

21 DAYS OF **PRAYER+** **FASTING**



RESET
RENEW • REBUILD • RESTORE



January 2021

Thank you for opening this guide, which will assist us during our 21 day prayer & fasting journey. The fact that you opened this guide means you are ready for a spiritual challenge and ready to be changed through the power of a fast.

The Bible says “when ye fast” not “if ye fast”. By joining us you are doing something very Biblical.

Remember this: change takes work. Nothing is done without a fight. The next 21 days will be challenging as we strip away carnal thinking and put on the mind of Christ. Start the journey with FAITH and with your GAME FACE ON. Expect miracles!

For an amazing 21 day experience,

A handwritten signature in black ink, appearing to read 'mjl', is positioned below the text 'For an amazing 21 day experience,'.

Pastor Matthew Johnson

Prayer is where the action is!
~ Bishop Dan Mitchell

PRACTICAL TIPS FOR PRAYER AND FASTING

Jesus said, “For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it?” Luke 14:28 ESV

Before you start your time of prayer and fasting there are some “count the cost” decisions you need to make first. Also included are helpful tips to be aware of along this adventure with the Holy Spirit.

WRITE DOWN YOUR PLAN:

Make a specific list for what you’re aiming at. Only do what God asks you to do. It’s best to do this before you start. List what you will and will not eat or drink. It’s easy to be on day four or five and “change your mind” to lower the bar of expectation. Don’t be overly religious. This list is meant to help yourself to not break your original commitment to yourself.

DETERMINE WHAT KIND OF FAST AND HOW LONG:

Will you do a full fast (water and clear liquids only), a “Daniel Fast” (no meats or sweet), a media fast (a break from media or social media), or another variation of one of these?

Some will fast sunup until sundown (forego breakfast & lunch) during the 21 days. Whatever approach you take, God will honor.

BE WISE:

Be sure to consult appropriate medical advice or speak with your doctor first. Start simple—don’t do water and clear liquids only for 21 days if you’ve never fasted before. God will honor what sacrifice you’re able to commit to.

PREPARE IN ADVANCE:

Purchase healthy snacks (if you are doing a Daniel fast), sports drinks (filled with electrolytes) and healthy juices (not high-sugar juices). It’s best to get rid of temptations (cookies and candy). Don’t gorge yourself in the days leading up to your fast. You actually want to do just the opposite—taper off your food intake to decrease the hunger signals from your brain.

MAKE A DAILY SCHEDULE:

You will need more sleep when you fast, so plan accordingly. When will you go to sleep? When will you wake up? When will you read Scripture, pray, worship, and journal? When will you drink water/juice? When will you eat that snack of carrots and celery? If you’re going to be in a busy work environment, schedule 10-15 min increments of time throughout the busy day with yourself.

START STRONG:

On the first day, drink one full gallon of purified water (not tap water). Purified or distilled water flushes a ton of toxins out of your body. Plus, drinking lots of water can make your stomach “feel full.” Be prepared for a headache on day one or two, due to impurities or poisons leaving your body and/or your body responding to you breaking your caffeine or sugar habit. Day 1, start strong spiritually. Pray, read Scripture, and worship as much as you can to start off with a full head of steam.

JOURNAL:

Take time to reflect throughout your fast by writing down your thoughts. Perhaps a particular scripture speaks to you. Perhaps fasting has revealed areas of your life where you need to improve. Maybe there is a certain “appetite” for sin that needs to be taken care of. As you fast, things might come to the surface that you have thought were “ok” in the past. Allow God’s conviction to speak to you.

RESTORATION TIME:

Spiritually, mentally, and emotionally, you may have to process some past wounds or let-downs. Take a look in the rear-view mirror to process anything God shows you. Physically, fasting gives your body a chance to heal itself and rest. Typically, after three days, your digestive system starts to shut down. Fasting has many medical benefits for every system of the human body. It can help break the compulsion to junk food or other harmful addictions (alcohol, cigarettes, drugs).

RECEIVE GOD’S GRACE:

Don’t try to hold yourself to a perfect standard. It’s only HIS GRACE that’s going to get you through this journey. You will be tired. You will be hungry. At times you might even have a shorter fuse. In those moments, choose to trust God’s grace. In your weakness, He is strong. Lean on Him.

KEEP YOUR FAST PRIVATE:

Matthew 6:16-18 reminds us not to fast in order to be seen by others.

16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

17 But thou, when thou fastest, anoint thine head, and wash thy face;

18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

FAST MORE THAN ONCE A YEAR:

I pray our 21 days of Prayer & Fasting are a springboard into a life that includes regular periods of fasting. Perhaps you fast a certain day of the week or a certain time of the month. Fasting is a perfect way to keep our flesh in check.

WHAT IF I DON'T MAKE IT THROUGH?

If you fall short of your goal, start fresh the next day and recommit. His mercies are new every morning.

JOIN US AT THE SANCTUARY DURING THE 21 DAYS

SUNDAY CELEBRATION SERVICE | NOON

WEDNESDAY NIGHT SERVICE | 7PM-8PM

SATURDAY CORPORATE PRAYER | 7PM-8PM

Daily Focused Prayer Times: 6am-8am, 11am-1pm, 6pm-8pm (or come when you are able. The church will be open 24/7) Remember: ANY time you can come will be a blessing to both you personally and to the church body.