter the presence of God. Each day, we will embrace a specific prayer theme, practice a purposeful act of kindness, and reflect on God's power revealed in the life of Jesus through the Book of Matthew.

Please choose your fast prayerfully and in consultation with your physician. You may consider one of the following options:

ABSOLUTE FAST

Water only from 7:00 AM to 7:00 PM; fruits, vegetables, and whole grains may be eaten after 7:00 PM.

DANIEL FAST

Focus on fruits, vegetables, and whole grains. Avoid meat, dairy, and all processed foods.

PARTIAL FAST

Abstain from fried food, sweets, social media, or other personal distractions

We will break our fast together in worship on Monday, November 24, 2025, and celebrate First Fruits Sunday on December 7, 2025, as we present our sacrificial offerings, over and above our tithes, believing God for the next in our lives.

As we embark on this sacred journey, prepare your soul, mind, and body for a transformative encounter with God. Be intentional with your time by praying, writing, reading, reflecting, and watching how God moves in your life each day on The Fast Track.

Onward,

Pastor Stephen Green

21 DAYS OF PRAYER

**Join Pastor Green and GAC
for prayer at 7:00am,
12:00pm, and 8:00pm.**

**Dial-in #: (929) 436-2866
Code: 704 045 218#**

21 DAYS OF PURPOSE

**Spend moments of
meditation with God
through music, reflection,
and daily 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 Matthew daily.**

21 DAYS OF

PRAYER PURPOSE AND POWER

NOV.
3

PRAYER FOCUS **DISCIPLINE**

PURPOSE

Buy someone a cup of coffee or tea.

POWER

Read and Reflect on Matthew 1

NOV.
4

PRAYER FOCUS **PURPOSE**

PURPOSE

Encourage someone to vote.

POWER

Read and Reflect on Matthew 2

NOV.
5

PRAYER FOCUS **VISION**

PURPOSE

Offer to pray with someone in person or over the phone.

POWER

Read and Reflect on Matthew 3

NOV.
6

PRAYER FOCUS **LEADERSHIP**

PURPOSE

Invite someone to Church, Word on Wednesday, or Saturday Prayer.

POWER

Read and Reflect on Matthew 4

NOV.
7

PRAYER FOCUS **DELIVERANCE**

PURPOSE

Share your testimony with someone who needs hope.

POWER

Read and Reflect on Matthew 5

NOV.
8

PRAYER FOCUS **HEALING**

PURPOSE

Pray intentionally for someone.

POWER

Read and Reflect on Matthew 6-7

NOV.
9

PRAYER FOCUS
FAMILY

PURPOSE

Buy someone groceries or a hot meal.

POWER

Read and Reflect on Matthew 8-9

NOV.
12

PRAYER FOCUS
MENTAL HEALTH

PURPOSE

Call or visit a family member.

POWER

Read and Reflect on Matthew 12

NOV.
10

PRAYER FOCUS
COMMUNITY SERVANTS

PURPOSE

Exercise (walk, run, or bike) for 30 minutes to care for your temple.

POWER

Read and Reflect on Matthew 10

NOV.
13

PRAYER FOCUS
PATIENCE

PURPOSE

Support a Black-owned business.

POWER

Read and Reflect on Matthew 13

NOV.
11

PRAYER FOCUS
CLIMATE JUSTICE

PURPOSE

Write a handwritten note or card to encourage someone.

POWER

Read and Reflect on Matthew 11

NOV.
14

PRAYER FOCUS
PEACE

PURPOSE

Pay for someone's transportation (bus, train, Uber, etc.).

POWER

Read and Reflect on Matthew 14

NOV.
15

PRAYER FOCUS
FORGIVENESS

PURPOSE

Forgive someone who may not even know they hurt you.

POWER

Read and Reflect on Matthew 14-15

NOV.
16

PRAYER FOCUS
CLEAN WATER

PURPOSE

Compliment a stranger genuinely.

POWER

Read and Reflect on Matthew 16-17

NOV.
17

PRAYER FOCUS
***STUDENTS TEACHERS
STAFF SCHOOL
ADMINISTRATORS***

PURPOSE

Make a donation to a community based nonprofit organization.

POWER

Read and Reflect on Matthew 18

NOV.
18

PRAYER FOCUS
MEN

PURPOSE

Write a thank you note to a community servant.

POWER

Read and Reflect on Matthew 19

NOV.
19

PRAYER FOCUS
WOMEN

PURPOSE

Buy flowers or a small gift to uplift a woman in your life.

POWER

Read and Reflect on Matthew 20

NOV.
20

PRAYER FOCUS
CHILDREN AND YOUTH

PURPOSE

Encourage a young person about their gifts and dreams.

POWER

Read and Reflect on Matthew 21

NOV.
21

PRAYER FOCUS
END VIOLENCE

PURPOSE

Check on a neighbor or friend and speak peace over their life.

POWER

Read and Reflect on Matthew 22

NOV.
22

PRAYER FOCUS
FOOD INSECURITY

PURPOSE

Sponsor a meal for someone at a restaurant.

POWER

Read and Reflect on Matthew 23-24

NOV.
23

PRAYER FOCUS
GENEROSITY

PURPOSE

Donate clothes or shoes to someone in need or a local shelter.

POWER

Read and Reflect on Matthew 25-26

NOV.
24

PRAYER FOCUS
VICTORY

PURPOSE

Write a letter of encouragement to yourself.

POWER

Read and Reflect on Matthew 27-28



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