



21 DAYS OF PRAYER & FASTING

DANIEL FAST 2021

We begin each year by fasting for 21 days at the beginning of the year but we encourage our church to make fasting a "lifestyle!" Fasting in January is much like praying in the morning to establish the will of God for the entire day. When we put God first in our lives, in our families, in our finances – in everything – We believe that He will bless and multiply those areas. If we will pray and seek God and give Him our first and best at the beginning of the year, He will honor that sacrifice and bless our ENTIRE year!

If you are one of those people who sense that God has more for your life, take the first step and believe for more of Him. Start the year off right and discover the rewards of putting God first! We look forward to hearing about what God will do in our lives and in our land as we seek Him together.

When you commit to fasting, prayer and giving throughout the year. We believe you will see God release His hand of blessing over your entire year and if you make fasting a regular part of your life, you will see Him supernaturally open doors for you that you never thought possible.

FASTING BASICS

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?

Are you in need of healing or a miracle?
Is there a dream inside you that only He can make possible?
Are you in need of a fresh encounter?
Do you desire a deeper, more intimate and powerful relationship with the Lord?
Do you need to break away from bondages that have been holding you hostage?
Is there a friend or loved one that needs Salvation?
Do you desire to know God's will for your life?

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FASTING TYPES

There are different ways you can fast. The one you choose is 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 6:00 am to 3:00 pm or from sunup 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 FOR FASTING:

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

RELATION 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, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart genuinely seeking Him to which God responds with a blessing (*Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8*). May God greatly bless you as you fast!



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FASTING 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 you can go longer, even as much as 21 to 40 days. Use wisdom and pray for 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.

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Prayer
Calendar

Use this guide to focus your prayers each week of the Fast.

<i>Week 1</i>	DAY 1 VISION FOR MY LIFE <small>HABAKKUK 2:2-3</small>	DAY 2 VISION FOR MY FAMILY <small>JOSHUA 24:15</small>	DAY 3 VISION FOR GROWTH <small>2 PETER 3:18</small>	DAY 4 VISION FOR MY CHURCH <small>ACTS 2:46-47</small>	DAY 5 VISION FOR MY CAREER <small>COLOSSIANS 3:23</small>	DAY 6 VISION FOR SERVING OTHERS <small>HEBREWS 6:10</small>	DAY 7 VISION FOR MY NATION <small>2 CHRONICLES 7:14</small>
<i>Week 2</i>	DAY 8 LOVE FOR GOD <small>LUKE 10:27</small>	DAY 9 LOVE FOR THE BIBLE <small>HEBREWS 4:12</small>	DAY 10 LOVE FOR MY COMMUNITY <small>1 PETER 3:8</small>	DAY 11 LOVE FOR MY ENEMIES <small>LUKE 6:28</small>	DAY 12 LOVE FOR MY FAMILY <small>1 CORINTHIANS 13:4-5</small>	DAY 13 LOVE FOR MY CHURCH <small>HEBREWS 10:24-25</small>	DAY 14 LOVE FOR PRAYER <small>JEREMIAH 29:12</small>
<i>Week 3</i>	DAY 15 FAITH FOR HEALING <small>ISAIAH 53:5</small>	DAY 16 FAITH FOR FINANCES <small>PHILIPPIANS 4:19</small>	DAY 17 FAITH FOR BREAKTHROUGHS <small>ISAIAH 43:19T</small>	DAY 18 FAITH FOR REVIVAL <small>EZEKIEL 37:5</small>	DAY 19 FAITH FOR SALVATIONS <small>2 PETER 3:9</small>	DAY 20 FAITH FOR PEACE <small>JAMES 3:18</small>	DAY 21 FAITH FOR MIRACLES <small>MATTHEW 19:26</small>