

FAST & PRAY GUIDE

As we begin a new year together, we remind ourselves that prayer is not our last resort; it's our first response. Prayer should be a priority in our lives. Whether we're celebrating, mourning, seeking, or simply saying "thank you," our first instinct should always be to go to God in prayer.

This 21-day period of fasting and prayer is designed to prioritize our relationship with God and focus our attention on what matters most. How you start the year matters. We want to encourage and empower you to start 2021 seeking God's wisdom, strength, and direction for your life.

Whether you can't imagine your life without prayer or you can't imagine where to begin, the power of prayer isn't determined by the presentation. It's not the strength of our faith; it's the object of our faith that changes things. One significant purpose of fasting is to reset. Your spiritual life, physical body, and life rhythms should be re-calibrated to the tune of what will be required of you in the new year.

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose: it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

2021 Fast At-A-Glance:

- Daily Prayer at 7am
- Daily Fast (liquids only) until 5pm
- Daily Focus (see notes)
- Identify a vice and refrain (sugar, fried food, etc.)

Types of Fast

- Complete Fast: In this type of fast, you drink only liquids, typically water with light juices as an option.
- Selective Fast: This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.
- Partial Fast: This fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.



WEEK 1 FOCUS

What Does God Say?

Sometimes the language style of biblical writers and their interpreters convolute the basic message and meaning of the Scriptures. We often expend lots of energy trying to understand complex stories but miss the simplest and most basic nuggets within them. This week, I want you to notice that in plain sight, God speaks some of the most comforting words and phrases to us. Simplified and stripped to common language, **hear what God has been saying:**

MONDAY

I will be with you (Deut. 31:6).

God's first historical and immutable promise is that through every circumstance, He will be ever-present with you. Nothing will separate Him from you. He is with you. Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you.

TUESDAY

I will protect you (Exodus 14:14).

At the center of peace, is protection. God has promised to shield and defend you against the effects of harm so that you can trade worry for peace. The Lord will fight for you, and you shall hold your peace.

WEDNESDAY

I will be your strength (Phil. 4:13).

God invites us into the supernatural by supplying us with His strength. And because we have God's strength, we can endure, outlast, and defeat anything. I can do all things through Christ who strengthens me.



WEEK 1 FOCUS

What Does God Say?

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THURSDAY

I will hear you (John 14:13-14).

God does more than listen; He hears. He understands what is behind every word you will speak to Him--whether in anguish, hurt, or love, God empathetically hears you. And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. 14 If you [a]ask anything in My name, I will do it.

FRIDAY

I will provide for you (Phil. 4:19).

God has obligated Himself to provide the extent of our needs. That would include food, clothing, shelter, companionship, love, and salvation through Jesus Christ. While it may not match the world's standard of luxe, provision is the Believer's right. And my God shall supply all your need according to His riches in glory by Christ Jesus.

SATURDAY

I will give you peace (John 14:27).

God provides an inner peace that comes from total reliance on His word. As we trust, peace elevates. You can rest and not worry because the peace God gives comes from a holy reservoir, not from temporal solutions. Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

SUNDAY

I will always love you (I John 4:9-10).

The most comforting promise God will ever say to you is that He loves you. His love for you compels Him to release ever promise for you and not to withhold any good thing. In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him. 10 In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins.



WEEK 2 FOCUS

What Is God Doing?

Is God still at work? If He is, what are some of the things He is doing? We must admit that sometimes it does not feel like He is working. But the truth is that God is involved and active in everyday life. At spiritual and practical, global and personal levels, God is doing a lot. Over the next week, we will focus on a God at work. We will focus on His consistent and active involvement in sustaining our lives and the world.

MONDAY

He is ruling in power (Hebrews 8:1-2).

He currently resides in the most prominent position of influence and authority in all the universe, actively ministering to and engaging with all of creation. Right now, we live with the absolute assurance that Jesus is more infinitely powerful than anything we may encounter in this world. He is bigger and more powerful than whatever we may face. Now this is the main point of the things we are saying: We have such a High Priest, who is seated at the right hand of the throne of the Majesty in the heavens, 2 a Minister of the [a]sanctuary and of the true tabernacle which the Lord erected, and not man.

TUESDAY

He is interceding on our behalf (Hebrews 7:25).

Jesus himself is the courier of all of our prayers to God the Father. We do not have to represent ourselves, Jesus does it for us. He is making requests on our behalf, advocating on our behalf and pleading our case (1 John 2:1-2). Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them.

WEDNESDAY

He is preparing a place for us (John 14: 1-3).

Our true citizenship is in heaven. Jesus is eagerly anticipating our arrival into glory, a place He is actively making arrangements for right now. Just when we think there are limits to our story, Jesus reminds us that He has so much more in store for you. Let not your hearts be troubled; believe in God, believe also in me. [2] In my Father's house are many rooms; if it were not so, would I have told you that I go to prepare a place for you? [3] And when I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.



What Is God Doing?

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THURSDAY

He is teaching and reminding us (John 14:26).

The Holy Spirit is providing wise counsel to Christ's followers. By the Holy Spirit God is our helper and advocate to remind us of God's teachings. But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.

FRIDAY

He is strengthening and enabling us to grow (Galatians 5:22-23).

Through the Holy Spirit, God is growing us daily through His word, His actions, or events in our lives. The Spirit uses every opportunity to produce godly results through our lives. Daily, God is sanctifying us to be more like Him. But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

SATURDAY

Making New Believers (Romans 8:10-11).

God draws new believers to himself to renew, sanctify, and make them holy. And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness. 11 But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies [a]through His Spirit who dwells in you.

SUNDAY

God gives spiritual gifts (I Cor. 12:7-11).

The believer is empowered by God to be godly. God manifests himself in the lives of believers by providing us with gifts to better express His reality in the world. But the manifestation of the Spirit is given to each one for the profit of all: 8 for to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, 9 to another faith by the same Spirit, to another gifts of healing by [a]the same Spirit, 10 to another the working of miracles, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues. 11 But one and the same Spirit works all these things, distributing to each one individually as He wills.



WEEK 3 FOCUS

What Does God Want To Hear?

God has revealed Himself to us as a God with personality. He cares what we do, and He cares what we say. What do you think He would want to hear from you? This week, we will focus on speaking to God in the ways He desires to be spoken to. He loves to hear from you.

MONDAY

Your praises (Ps. 145:2-4)

Praise is the public report for how you feel about God privately. God honors and delights in hearing His people praise His name, character, and actions. Every day I will bless You, And I will praise Your name forever and ever. Great is the Lord, and greatly to be praised; And His greatness unsearchable. One generation shall praise Your works to another, And shall declare Your mighty acts.

TUESDAY

A "Thank You" (Ps. 9:1)

When we extend gratitude, we remind God that we do not take His goodness or wisdoms for granted. Our thanksgivings toward God are always accepted and never go unrewarded. "I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds."

WEDNESDAY

Your questions and concerns (I Peter 5:7).

There is nothing you cannot discuss with God. He is God enough to hear your praises and God enough to hear your concerns. He will not shun you, but instead invites you to lay your anxieties and perplexities on Him. Casting all your care upon him for he cares for you. God wants to hear...



What Does God Want To Hear?

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THURSDAY

You Pray For His kingdom to come (Matt. 6:9-10, 33).

The ultimate desire of God is to develop people who desire and operate willingly with Him as their King. Our prayer for His kingdom to come is more than a prayer for salvation, but also a prayer for personal surrender. May Gods Kingdom come in our world and our lives. In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven.

FRIDAY

You Acknowledge the power in His name (John 14:13).

The highest, most powerful name, that is full of salvation and glory is the name of Jesus. His name is our salvation. No magic trick or wisdom of the ages, the Name of Jesus, is our proper access into divine realities. Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it.

SATURDAY

You Pray for your enemies (Matthew 5:44).

God wants to hear a heart that is healed enough, delivered enough, and full of enough forgiveness that it can pray for its enemies. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them that despitefully use you; that ye may be the children of your Father which is in heaven.

SUNDAY

You say “yes” to His will (Isaiah 6:8).

Saying yes to the Lord is the ultimate sign of surrender and trust. God desires to hear our unfailing trust in His unfailing word over our lives. Our ‘yes’ enters us into a life of faith and the victories caused because of it. Then I heard the voice of the Lord saying “whom shall I send? And who will go for us?” and I said, “here I am, send me.”