

21 PRAYER & DAYS FASTING

God is a God of new beginnings. And the best place to start a year is to begin with Him - the giver of good gifts and the rewarder of those who diligently seek Him.
(James 1:17; Hebrews 11:6)

We invite you to 21 Days of Fasting. We've decided that our 21-day commitment. You can decide what type of fast you want to commit to.

How to Begin

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible. Remember to consult with your Physician if you are taking medications regularly.

Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

What to Expect

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to End

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

Few reasons why Christians should and do fast

- 1. Jesus commands us to Fast** – In Matthew 6, Jesus says, “When you fast...,” and then goes on to give instruction how to fast. His instructions assume that his disciples will, in fact, be fasting. Otherwise, there would be no need for him to give any instructions on the matter. Additionally, Jesus modeled this discipline. Before he went into public ministry, he fasted. Often, he would come away from the crowds to pray alone.
- 2. Fasting Kills our Love of Lesser Joys** – So often in our lives, we run around so preoccupied with the lesser joys of money, people, job, school, etc., that we forget our dependence on and joy in God. Fasting helps us to remember that, “man doesn’t live by bread alone, but on every word that comes from the mouth of God.” In forsaking food, we forsake that on which we depend for life, to remember the one on whom we ultimately depend on life. Often during a fast, our idolatry is exposed, giving room for repentance and growth in holiness.
- 3. Fasting fans into flame our Passion for God** – God does not want us to be half-hearted in our devotion to him. We are not honored when people are half-committed and flaky to us, and neither is God. Fasting causes us to see freshly our dependence on God and thus stirs our affections for him. It causes us to see him as our daily bread, and sweeter to us than honey. (Psalm 19). This makes true worship rise from our hearts to God.
- 4. Fasting causes us to be Generous** – Isaiah 58 shows us that one of God’s intentions behind fasting is that we might take the food and resources we’re not using during that time and give them to the poor and oppressed. By abstaining from food and the “extras” in life, we’re able to be more generous. Consider the words of Scripture:
“if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame.” (Isaiah 58: 10-11)
- 5. Fasting Strengthens Prayer** – Scripture gives us examples of fasting strengthening our prayers, thus the common pairing of Christians fasting and praying. When we fast, our minds and hearts become focused, and our prayers are often more filled with fervor and life. That’s not to say that our emotional commitment to pray somehow makes God listen better, but it does allow us to pray better, and more in line with God’s will. (See Matthew 17:21; Mark 9:17-29; Acts 10:30; 1 Corinthians 7:5).

Here are some additional reasons that Scripture gives us to fast:

1. To be Christ like (Matthew 4:1-17; Luke 4:1-13).
2. To grow in holiness (Isaiah 58:5-7).
3. To repent from sins (See Jonah 3:8; Nehemiah 1:4, 9:1-3; 1 Samuel 14:24).
4. To mourn for the dead (1 Samuel 31:13; 2 Samuel 1:12).
5. To request God's help in times of crisis and calamity (Ezra 8:21-23; Nehemiah 1:4-11)

If You Are Planning On The Daniel Fast:

FOODS INCLUDED IN THE FAST

Whole Grains: Brown Rice, Oats, Barley Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

FRUITS

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

VEGETABLES

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, 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, Seeds, Nuts.

LIQUIDS

Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetable Juices (No Fruit Punch, Hi-C, etc.) Decaffeinated Tea. WATER: Drink a minimum of eight glasses of water daily throughout the fast.

THIS IS VERY IMPORTANT!

FOODS NOT INCLUDED

Sugar and sugar products (i.e. desserts, soft drinks, etc.)
Beverages that include caffeine (i.e. coffee, tea, etc.), Carbonated beverages
Breads, grains (rice is an exception)
Meats, fish poultry, eggs, dairy products, butter
Fried foods
Foods containing preservatives or additives
Refined sugar, Sugar substitutes
White flour and all products containing it
Margarine, shortening, high fat products

TYPES OF FAST

Some of the most common fasts are described briefly as follows:

The Absolute Fast: An absolute fast is when one abstains from both eating and drinking. Even water is not allowed on absolute fasts.

The Normal Fast: In a normal fast, you abstain from both eating and drinking, but drinking water is allowed.

The Daniel Fast: The Daniel fast, is where the person who is fasting can eat fruits, vegetables and water. Choice foods like meat and wine are not allowed.

The Partial Fast: The partial fast is a kind of fast where you abstain from eating or drinking certain food items. You can choose to skip a meal, or you may choose to eat just certain foods throughout your fast.

The Juice Fast: The juice fast, as the name suggests is a fast where you only exist on fruit and vegetable juices. Juice fasting has gained immense popularity, especially with people who are trying to lose weight. It is a great method of detoxification fasting also and is advised by many dieticians for various reasons.

Water, Honey and Lemon Fast: The water, honey and lemon fast is again a popular weight loss and detoxification fast. One is supposed to survive on a diet of warm water with some lemon juice and honey mixed in it. It is a great method of cleansing the body.



**Remember whatever type of fast you choose,
commit to one hour to spend with Jesus**

“Then he returned to his disciples and found them sleeping. “Couldn’t you men keep watch with me for one hour?” he asked Peter.

Matthew 26:40

Each day during your fast, we encourage you to keep a **daily journal**.
Write any revelations that God gives you about yourself and about life in general.

Daily Prayer Devotion

<p style="text-align: center;">Day 1</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray for the unification of the church and the manifestation of God's glory. <input type="checkbox"/> Pray that everyone that participates in the fast will seek the Lord as a unified body. (John 17:20 – 23). 	<p style="text-align: center;">Day 2</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray for spiritual growth in the lives of the members. <input type="checkbox"/> Pray that we would all develop in the love of God (Matthew 22:37 – 40, Philippians 1:9 -11, Corinthians 13). <input type="checkbox"/> Pray that we all bear fruit (Galatians 5:22 – 23, Colossians 1:9-11). <input type="checkbox"/> Pray for believers to develop into mature disciples (Matthew 28:19 -21, Matthew 10:7-8). <input type="checkbox"/> Pray that we be delivered from strongholds (Mark 9:14-29)
<p style="text-align: center;">Day 3</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray for the fivefold ministry. (Ephesians 4:8 - 11). <input type="checkbox"/> Pray for wisdom/knowledge and understanding for our pastors. (Colossians 1:9). <input type="checkbox"/> Pray that the leadership in our local church walk together in unity, sharing the vision of our senior Pastors (Numbers 11, 16-17). 	<p style="text-align: center;">Day 4</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray for unsaved loved ones (Acts 16:31). <input type="checkbox"/> Pray for our nation (Psalm 33:12, Exodus 19:5-6). <input type="checkbox"/> Pray for divine protection (Psalm 91, Psalm 3, Isaiah 54:17, Isaiah 58:8).
<p style="text-align: center;">Day 5</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray for God's favor to be released (Psalm 102:13, Psalm 5:12, Psalm 30:5, Psalm 41:11). 	<p style="text-align: center;">Day 6</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray for the manifestation of God's glory to be revealed (2 Corinthians 3:18, 1 John 4:17, Colossians 1:27). <input type="checkbox"/> Pray for godly families (Genesis 18:18 – 19). <input type="checkbox"/> Pray for godly marriages and broken marriages to be healed (Ephesians 5:22 – 33). <input type="checkbox"/> Pray for children to love and follow the Lord. <input type="checkbox"/> Pray that children will obey their parents (Acts 16:31, Ephesians 6:1-3).
<p style="text-align: center;">Day 7</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray for wise financial stewardship. (2 Corinthians 9:8, Deuteronomy 8:18). <input type="checkbox"/> Pray for Kingdom business to be established (Deuteronomy 28:8, Daniel 6:2-3). <input type="checkbox"/> Pray for sufficient resources for the church, our families, and businesses (Philippians 4:19). <input type="checkbox"/> Pray for economic empowerment. 	<p style="text-align: center;">Day 8</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray for clear opportunities to share the Gospel with others (Colossians 1:9-27). <input type="checkbox"/> Pray for courage when inviting others to attend church with you (Philemon 6).

<p style="text-align: center;">Day 9</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray for that the vision and purpose of the ministry will come to pass (Habakkuk 2:2-3) and the people began to duplicate Christ's character (Acts 11:26). <input type="checkbox"/> Pray for God to give us special favor in our communities as we reach out to those that need salvation (Psalm 84:11). 	<p style="text-align: center;">Day 10</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray for believers to increase their prayer life (Luke 18:1). <input type="checkbox"/> Pray for all to obtain the strength to remain focused on their commitment to continue the fast (Galatians 6:9, Philippians 1:3-6).
<p style="text-align: center;">Day 11</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray for the courage to obey God in all areas of your life, no matter the opposition (Joshua 1:6-10). <input type="checkbox"/> Pray for the sick and suffering amongst our congregation (James 5:13 – 16, Psalm 103:3). 	<p style="text-align: center;">Day 12</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray that God will use our youth and our youth ministry to effectively impact the next generation (Psalm 78:1-7). <input type="checkbox"/> Pray that the hearts of those within our church family will receive the light of Jesus Christ (Matthew 5:14-16; Psalm 27)
<p style="text-align: center;">Day 13</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray that the congregation will discover God's purpose for their life (Jeremiah 29:11-13). <input type="checkbox"/> Pray that every need within the ministry is met. Pray for generous givers (2 Corinthians 9:6-15) <input type="checkbox"/> Pray that our giving exceeds 100% from our tithers and contributors. 	<p style="text-align: center;">Day 14</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray for the vision and purpose of the ministry to come to pass (Habakkuk 2:2-3) <input type="checkbox"/> Pray for families to commit to the ministry and to actively volunteer to serve (Joshua 23:14-15).
<p style="text-align: center;">Day 15</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray let us draw near to You with a true heart in full assurance of faith (Heb. 10:22) <input type="checkbox"/> Pray fill us with the knowledge of Your will (Col 1:9) <input type="checkbox"/> Pray for wisdom and spiritual understanding (Col 1:9) 	<p style="text-align: center;">Day 16</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pray that our Pastors, leaders and ministry workers are faithful (Ps 31:23) <input type="checkbox"/> Pray that they do not grow weary in well doing (Gal 6:9) <input type="checkbox"/> Pray that they abound with blessing (28:20)

Day 17

- Pray that we are hospitable to one another without complain (1Pet 1:9)
- Pray that the joy of the Lord is our strength (Nehemiah 8;10)
- Pray that the peace of God rules our hearts (Col 3:15)

Day 18

- Pray that the church dwells together in unity and faith (Eph 4:13)
- Pray that the church stands fast in one spirit, striving together for the faith (Phil 1:27)
- Pray that the church is not carried about with various and strange doctrines (Heb 13:9)

Day 19

- Pray that we study to rightly divide the word of truth (2 Tim 2:15)
- Pray that we look out for the interest of others (Phil 2:4)
- Pray that we do no loose that things we have worked for (2Jn 1:8)

Day 20

- Pray for 2024 and ask God to continue to give you the strength to maintain the spiritual disciplines you've established at the beginning of this year. Spend time asking the Lord to continue to take you to a new level this year and to not be satisfied with convenient or cultural Christianity.

Day 21

- Pray for our church services that as we gather together, we would sense a greater level of expectation, boldness and excitement for the things God has prepared for us. We're believing that we, as a church, will be stronger than ever before as a result of this period of prayer and fasting to reach the least, the last and the lost.

Our Prayer of Praise and Thanksgiving

Father, You alone have the power to establish all of us according to the Good News of Christ. You have chosen to reveal through the Church the mystery of Your manifold wisdom, a secret You kept from the beginning of creation until the day You raised Jesus from the dead. You now are making that wisdom manifest to the entire universe through those of us who obey You. To You, the only wise God, be glory through Jesus Christ forever more.

You, Father, who through grace of our Lord and Savior Jesus Christ, have enriched us in all utterance and knowledge and examples and testimonies to the greatness of Jesus. Therefore, we will come behind in no gift. You have enabled us to be steadfast and blameless until the day Jesus returns for us. You are faithful who has called us into the fellowship of Your Son Jesus Christ our Lord. You always cause us to triumph in Your Son and You raise the aroma of salvation in every place we preach of You and bring people to know You. You have enabled each of us to be ministers and ambassadors of Your grace regardless of our past and abilities.

To You the only wise God, the King eternal, immortal, unseeable by human eyes, who dwells in the light which no one can approach, who is the blessed and only true and Living God, the King of kings, and the Lord of lords, be the glory through Christ Jesus, the Church, and my life forever and ever!

You did it! Give God the glory for the Victory.
And purpose in your heart to go forward and not
backwards

