

21 DAYS OF PRAYER AND FASTING



FAST AS A SPIRITUAL COMMITMENT/BE SPECIFIC

Fasting involves a spiritual commitment to God. Be clear and follow the guidelines of your commitment. "Daniel purposed in his heart he would not defile himself" (Daniel 1:8). Before beginning a fast, write down a plan and make a verbal commitment to the Lord. When you approach your fast with determinations and a clear goal.

Annual 21-Day Corporate Fast January 7-27, 2019

My cause or reason for fasting:

I will fast: Begin Date: _____ End Date: _____

Type of fast: _____

Who will I ask to fast with me, if anyone? _____

By strength and grace of God I commit to the above fast:

Sign & Date:

PRAYER GUIDE
Matthew 6:9-13

I. Our father who art in heaven

A. Picture Calvary and thank God that you can call Him “FATHER” by virtue of the blood of Jesus.

II. Hallowed be thy name

A. Praise God for who He is and for what He has done for us.

B. Hallow the name of God corresponding to the five benefits in the new covenant. In faith, declare that God is your provision in these areas.

<u>Area of benefit</u>	<u>Name of God</u>	<u>Meaning of names</u>
SIN- forgiveness of sin	JEHVAH- TSIDKENU JEHOVAH-M’KADDESH	“Jehovah our righteousness” “Jehovah who sanctifies”
SPIRIT-fulness of the Holy Spirit	JEHOVAH-SHALOM JEHOVAH AH-SHAMMAH	“Jehovah is peace” “Jehovah is there”
SOUNDNESS- Healthy and Healing	JEHOVAH-ROPHIE	“ Jehovah heals”
SUCCESS-freedom from The course of the law	JEHOVAH AH-JIRAH	“ Jehovah’s provision be seen”
SECURITY- freedom from The fear of death and hell	JEHOVAH AH-NISSI JEHOVAH AH-ROHI	“Jehovah my banner” “Jehovah my shepherd”

III. Thy kingdom come, thy will be done.

Pray for:

- A. Yourself
- B. Your Family (mate, children, other family members)
- C. Your church (pastor, leadership, faithfulness of people, harvest of souls)
- D. Your nation (city, state, and national political and spiritual leaders, harvest of souls)

IV. Give us this day our daily bread

- A. Be in the will of God (Prayer life, church, work habits, obedience in giving)
- B. Believe it is God’s will to prosper you
- C. Be specific
- D. Be tenacious

V. And forgive us our debts as we forgive our debtors

- A. Ask God
- B. Forgiving and release others

C. Set your will to forgive those who sin against you

VI. And lead us not into temptation, but deliver us from evil

A. Put on the whole armor of God

(Put on the Lord Jesus Christ- Ephesians 6:10-18)

1. Lions girding about with TRUTH
2. Breastplate of RIGHTEOUSNESS
3. Feet shod with the PREPARATION (READINESS) of the gospel of PEACH
4. Shield of FAITH
5. Helmet of SALVATION
6. Sword of the Spirit which is the WORD OF GOD

B. Pray a hedge of protection around yourself and your family

(The Lord is your refuge, your fortress, your God-Psalms 91:2)

1. Because you have made the Lord your habitation
2. Because you have set your love upon him
3. Because you have known His name

VII. For thine is the kingdom the power and the glory forever

A. Make faith declarations; be bold in faith— God hears and answers prayers (1 John 5:14,15).

B. Return to praise

Your Personal Guide to Fasting and Prayer

By: Dr. Bill Bright (Campus Crusades for Christ International)

Fasting is the most powerful spiritual discipline of all the Christian disciplines. Through fasting and prayer, the Holy Spirit can transform your life.

Fasting and prayer can also work on a much grander scale. According to Scripture, personal experience and observation, I am convinced that when God's people fast with a proper Biblical motive-seeking God's face not His hand-with a broken, repentant, and contrite spirit. God will hear from heaven and heal our lives, our churches, our communities, our nation and world. Fasting and prayer can bring about revival a change in direction of our nation, the nations of earth and the fulfillment of the Great Commission.

The awesome power can be released through you as you fast through the enabling of the Holy Spirit.

Why You Should Fast

If you do not already know of the power of importance of fasting here are some very 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 40 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 our Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalms 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 transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life and make you a channel of revival to others.
- Fasting and prayer are the only disciplines that fulfill the requirements of II Chronicles 7:14

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sins and will heal their land."

If you fast, you will find yourself being humbled as I did. You will discover more time to pray and seek God's face. And as He leads you to recognize and repent of un-confessed sin, you will experience special blessings from God.

Fasting Basics

Simply stated, biblical fasting is refraining from food for a spiritual purpose.

According to the Bible, there are three duties of every Christian: give, pray and fast.

Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

Why should I fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter.
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desire of God?
7. Do you need to break away from bondages that have been holding you hostage.
8. Is there a friend or loved one that needs salvation.
9. Do you desire to know God's will for your life.

Biblical Fasting Focus

1 Timothy 2:1-2

“I exhort therefor, that, first of all, supplications, prayers, intercessions and giving of thanks, be made for all men; For kings and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.”

Romans 12:1

“ I beseech you therefor, brethren, by the mercies of God, that ye present bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service.”

Matthew 6:33

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

Isaiah 58:6

“[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”

We want to encourage you to target your prayers during the fast. Two specific areas we will be focusing on together are leadership and finances. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). When we lift up our leaders, here in the United States and around the world, we can expect God’s peace in our lives and in our nation.

Another great promise, from the book of Isaiah, proclaims that the chosen fast will “undo the heavy burdens and let the oppressed go free.” We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that our burdens will be lifted and that financial blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best as the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

TYPES OF FASTS

There are several types of fasting. The one you choose between you and God. He will honor your best sacrifice.

Full Fast

Drink only liquids (you establish the number of days).

The Daniel Fast

Eat no meat, no sweets and no bread, drink water and juice. Eat fruits and vegetables.

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast

A partial fast is from 6:00am-3:00pm or from sun up to sundown. You can select from three types of fasting— a Full Fast, Daniel Fast, or give up at least one item of food.

Scripture References of Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relations to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4. Daniel 9:3,20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:4-10, Acts 27:33-37

FASTING RESOURCES

Quick Tips

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.

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)

Deciding What to Fast: The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with Prayer and Bible Study.

Deciding How Long: You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21-40 days. Use wisdom and pray guidance. Beginners are advised to start slow.

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.

Things to Consider

The 21-Day Fast is the most popular, primarily because that is the model set out by Daniel in Chapter 10:2,3 – “In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”

Many will start their 21-Day Fast on Monday, January 7. Still others will commit to a shorter period of spiritual fasting, but still give a “first fruits offering” of themselves to the Lord by beginning the New Year with prayer and fasting.

Second, you might want to get rid of or at least put away foods that are tempting. Kind of like the biblical accounts of Jewish women as they prepared for the Passover by cleaning their houses from top to bottom and removed all yeast from their homes. Many Jews engage in this same practice today when they prepare for the Passover.

Of course, you also want to prepare your heart for the 21-Day Fast. Seek the Lord’s guidance as you get ready to start the fast. Are there issues in your life that you need to address? Are their needs in your family or ministry that can use special attention? Are you seeking healing? Do you feel oppressed by financial bandages? These last few days of the year are an excellent time to search your heart, open yourself to the Lord, and allow Him to lead you into your personal 21-Day Fast.

Consider Your Schedule

While a fast, by nature, is inconvenient, it should be an inconvenience to you—not to those around you. You should not obligate your family to skip Christmas dinner because of your fast. This takes away the personal nature of fasting.

Tell Only the People You Must

Your spouse will need to know you are fasting. Beyond that, you would be better off not telling many people that you are fasting. Most won’t understand. Fasting can also become a source of pride and boasting as you spread the news to more and more people.

Telling your pastor can be a help both to you and to him. It will be an encouragement for him to pray more specifically for you during this time. And you will know that someone is praying for your spiritual and physical well being.

Wean Yourself Off Caffeine

Several days before your fast begins, you should start weaning yourself off caffeine. Some people experience unbearable headaches 2 to 3 days after ceasing to drink caffeinated products. During your fast you will already be acutely aware of your stomach. There is no need to add a second discomfort if it can be avoided.

Avoid Media

Disconnecting from TV, radio, newspapers and the Internet can help you stay focused on your purpose for fasting. You will be less tempted by the constant bombardment of advertising as you become physically and emotionally challenged. Avoiding media will give you more time to focus on the Lord and His Word. (THE INFLUENCE OF FACEBOOK AND OTHER SOCIAL MEDIA)

Rest

Laziness is a problem that the Bible speaks against (TIME STEWARDSHIP) but most of us today suffer from being too busy and not getting the rest we need. If you disconnect from the media and other people you will have extra time allowing you to get a full night's sleep. During your fast you will be forced to slow down since you won't be needing long meal breaks. A fast will reveal to you that you have too many activities and busyness in your day-to-day routine.

Be Still and Focus on God

Fasting is a time to study God's Word, meditate and pray. To help with this, plan a specific Bible passage or topic you want to study during your fast. Look for verses you want to memorize and meditate upon. Fasting by Jesus and the disciples was always accompanied by prayer. Spend time talking to God and allowing Him to reveal Himself to you in His Word.

FASTING DIET

Your Personal Guide to Fasting and Prayer How to Maintain Nutritional Balance and Health from Beginning to End

By Dr. Bill Bright

I know the prospect of going without food for an extended period of time may be of concern to some. But there are ways to ensure that your body is getting the nutrients it needs so you can remain safe and healthy during your fast.

For an extended fast, I recommend water and fruit and vegetable juices. The natural sugars in juices provide energy, and the taste and strength are motivational to continue your fast. Try to drink fresh juices, if possible. Off-the-shelf juice products are acceptable, as long as they are 100% juice with no sugar or other additives.

If you are beginning a juice fast, there are certain juices you may wish to avoid and certain ones that are especially beneficial. Because of their acid content, most nutritionists do not advise orange or tomato juice (these are better tolerated if mixed with equal portions of water). The best juices are fresh carrot, grape, celery, apple, cabbage, or beet. They also recommend “green drinks” made from green leafy vegetables because they are excellent “de-toxifiers.”

Fruit juices are “cleansers” and are best taken in the morning. Since vegetable juices are “restorers” and “builders,” they are best taken in the afternoon.

I usually dedicate a portion of my 40-day fast to a special liquid formula, which I have found to be effective over many years. A few recipes and my comments are on this page, as well as a helpful schedule.

One gallon distilled water
1-1/2 cup lemon juice
3/4-cup pure maple syrup
1/4-teaspoon cayenne pepper.

The lemon juice adds flavor and vitamin C, the maple syrup provides energy, and the cayenne pepper — an herb — acts to open small blood vessels which, I believe, helps the body as it cleanses itself of stored toxins. (A word of caution: although I use this formula with no ill effects, cayenne pepper could cause severe physical reactions in persons with a specific allergy to this herb.) My favorite juice is a mixture of 100% pure white grape juice and peach juice. The juice is available in frozen cans under the Welch label. Most knowledgeable nutritionists recommend:

Watermelon — just put it in the blender without adding water
fresh apple juice

Green Juice- blend celery, romaine lettuce, and carrots in equal portions. (Vegetable juices like this one are important, for they supply the electrolytes necessary for proper heart function).