



21 DAYS OF PRAYER GUIDE

Fasting Start Date: January 6th, 2025

Fasting End Date: January 26th, 2025

The Purpose of Fasting

The goal of fasting is to remove something of significance in our life in order to make room to hear from God. Fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

If you don't know of the power and importance of fasting, here are some important facts:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted forty days and reminded His followers to fast. "When you fast," not "if you fast."
- Fasting and prayer can restore the loss of the "first love" for God and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself before God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."

- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- Fasting can transform your prayer life into a richer and more personal experience.

Types of Fasts

<p>COMPLETE FAST</p> <p>In this fast, you drink only liquids, typically water with light juice as an option.</p>	<p>PARTIAL FAST</p> <p>This type of fast involves abstaining from any type of food in the morning or afternoon. This is often referred to as the “sunup to sundown fast”, meaning the individual abstains from eating while the sun is up.</p>
<p>SELECTIVE FAST</p> <p>This type of fast involves removing certain food and beverage items from your diet. One example is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.</p>	<p>SOUL FAST</p> <p>This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting from food, or if you wish to refocus certain areas of your life that are out of balance. Examples could include social media, TV, phones, etc.</p>

How to Fast Safely

Some people may want to consult their doctors before entering into an extended fasting period. You may decide to ask your doctor for a physical exam to determine if you are in good health to fast for an extended period of time.

In spite of the benefits physically and spiritually of fasting, there are certain people who should NEVER fast from food without professional supervision. Examples include:

- People who are physically too thin or emaciated.
- People who are prone to anorexia, bulimia, or other behavioral disorders.
- Those who suffer weakness or anemia.
- People who have tumors, bleeding ulcers, cancer, blood diseases, or have heart disease.
- Those who suffer chronic problems with kidneys, liver, lung, heart, or other organs.
- Individuals who take insulin for diabetes, or suffer any other blood sugar problems such as hyperglycemia.
- Women who are pregnant or nursing.

For all individuals that may fall under one or more of these categories we highly suggest that you participate in a soul fast.

To learn what physical effects you can expect from fasting & how to find relief we suggest Dr. Bill Bright’s Personal Guide to Fasting

Prayer Models

Fasting is not just about removing food and/or distractions from your life for a couple of weeks. Fasting removes food as a means to push us to desire God through prayer. Our purpose over these 21 days is to remove aspects of our daily lives so that in place of those things we would pursue God. Here are 4 prayer models that you can follow during your fast:

1. The Lord's Prayer

The Lord's Prayer comes from Matthew 6:9-13 and is typically heard recited in many religious settings. However, the Lord's Prayer provided by Jesus gives us an incredible outline and structure for our prayers.

As you read the Lord's Prayer there are 5 aspects you can focus on as you pray:

- a. Connect with God Relationally (He is a Father to you)
- b. Pray His Agenda First, Not Your Own. (Focus on What God is Focused On)
- c. Depend on Him for Everything (What is it God Wants for You?)
- d. Forgive and Be Forgiven (Ask God to Show You Where You Need Forgiveness)
- e. Express Faith in God's Ability (Ask God to Do What Only He Can Do)

2. Praying Scripture

The Bible is one of the most powerful tools we have. There are certain passages of Scripture you can pray to God. You can begin to pray based on the theme of each verse. For example:

- a. Psalm 23 (Theme: God is a Provider for His People)
- b. James 4:8 (Theme: God is Always Close to Us)
- c. Psalm 139:23-24 (Theme: God Will Search Our Hearts & Help Show Us What to Pursue)
- d. Matthew 6:33 (Theme: God Will Lead Us to a Full Life as We Prioritize Him)
- e. James 4:10 (Theme: God Will Lift Us Up)
- f. 2 Timothy 1:7 (Theme: God Gives Us Power Through His Spirit)

3. Warfare Prayer

Prayer is not only communion with God, but it is also confrontation with the enemy. You can pray in ways that fight back against depression, fear, doubt, and more.

- a. Pray to Be Fully Equipped with the Armor of God (Ephesians 6:13-17)
- b. Pray to Use the Right Weapons to Fight These Battles (2 Corinthians 10:4-5)
- c. Pray for Protection from the Attacks of the Enemy (2 Thessalonians 3:3)
- d. Pray for Freedom from Generational Sins Passed Down (Exodus 20:4-6)
- e. Pray for Healing (1 Peter 2:24)
- f. Pray for Your Marriage (Ephesians 5:25-30)
- g. Pray for Racial Reconciliation (Ephesians 4:3-6)

4. Personal Prayer Focus

We have been put in this period of history for a specific reason. God wants to use our prayers to help change the world we live in today. We should pray for many issues and people of our world in 2024. (1 Timothy 1:2-4).

- a. Our Government
 - The President
 - National Leaders
 - State Leaders
 - City Leaders
- b. Our Family
 - Spouse
 - Children
 - Parents
 - Siblings
- c. Our Church
 - Pastors
 - Leaders
 - Members
- d. Our Community
 - The Poor
 - The Outcast
 - The Hurting

21 Days of Prayer & Fasting Schedule

<u>Date</u>	<u>Day of Fast</u>	<u>Scripture Reading</u>
January 6th	1	2 Corinthians 1:20; Exodus 34:4-7
January 7th	2	Genesis 12:1-7
January 8th	3	Joshua 1:1-9
January 9th	4	2 Samuel 7:8-13
January 10th	5	Jeremiah 29:10-14
January 11th	6	Psalms 33:11
January 12th	7	Psalms 32:8
January 13th	8	Mark 2:1-12
January 14th	9	Matthew 11:28-30
January 15th	10	John 10:7-10
January 16th	11	John 16:33
January 17th	12	John 14:18-21
January 18th	13	John 14:25-26
January 19th	14	Ephesians 3:20-21
January 20th	15	Galatians 4:4-7
January 21st	16	John 8:34-36
January 22nd	17	Matthew 6:25-34
January 23rd	18	2 Corinthians 5:17
January 24th	19	Romans 8:28-30
January 25th	20	John 3:16; John 11:26

January 26th	21	Psalm 100:5
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