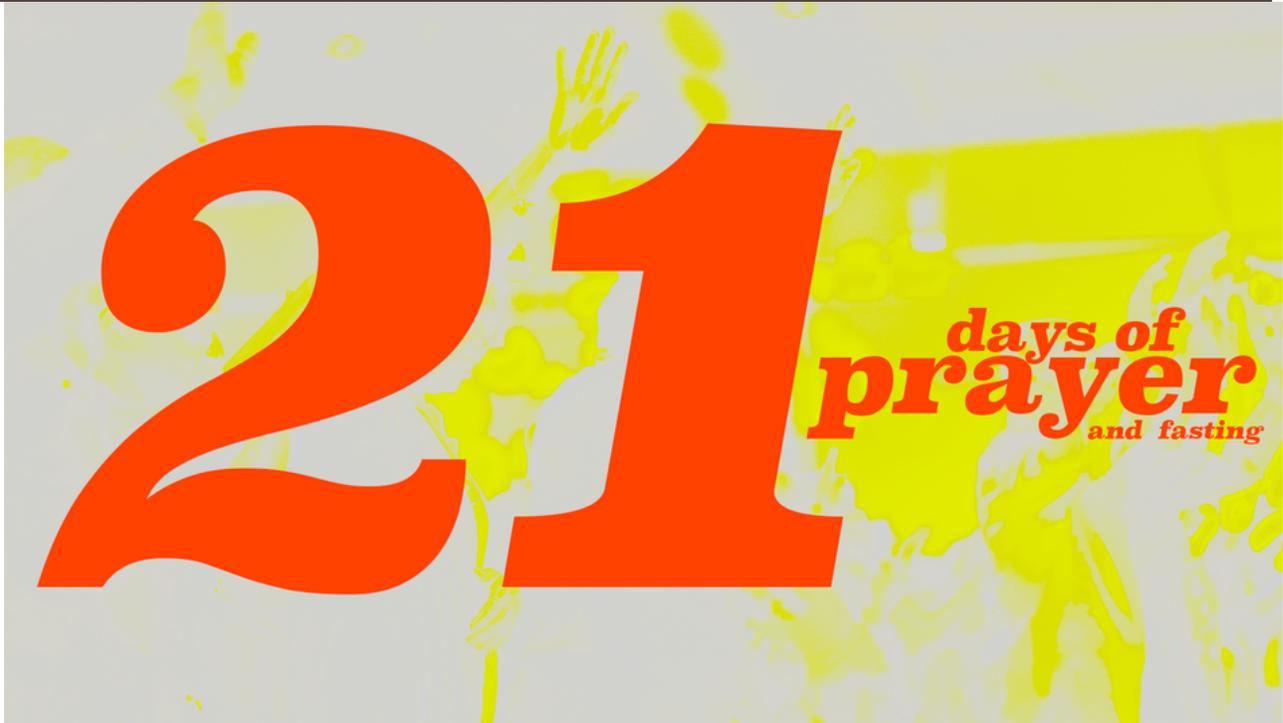


# *Prayer & Fasting*

THIS TIME OF CONSECRATION IS DESIGNED TO HELP PRIORITIZE OUR RELATIONSHIP WITH GOD AND FOCUS OUR ATTENTION ON WHAT MATTERS MOST. WHETHER YOU HAVE A GREAT PRAYER LIFE OR NO PRAYER LIFE AT ALL, THIS IS A POWERFUL WAY TO START 2022!



## *What's Next?*

**CHOOSE YOUR FAST**

.....

**SPEND TIME WITH GOD  
DAILY**

.....

**GET INTO COMMUNITY  
JOIN AN IGROUP**

.....

We're thrilled that you've decided to set aside the first part of your year for a focused and intentional time of Bible reading, meditation, prayer, and fasting. 2021 was a year filled with unexpected moments of challenges and difficulties but also a year where we were able to see God's intentional hand and care in our lives. We've felt Him sow seeds of patience, trust, joy, and peace, and this year, we truly believe we will see the fruit of all that has been sown. The 21 Days of Prayer and Fasting is a tool to help you focus your heart and mind on your relationship with God.

# *Prayer & Fasting*

## *Choose Your Fast:*

### **FASTING**

Why do we fast? As a believer in Christ, our objective in fasting is to abstain from something, typically food, to help create an added awareness of our weakness and our need for God's strength. It takes our surrender to God to a new level, showing Him that a relationship with Him is central to every aspect of our lives. Dedicating ourselves to prayer and fasting brings us to a new level of spiritual awareness and renews our perspective, commitment, and resolve.

### **CHOOSING YOUR FAST**

Let's be reminded that fasting isn't a form of punishment for the sins you've committed since Christ took care of that for you on the cross. It's the decision to disconnect yourself from your dependence on the world and yourself.

Here are examples of the different types of fasts that you might consider:

#### **Complete Fasting:**

Talk to your doctor and consult the Holy Spirit before you participate in this option. For 21 days, you will only drink liquids (i.e. water, light juices, etc) for the entire day or designated portions of the day. We've seen this type of fast in the Book of Esther. Queen Esther called the entire nation of Israel to fast for their deliverance (Esther 4:16). It is amazing how long a human body can stand without food, but not without water. However, if God is calling you to this kind of fast, always follow His leading first.

#### **Selective Fast:**

This is the most common type of fast since the Bible talks about abstaining from certain foods or drinks. The Daniel fast found in Daniel 10 is one example of a selective fast (no meats, bread, and sweets for 21 days). Whole 30, Vegan/plant-based, and Paleo meal plans are popular food choices as well.

#### **Intermittent Fast:**

This was a common type of fast for the Hebrew people. For this fast, you'd designate certain times of the day for fasting. For example, no eating from sun up to sundown or choosing to eat only in the morning or the afternoon.

#### **Soul Fast:**

A Soul fast typically means removing luxuries and indulgences outside of food. Its purpose is to guard the types of things that enter your mind and heart during this season. This includes but isn't limited to social media, music, movies & TV, smartphone usage, or screen time either for a certain period or the entire period.

# *Bible Reading Plan*

**Read one chapter from the Old Testament and one chapter from the New Testament each day. In addition to the daily reading.**

## **Old Testament:**

Read one chapter from Psalm daily beginning with Chapter 1. On day 21 read two chapters of Psalms.

## **New Testament:**

Read a chapter daily from Paul's Writings beginning with Galatians, Ephesians, Philippians, and Colossians.

### **Day 1**

Pray that you will be like a tree planted by the rivers of water, fruitful in your season and that you remain strong even in difficult seasons.

**Read: Psalm 1:3**

### **Day 2**

Pray that you will live a life of freedom by faith in the grace that Christ has made available

**Read: Galatians 2**

### **Day 3**

Pray that God will be a shield around you and your family and that He will lift you above everything that tries to hold you down.

**Read: Psalm 3:3**

### **Day 4**

Pray that the character and nature of Christ will be formed in you.

**Read: Galatians 4:19**

### **Day 5**

Pray that God will lead, guide, and direct you so that your enemies will not have an advantage over you.

**Read: Psalm 5:8**

### **Day 6**

Pray that God will give you the grace and strength to bear someone else's burden and restore them in gentleness

**Read: Galatians 6:1-2**

### **Day 7**

Pray that your trust will remain strong in the Lord even when facing persecution.

**Read: Psalm 7:1**

### **Day 8**

Pray that your eyes will be opened and that God will give you the wisdom and ability to understand His will for your life and the power that He has placed inside of you.

**Read: Ephesians 1:18-19**

### **Day 9**

Pray that God will give you the courage to declare to others what God has done for you.

**Read: Psalm 9:11**



## *Daily Prayer Focus*

### 21 Days of Prayer and Fasting

#### **Day 10**

Pray that you will be strengthened in your inner man through the power of the Holy Spirit.

**Read: Ephesians 3:16**

#### **Day 11**

Pray that you will strengthen the foundations of your life upon the rock of Jesus Christ.

**Read: Psalm 11:3**

#### **Day 12**

Pray that God will strengthen marriages and that they will reflect the love of Jesus.

**Read: Ephesians 5:22-33**

#### **Day 13**

Pray that you will not focus on the bad in your life but instead rejoice in God's amazing goodness towards you.

**Read: Psalm 13:6**

#### **Day 14**

Pray that God will bless children and strengthen families.

**Read: Ephesians 6:1-4**

#### **Day 15**

Pray that God will help you to control your tongue and speak words that bring blessing and not pain to others.

**Read: Psalm 15:3**

#### **Day 16**

Pray that God will use your life to share the good news of the gospel with others.

**Read: Philippians 1:12-18**

#### **Day 17**

Pray that God will keep you from falling and secure your footsteps on the pathway to purpose.

**Read: Psalm 17:5**

#### **Day 18**

Pray that you will forget the past and that you will passionately pursue the future that God has for you by moving forward today.

**Read: Philippians 3:12-14**



