



CROSSOVER CHURCH MEN'S MINISTRY

# BROTHER TO BROTHER

BREAK FREE & BUILD

21-DAY JOURNEY OF DEVOTION,  
FASTING, AND VISION

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# ABOUT US

## MISSION

Uniting men of all ages in a journey of faith, humility, and purpose.

## VISION

To lead by example through a Christ-centered spirit, fostering a strong and supportive brotherhood.

## PURPOSE

In today's shifting cultural landscape, men without a spiritual anchor often feel lost, alone, or unfulfilled. Popular culture, with its rapidly changing values, can lead men of all ages—both young and older—to experience isolation, confusion, and frustration.

When detached from a firm foundation, many men find themselves struggling in their relationships with spouses, children, and others, feeling unable to express the love, guidance, and stability they desire to provide.

Brother to Brother exists to reclaim the heart of men and guide them toward a biblically grounded understanding of their roles as spiritual leaders, husbands, fathers, and friends. By addressing men's most pressing questions with a foundation in Scripture, this ministry equips them to face life's challenges and responsibilities with humility, strength, and love.

Our core focus is on sharpening one another and deepening our reliance on God's Word to lead lives that reflect His purpose.



# UNDERSTANDING BIBLICAL FASTING

## PURPOSE OF THE FAST

This 21-day journey is designed to lead men into a deeper relationship with God—breaking free from old patterns, learning to hear His voice through fasting, and discovering their God-given identity and purpose through focused devotion and vision building.

### KEY VERSE

*“Be watchful, stand firm in the faith, act like men, be strong.” – 1 Corinthians 16:13 (ESV)*



## UNDERSTANDING BIBLICAL FASTING

### What Is Fasting?

Fasting is intentionally abstaining from food. A modified fast could be from media for spiritual purposes. It is an act of humbling your soul before God (Psalm 35:13; Matthew 23:12).

Through fasting, the Holy Spirit brings revelation of our true spiritual condition, leading to repentance, breakthrough, and transformation. Fasting also allows prayer to become a more personal experience as you draw closer to God.

Fasting is not about food—it's about focus. Replace what you give up with prayer, worship, and time in the Word.

**Fasting is not about food – it's about focus.**

Replace what you give up with prayer, worship, and Word time.

Options:

- Partial Fast: Skip one meal daily.
- Daniel Fast: Fruits, veggies, grains.
- Media Fast: Limit entertainment/social media.

## HOW TO FAST

### DISCREETLY

*“But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.” – Matthew 6:17-18*

### WITH FAITH

*“And it is impossible to please God without faith. Anyone who wants to come to Him must believe that God exists and that He rewards those who sincerely seek Him.” – Hebrews 11:6*

# DANIEL FAST GUIDELINES

## BIBLICAL FOUNDATION

The Daniel Fast is based on the prophet Daniel, who fasted in this manner as he sought wisdom and understanding from God (Daniel 10:2-3).

## FOODS TO EAT

- All fruits (fresh, frozen, dried, juiced, or canned in their own juice—not syrup)
- All vegetables (fresh/raw, frozen, dried, or canned)
- Whole grains (brown rice, oats, barley, grits, hot cereal, whole-wheat pasta, etc.)
- Other natural foods (beans, peas, seeds, nuts, oils, rice milk, soy milk, water, healthy beverages, smoothies with no sugar or artificial preservatives)
- Spices, herbs, tofu, soy vinegar

## SWEETENERS

- Honey
- Agave nectar

## FOODS TO AVOID

- Meat (including poultry and seafood)
- White rice and white flour
- Fried foods
- Caffeine and caffeinated beverages
- Sugar and artificial sweeteners
- Dairy products (butter, milk, eggs, etc.)

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**Please Note:** While the expectations for the Daniel Fast are clear, always consider your personal health conditions. Seek wisdom from God and consult a medical professional when deciding what your personal fast will look like during this time.



# WEEK 1

# **BREAKING FREE: IDENTITY & DISCIPLINE**

## FOCUS

Recognizing who you are in Christ and learning self-control through fasting.

## KEY SCRIPTURES

- **Day 1: Ephesians 2:10 – You are God's workmanship**
- **Day 2: Romans 12:1-2 – Be transformed by renewing your mind**
- **Day 3: Matthew 6:16-18 – The heart behind fasting**
- **Day 4: Galatians 5:16-25 – Walk by the Spirit**
- **Day 5: Hebrews 12:1-2 – Throw off every weight**
- **Day 6: Psalm 51:10 – Create in me a clean heart**
- **Day 7: Isaiah 58 – The true fast God desires**

## DEVOTIONAL THEME

Letting go of distractions, addictions, and complacency to make space for God to move.

## Action Step

Each day, write down one area of life where you desire freedom or clarity.

## NOTES:

# WEEK 2

## **BUILDING STRENGTH: CHARACTER & VISION**

## FOCUS

Building spiritual habits, integrity, and leadership rooted in God's Word.

## KEY SCRIPTURES

- **Day 8: Joshua 1:9 – Be strong and courageous**
- **Day 9: Proverbs 27:17 – Iron sharpens iron**
- **Day 10: Psalm 37:23-24 – The Lord directs the steps of a good man**
- **Day 11: 1 Timothy 4:8 – Train yourself for godliness**
- **Day 12: James 1:22 – Be doers of the Word**
- **Day 13: Matthew 7:24-25 – Build on the Rock**
- **Day 14: Proverbs 3:5-6 – Trust in the Lord with all your heart**

## DEVOTIONAL THEME

Strength is forged in consistency. Godly men build what lasts—homes, faith, and purpose.

## Action Step

Each day, write down one area of life where you desire freedom or clarity.

## NOTES:

# WEEK 3

## WALKING IN PURPOSE: LEGACY & LEADERSHIP

### FOCUS

Living out God's call and impacting others with humility and vision.

### KEY SCRIPTURES

- **Day 15: Micah 6:8 – Walk humbly with your God**
- **Day 16: Matthew 28:19-20 – Go and make disciples**
- **Day 17: 1 Peter 5:6-10 – Humble yourself under God's mighty hand**
- **Day 18: Philippians 3:13-14 – Press toward the goal**
- **Day 19: John 15:5 – Abide in Me and bear fruit**
- **Day 20: 2 Timothy 4:7 – I have fought the good fight**
- **Day 21: Jeremiah 29:11 – For I know the plans I have for you**

### DEVOTIONAL THEME

Purpose is discovered in obedience. God's plan unfolds as you walk daily with Him.

### Action Step

Share your testimony or vision with another man. Commit to accountability and ongoing brotherhood.

### NOTES:

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# CHALLENGE

## COMMIT TO CONTINUE WHAT GOD HAS STARTED

Form accountability pairs or small groups to meet monthly and pray over goals, growth, and spiritual leadership.

"Never rest on the laurels of what you did yesterday. Instead, do one thing—every day—that challenges you and makes you uncomfortable. If you never become complacent, you'll achieve greatness."