



TWENTY - ONE DAYS OF

Prayer & Fasting



21 Days of Prayer & Fasting Overview

Perhaps, there is no greater description of Biblical fasting than that which the Lord gave us in **Isaiah 58:3-12**.

THE GOAL: To seek God's presence in a way that changes how you live, treat resources, possessions, relationships, and time. The end result of fasting is a change in lifestyle toward God and others.

Isaiah 58:3-12

3 'Why have we fasted,' they say 'and you have not seen it? Why have we humbled ourselves, and you have not noticed?' "Yet on the day of your fasting, you do as you please and exploit all your workers. 4 Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.

THE ATTITUDE: Humble sacrifice & worship... To give up what you have for a period of time in order to be filled more with God's presence and allow what you do have to be a blessing to others.

5 Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord? 6 "Is not this the kind of fasting I have chosen: **to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?** 7 Is it not to **share your food with the hungry** and to **provide the poor wanderer with shelter** – when you see the naked, to **clothe them**, and **not to turn away** from your own flesh and blood?

The most effective methods of fasting are accompanied with extended times of worship, prayer, and Scripture reading & meditation.

THE RESULT: Glowing with the radiant presence of God, personal healing, power in prayer, satisfied needs, rebuilt ruins, raised up foundations, repaired broken walls, and restored neighborhoods.

8 Then your **light** will break forth like the dawn, and your **healing** will quickly appear; then your **righteousness** will go before you, and the glory of the Lord will be your rear guard. 9 Then you will call, and **the Lord will answer**; you will cry for help, and **he will say: Here am I**. "If you do away with the yoke of oppression, with the pointing finger and malicious talk, 10 and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then **your light will rise** in the darkness, and your **night will become like the noonday**.

11 The Lord will guide you always; he will **satisfy your needs** in a sun-scorched land and will **strengthen your frame**. You will be like a well-watered garden, like a spring whose waters never fail. 12 Your people will **rebuild the ancient ruins** and will raise up the **age-old foundations**; you will be called **Repairer of Broken Walls, Restorer of Streets with Dwellings**.

FROM THE BEGINNING OF ANCHOR CHURCH... We will make it a priority to seek God's presence first in prayer. We will do this collectively as a church through 21 Days of Prayer. Together we faithfully seek God first, trusting in His power alone to impact our lives, build His church, & change our world.

Biblical fasting is always challenging. It is intentionally eliminating something in your life for the purpose of being filled with something greater. The result is always more power to love God and love people. Biblical fasting requires wisdom, discernment, self-awareness, and hearing God.

The key to a fast is ask God what type of fast He wants you to do. Ask God what your focus is to be. Then make arrangements in your life to dedicate your time to the Lord for a specific amount of time. Be realistic with your body, your options, and, most importantly, follow what the Holy Spirit leads you to do.

Types of Fasting

COMPLETE FAST

We do not recommend any fast that is without water. Going without water is dangerous for your body. With that in mind, we define a complete fast as giving up all food except and drink except for water and select juices. This is also accompanied with abstaining from many other means of input such as technology, entertainment, media, etc.

All resources typically spent on consumption of these things are repurposed toward the principles of Isaiah 58:3-12.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet or life. One example of a selective fast is the Daniel fast, during which you remove meat and sweets from your diet and consume water and juice for fluids and fruits and vegetables for food. Another type of Selective Fast could be abstaining from just sweets, fast food, eating out, etc.

PARTIAL FAST

This involves abstaining from eating any type of food during select times of the day. It can be a sunup to sundown version of any of the fasts. It can also be abstaining from any regular meals during the day.

SOUL FAST

The Soul Fast is common for those who are not able to fast from food due to health issues or lack of experience. Those wishing to refocus certain areas of their life that are out of balance may choose to abstain from things such as social media, television, media, shopping, entertainment for the duration of the fast. They would then choose to bring back that element into their life with a fresh perspective and moderation at the conclusion of the fast.

Important note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking medications, have a chronic condition, or are pregnant or nursing a baby.

How To Plan Your Fast

Successful fasting begins with the right preparation. All preparation will help you count the cost, sustain the plan and finish well.

Here are a few first steps:

1. WHAT IS YOUR GOAL

Decide WHY you are fasting? Are you seeing a fresh start? Are you rebooting your digestive and eating health? Are you seeking healing? Are you seeking wisdom or fresh perspective on things? Are you seeking resolution or direction?

What are the top areas of your life that you need to pray about? Ask God what He wants you to focus on and then do whatever He tells you. Allow God to show you your goals for the fast.

2. WHAT IS YOUR PLAN & SCHEDULE

What are you going to give up and for how long? What days are you going to fast? When is your start date and time? When is your end date and time? Set the plan and then communicate it clearly to people in your life to help you, as they're able.

Anchor 21 Days of Prayer is intentionally designed to be flexible. As with choosing what type of fast you will be undertaking, it is important to also decide ahead of time how long you will be fasting and to what extent you will be fasting.

Some people may choose to fast at one level all 21 days and then culminate with a special 3-day fast at the end. Others may choose to fast one week out of the 21 days, or even fast once or twice a week throughout the 21-day period. This is a personal decision and one that should be prayerfully considered.

Whatever you do, be intentional, be specific, be gracious to yourself if you mess up. If you mess up... just start over and keep going.

3. SMART START & FINISH WELL

It is not wise to go cold turkey off of eating heavy foods to eating no food at all. We recommend taking the first few days of your fast for a healthy detox transition period. If you don't do this, you could get sick, constipated or have other digestive issues.

For example, if you are going on a total fast, you may want to do a 3 Day reboot at the beginning to get your system clean and ready for the fast.

The same principles apply to breaking your fast. When your fast is over, add foods back very gradually. Your body will feel so alive, cleansed and detoxified, you will likely get sick if you add too much rich foods to your diet all at once.

Kids Fasting

It is so important to model the principle of fasting to our kids and it's actually quite simple to introduce different ways they can participate. However, their involvement should come only from a heartfelt desire to, just like our fasting should. The best way to encourage our kids to fast is to keep it fun and simple. An easy way to explain the benefits of prayer and fasting to kids is to compare it to cleaning out old toys that might no longer work, or that they might have outgrown, to make room for new ones. As we clean out our bodies and make time to connect closer to God and His Word, we make room to receive new gifts from Him.

We do not recommend that children skip meals or drastically reduce their food intake, but a modification of their diet might prove to be an easy place to start. For example, fasting from specific items such as sweets, red meats, fried foods or even introducing a form of the Daniel fast which includes legumes, nuts and whole grains is a great way for children to participate in a safe and healthy way.

Another great way to fast is by reducing some of the time and energy spent watching TV, playing video games, using the computer or phone, and instead choosing to spend time praying, reading their Bible, or serving others. Check our Sample Fasting Calendar for Kids below as an additional resource for you and your kids during the fasting season. The main thing is for them to recognize the value behind setting aside special times to disconnect from some of the extra-curricular activities and treats they enjoy on a regular basis and learn how to connect to God in a closer way.

Sample 21-Day Kids' Fast

DAY 1 Fast sugars, desserts, & candy Psalm 25:4-5	DAY 2 Fast TV, movies, videos, & gaming devices Colossians 1:10	DAY 3 Fast TV, movies, videos, & gaming devices Philippians 3:13-14	DAY 4 Fast sugars, desserts, & candy Ezra 8:23	DAY 5 Fast computers (except for school) & video games Isaiah 54:2-3	DAY 6 Fast computers (except for school) & video games Mark 9:29	DAY 7 Fast sugars, desserts, & candy Luke 22:42
DAY 8 Fast sugars, desserts, & candy Philippians 2:3-5	DAY 9 Fast TV, movies, videos, & gaming devices Nehemiah 4:14	DAY 10 Fast TV, movies, videos, & gaming devices John 17:20-21	DAY 11 Fast sugars, desserts, & candy Psalm 25:4-5	DAY 12 Fast computers (except for school) & video games Isaiah 40:29-31	DAY 13 Fast computers (except for school) & video games I Timothy 2:1-2	DAY 14 Fast sugars, desserts, & candy James 1:5
DAY 15 Fast sugars, desserts, & candy Isaiah 54:10	DAY 16 Fast TV, movies, videos, & gaming devices Psalm 5:11-12	DAY 17 Fast TV, movies, videos, & gaming devices Daniel 11:32	DAY 18 Fast sugars, desserts, & candy I John 5:14	DAY 19 Fast computers (except for school) & video games Nehemiah 1:4-5	DAY 20 Fast computers (except for school) & video games Mathew 6:16-18	DAY 21 Fast sugars, desserts, & candy Matthew 6:33

Other Fasting Resources

There is nothing “inherently spiritual” about one type of fast as opposed to another. It is important to seek God in prayer and follow what the Holy Spirit leads you to do.

DANIEL FAST

Here are some links that provide some suggestions of what a Daniel Fast can look like as well as some recipe options.

Danielplan.com

Ultimatedanielfast.com

JUICE FAST

Here are some recommendations on doing a Juice Fast. This is a great form of detoxing your body and rejuvenating your immune and digestion system. A juice fast is when no solid food is consumed and instead involves the intake of vegetable juices, fruit juices, and water.

Rebootwithjoe.com

Juicerecipes.com

All-about-juicing.com

WATER-ONLY FAST

A water fast is eating no foods and drinking no liquids except water for a period of time. Extreme precautions should be taken with a water fast and should be done under the direction supervision and monitoring of your physician.