

21 DAYS

OF PRAYER & FASTING

Matthew 6:16-18 (The Message)

“When you practice some appetite-denying discipline to better concentrate on God...God won’t overlook what you are doing; he’ll reward you well.

Because I long for God to change our world, I will fast and pray:

- For MYSELF:

- For my FAMILY and FRIENDS:

- For my CHURCH: (for salvations, ministries, leaders, finances)

- For my COMMUNITY and WORLD:

“In prayer you align yourselves to the purpose and power of God and He is able to do things through you that He couldn’t do otherwise. For this is an open universe, where some things are left open, contingent upon our doing them. If we do not do them, they will never be done. **For God has left certain things open to prayer—things which will never be done except as we pray.”**

E. Stanley Jones

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Fasting Guidelines

Fasting is an important discipline of the Christian life. Fasting is a voluntary separation from your usual activities so that you can prayer and seek the Lord. It is intended to heighten your spiritual focus, intensify fervour, and practice control over your physical cravings and desires.

Cautions:

There are some important things to consider as you contemplate a food fast. If you have health issues, you must consult your doctor before you fast.

Do not radically change your diet if you:

- struggle with eating issues such as anorexia or bulimia.
- are too thin, or suffer weakness or an emia.
- are on medication, especially if it must be taken with food.
- have serious medical conditions or chronic health problems such as diabetes or hypoglycemia.
- are pregnant or nursing.

If you face any of these issues, **effective fasting can be done by simplifying your diet (i.e. no desserts) or eliminating time spent on distractions** like social media or television.

Suggestions for effective spiritual fasts:

- Set reasonable goals as you begin to fast. Begin by fasting one meal a day. Fast for a greater length of time as you gain experience. You don't have to fast many days to be effective.
- If you go completely without food for a full day or longer:
 - drink plenty of water.
 - if you are working, drink some diluted fruit juice for energy.
- Use this time to seek God. Spend time with him in prayer, reading and memorizing scripture, and journaling.
- As much as possible, eliminate time spent with TV, social media, gaming, hobbies, or other interests that command a lot of your time and attention. Use this time to seek the Lord.
- Break your fast carefully with fruit juices, soups, and light meals, especially if you have been on an extended fast. Do not eat regular meals until your body has adjusted.
- Remember that spiritual breakthrough may not be immediate. Wait patiently before the Lord and allow him to work in your life!

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