



21 DAYS

Prayer and Fasting
Guide



MOVEMENT
CHURCH

Intro

A Call to Prayer and Fasting

Movement Church is founded on the belief that prayer is powerful. That is why we are starting this new year with an intentional time of prayer and fasting for 21 days. In 2023 we are boldly praying and seeking God for breakthrough in every person's life and in the advancement of the Kingdom of God. The Lord has called this church to *"Move People Into A More Fulfilling Relationship With Jesus"*. We invite you to join with us in praying that God would use this church to see breakthrough in the whole world.

Isaiah 54:2 *Enlarge the place of your tent, and let them stretch out the curtains of your dwellings; Do not spare; Lengthen your cords, And strengthen your stakes. 3 For you shall expand to the right and to the left, and your descendants will inherit the nations, and make the desolate cities inhabited.*

Is 21 Days of Prayer and Fasting for me?

Yes!

Our heart's desire is that every person would not only know God, but grow into a more fulfilled relationship with him. Prayer and fasting are powerful tools for you to encounter a deeper relationship and presence of the living God. It is a physical way of declaring *"More of you and less of me."* If you sense God has more for your life, 21 Days of Prayer and Fasting is a great place to start believing Him for all that He has for you. As you practice seeking Him first, your heart will be transformed into a better understanding and knowledge of Him. You will start to see the power of prayer and fasting impact your relationships, work, family, and every area of your life. No matter where you are on your walk with Jesus, we would love for you to be part of 21 Days of Prayer and Fasting surrounded by a great community of believers who are also seeking the Lord through prayer and fasting. There will be daily devotionals on our app to help guide you and empower you in this season.

What is fasting?

Fasting, in its most classic sense, means voluntarily abstaining from eating or drinking for an extended period of time. When we partake of a fast it helps us examine what we are consuming in terms of social, intellectual, spiritual, and emotional “food.” Are these things distracting you from your relationship with God? Are you relying on things that have nothing to do with God to get you through your day? Fasting can be helpful in examining these things.

A true fast functions as a great discipline of seeking God first rather than relying on things of the flesh. In fasting we choose to put our human desires into submission so that we might seek a deeper communion with God in his presence. Seek God and ask him if there is anything you are consuming that he would ask you to fast for these 21 days, other than a fast from food.

Everyone doing an extended fast of food or drink should consult a physician first. If you have medical issues, consider fasting something like TV or media. The point is that there is something God may want you to separate yourself from for three weeks so that you can see Him more clearly. Don’t cheat yourself by removing yourself from the fast entirely.

The goal of fasting:

The goal of fasting is a personal encounter with the Living God. There are physical benefits from fasting, such as a cleansing of your body or breaking of addictions, but the primary goal of fasting is to experience God through prayer and reading His word.

So much of our life is about us, what we want, and when we want it. What would happen if we submitted ourselves and our needs, and in turn sought God with passion and fervor? What kind of breakthrough might we see?

“He must increase and [we] must decrease.” - John 3:30

Steps to a Successful Fast

Step 1: Set your objective

Before starting a time of fasting it is important to ask yourself: “why” are you fasting? Are you looking for spiritual renewal, guidance, healing, resolution of problems, and difficult situations? We encourage everyone to ask the Holy Spirit for clarity and guidance as you begin your fast. Movement Church will be sharing some simple directions as the fast continues, but we highly encourage everyone to have an objective to enable you to pray more specifically and strategically.

Through fasting and prayer we humble ourselves before God so the Holy Spirit will stir our souls, awaken our church, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

Step 2: Make a Commitment

Praying and Fasting for 21 days is a commitment, so take time to pray about what kind of fast you will be committing to for the next 3 weeks and write it down in a journal. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

What type of fast is God leading you to undertake? (There will be a detailed list of “types of fasts” in the coming pages.)

What physical or social activities will you restrict or need to alter due to the fast?

How much time each day will you intentionally devote to prayer and the reading of God’s Word? (We have created a prayer guide in the coming pages)

Making these commitments ahead of time is crucial to sustaining your fast, as well as providing the greatest opportunity to draw nearer to God in His presence.

Step 3: Prepare Your Heart

As you begin this fast it is important to prepare your heart in two ways: through repentance (repentance = change your heart) and through openness. At the same time, are you willing to have an open heart to fully receive what God is speaking to you? Be willing to receive what God is speaking to you. Take time to surrender your full heart to God before beginning this fast.

Here are some things you can do to prepare your heart:

- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (*Mark 11:25; Luke 11:4; 17:3,4*).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His grace and His ability to enjoy this fast. *Ephesians 5:18*
- Meditate on the attributes of God, His love, power, wisdom, faithfulness, grace, compassion, and others (*Psalms 48:9,10; 103:1-8, 11-13*).
- Begin your time of fasting and prayer with an expectant heart (*Hebrews 11:6*).

Step 4: Prepare Your Body

Your physical preparation will depend on what kind of fast you are committing to. Those undertaking a food-related fast are encouraged to take reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never undertake a physical fast without professional supervision.

If you chose a fast like the Daniel fast (fruits and vegetables) it will most likely affect your physical body and lead to a cleansing of your system. There may be days that you feel sick as your body detoxes. The good news is that if you stay strong to your commitment you will make it! There are many things that we consume on a daily basis, that when removed can affect our bodies.

That is why we recommend that you:

- Avoid binging on any food items. For example, don't eat a huge steak dinner in preparation for a Daniel fast. It will only make the dramatic change more difficult.
- Take a few days to dial back your intake of things like caffeine or high-sugar drinks/foods.
- Take note of how the fast might affect any current exercise regimens you have.

Step 5: Create a Schedule

The goal of the fast is a personal encounter with a Living God, so plan where and when you will spend time seeking him in prayer and the Word. The temptation in a fast is to fill our time with distractions to keep us from feeling hungry, but remember that the point of this fast is communion with God not simply surviving a change in diet or habits.

Sample Schedule

Morning

- New Testament Reading Plan (see below for correlating days and scripture)
- Begin your day in praise and worship. Read and meditate on God's Word.
- Invite the Holy Spirit to work in you to will and to do His good pleasure according to *Philippians 2:13*.
- Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.
- Pray for His vision for your life and empowerment to do His will.

Noon

- Return to prayer and God's Word.
- Take a short prayer walk.

Evening

- Get alone for an unhurried time of “seeking His face.”
- If others are fasting with you, meet together for prayer.
- Avoid television or any other distraction that may dampen your spiritual focus.

Step 6: End Your Fast Gradually

At the end of your fast there will be a temptation to binge on whatever you have abstained from. Take it slow. If you have done a vegetable fast 21 days we encourage you to avoid introducing a huge quantity of raw meat or cheese into your diet at once.

If you have fasted television or social media then try to avoid binge watching the newest season of the show that just came out or spending countless hours scrolling. Again, the goal of the fast is communion with God not surviving a nature of bingeing and purging.

Step 7: Expect Results

John 14:21 - *“Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.”*

Christ tells us that if we seek him, he will reveal himself to us. If you make a commitment for these 21 days; if you humble yourself and seek God’s face; if you intentionally meditate on the Word of God, you will experience a deeper understanding and awareness of His presence.

Go into the fast expecting that God will move in your life and the life of this church. We believe that through this fast the Lord will give you new and fresh spiritual insights. He will strengthen your faith and confidence in Him. He will refresh you spiritually, emotionally, and physically. Above all, we believe that God will commune with you and will answer the prayers and cries of your heart.

A fast is not a spiritual cure-all or simple fix. This fast is a committed time of surrender and seeking, and we believe that through this time you will have a personal encounter with the Living God.

The pastors and staff at Movement Church invite you to join us in 21 days of prayer and fasting.

Types of Fasts:

Complete Fast

- Drinking only liquids, typically water and/or light juices.
- Broth or soup may be included as options.

Selective Fast

- Removing certain elements from your diet.
- Daniel Fast (the most widely practiced selective fast) - abstaining from meat, sweets, or bread; drink water and juice, and eat a variety of fruits and vegetables.

Partial Fast or Jewish Fast

- Abstaining from eating any type of food in the morning and afternoon.
- Or fasting during specific times of the day. For example: 6am-3pm, or from sunup to sundown.

Soul Fast

- This is a common fast for anyone new to fasting, those with medical/health issues that would prevent them from fasting, and those looking to specifically address an area of their life out of balance.
- Suggestions: social media, television, shopping, etc.

You can do this.

New Testament Reading Plan

Day 1 Romans 1
Day 2 Romans 2-3
Day 3 Romans 4
Day 4 Romans 5
Day 5 Romans 6
Day 6 Romans 7-8
Day 7 Romans 9-10
Day 8 Romans 11
Day 9 Romans 12
Day 10 Romans 13
Day 11 Romans 14
Day 12 Romans 15-16
Day 13 Galatians 1
Day 14 Galatians 2-3
Day 15 Galatians 4
Day 16 Galatians 5
Day 17 Galatians 6
Day 18 Ephesians 1-2
Day 19 Ephesians 3-4
Day 20 Ephesians 5
Day 21 Ephesians 6

Dig in deep and listen for His voice as you read.

Prayer Guide

Father, I have set aside these 21 days to seek Your face through prayer and fasting and position my heart to hear Your voice more clearly and to know Your ways. I am sacrificing something I want, for something I want more and that is more of You in every area of my life. During these next 21 days, my heart's desire is to begin a brand new chapter of my life by spending more time each day worshipping in Your presence and opening my heart to Your words of truth. I ask you to do a fresh work in me that I will never forget as I yield myself completely to You in Jesus' Name.

Movement Church

Father I thank You that You've called and chosen Movement Church and loved us with an everlasting love! Thank You for equipping us with Your grace to move people into a more fulfilling relationship with Jesus! Thank You Father that we are overflowing with people in average weekly attendance and we have more than enough resources to meet every need according to your riches in glory by Christ Jesus. We declare and decree that we have more than enough volunteer resources to fill every need in every department and we serve with joy and a willing heart.

Thank You Father for sending us the lost, the broken and hurting to be saved, baptized, healed, filled with the Holy Spirit and restored by Your love. Thank You Father for sending us many people who will discover and use their gifts to connect with our vision to spread this gospel, make disciples and train leaders to impact North Alabama and the entire world with Your love.

We declare and decree by the authority of Your word that we are more than able by Your grace to fulfill the assignment You've chosen for us! Our leaders, volunteers and entire church family are healthy and united in purpose and passion. Our service experiences are super natural, Spirit-filled and joyful encounters with Almighty God. Our teams are committed, empowered and thriving. Our marriages, families and friendships are strong! We have the heart of a servant, we're quick to repent and willing to forgive. We laugh, love and have fun together! Our bodies and minds are healthy and rise to the challenge! Our bank accounts are full and overflowing to have all we need and plenty to give to others in need according to Your riches in glory by Christ Jesus!

Father we know that apart from a daily revelation of Your love and Your grace this is impossible so with all of our hearts we follow You and trust in Your wisdom, Your grace and Your ability!

We Are Grateful - For all that God has done, His love and faithfulness and His richest blessings to us, our families and our people.

Pray for our Nation- We pray for President Joseph Biden, his cabinet, advisors, congress, senate, Vice President Kamala Harris, our supreme court, military, and law enforcement nationwide. We pray that their hearts would be yielded to you Father in every way. Give them repentant hearts as they see your goodness and mercy and speak to them while they are awake and while they are asleep. Give them supernatural wisdom to root out evil and corruption in every place it lurks. Raise up Godly leaders to confront and defy our nation's leaders if and when they lead through corruption and deceit. Lead them in the way that they should go and give them understanding hearts like the founding fathers of our nation to defend, protect and preserve the values of our constitution.

Pray for Alabama - We pray for Governor Kay Ivey and her advisors, Lieutenant Governor Will Ainsworth, the state senate and representatives and state law enforcement as well as all county and local law enforcement and all of their officials. Give them grace and passion to lift a standard of righteousness and justice in our great state. Equip them to expose and root out evil in every place it lurks and bring to justice every person bent on wickedness. Bless them with good rest and encouragement and help them to be sensitive to your voice and follow your leading in their personal lives as well as in their service of the people of this state of Alabama.

Pray for Movement Leadership Team - Father, we lift up the pastors, leaders and volunteers of Movement Church and our families who serve in every department. We pray that we would continue to grow in Your love and in Your grace and in the knowledge of Jesus and that we would be continually filled with supernatural joy and peace as we serve You and Your people. Lead us individually and corporately to make a lasting impact on every family and individual we have influence with and to be

sensitive to Your voice in every area of our lives.

Pray for our Outreach Ministries - Father We we lift up Pastor Tracy and Pastor Ron and the call that You have placed upon their lives. We thank You for their willingness to serve and ask You for great grace to supply them daily with the strength and vision that they need. We ask You for new doors of ministry opportunity, a flood of needed resources for reaching those who are seeking, broken, forgotten and hurting. Bring forth laborers to lift Ron and Tracy's arms and help them fulfill Your vision for their lives.

Pray for Our Movement Church Families in the Western Providence of Zambia - Father, we lift up pastor Jerry and Ruth Mubukwanu and their family, all of their elders, pastors, and deacons, and the 90 plus orphans You have given them to care for. We pray for their strength, their safety, excellent health and protection over their lives. We lift up our families there in the 15 other church branches and the pastors, elders, and deacons that oversee them. We pray for abundant provision and resources to bless these communities and help construct church buildings and install fresh water wells for each of these branches and their communities and that the Gospel will go forth in great power and authority.

Pray for all the ministries and missions organizations we support -

Safe Harbor - Pastor Allen and Janice Speegle

God Cares Ministries - Derrick Pitts

Toledo Faith Outreach Center- Pastor Victor and Sharon Hernandez

Embassy of Hope - Pastor Kevin Cooley

L3 International - Nate and Rute Tanner

Good People Global - Lori and Seth Adgate

Fischer Family Ministries - Joab & Amanda Fischer missionaries to Turkey

Father, we ask that You would strengthen the call and the grace upon their lives and ministries. Protect them and their families from sickness, danger, and the plans of the enemy. We declare health and abundant supply over their personal lives, their mar-

riages, and their ministries. Use them to minister the Gospel and affect mighty change in governments and people everywhere they go for the glory of Your name!

We confess over our Movement Church Family- That we are bold in our faith, safe in our travels, healthy in our minds and bodies, financially stable, and strong in our marriages. Our Movement Family thrives in our relationships and we are influencers for righteousness continually in our neighborhoods and communities and we are sensitive to the Holy Spirit and God's good plan and purpose for our lives and the lives of our families and our friends. We proclaim God's divine destiny for the future of Movement Church and our eternal impact on this region of North Alabama, our future leaders and campuses where they will pastor and serve, new land, and construction. Father, we decree and declare that our presence on social media will continually grow and advance the kingdom of God as You give us creative ideas to reach those in need in the Name of Jesus.

Contact

Reach out

If for any reason you need help during this time please feel free to reach out to us.

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