



# 21 DAYS OF PRAYER & DENIAL

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[BRIDGECHURCH.NET/21DAYS](https://bridgechurch.net/21days)



# 21 DAYS OF PRAYER & DENIAL

We are coming together corporately at the beginning of the year, asking everyone to deny themselves in some way over these 21 days. Eliminate what will allow you more time with the Lord.

"When you give God your first through fasting, praying, and giving at the beginning of the year, you set the course for the entire year." Matthew 6:33 says, "But seek first His kingdom and His righteousness, and all these things will be given to you as well."

*The purpose of spiritual fasting is to deny ourselves food for a specific period of time to draw closer to God and to hear from Him.*

We are so excited that you have decided to participate in an extended time of prayer, fasting, and personal devotion. We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over the next 21 days. Do not let what you eat or do not eat become the focus of your fast. Keep the main thing the main thing, which is getting closer to God.

## WHY SHOULD I FAST?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?

8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

## TYPES OF FASTS:

- Liquid Only
- Daniel Fast (partial fast)
- Give up specific thing (sugar, caffeine, etc.)

## IDEAS FOR DENIALS IN ADDITION TO FOOD:

- Give up Social media
- Give up TV/Entertainment
- Give up eating out
- Give up complaining
- Consciously put others before yourself

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Although the Bible doesn't give a direct command on this issue, examples of fasting appear in both the Old and the New Testaments. One of the most telling passages in which fasting is mentioned is Matthew 6:16, where Jesus is teaching His disciples basic principles of godly living. When speaking on fasting, He begins with, "When you fast," not "If you fast."

Many times we don't fast because we've lost our spiritual appetite. John Piper says, "The absence of fasting is the measure of our contentment with the absence of Christ." Piper adds, "If we don't feel strong desires for the manifestation of the glory of God, it is not because we have drunk deeply and are satisfied. It is because we have nibbled so long at the table of the world. Our soul is stuffed with small things, and there is no room for the great."

As you empty yourself physically and spiritually, you open the door for God to step in and do the miraculous. Your relationship with the Lord is taken to a whole new level. You also become more sensitive to the work of the Holy Spirit, which enables you to hear God's voice more clearly.



A photograph of a man and a woman in a state of prayer. The man, in the foreground, has a beard and is looking down with his eyes closed. The woman is behind him, also with her eyes closed. The lighting is dramatic, with strong highlights and deep shadows, creating a solemn and spiritual atmosphere.

# 21 DAYS OF PRAYER & DENIAL

Anyone who has done a fast — whether absolute, liquid, or partial — would agree fasting is difficult. Physically, you may suffer from unpleasant side effects, such as headaches, fatigue, and intestinal discomfort, as your body attempts to adjust to the reduced caloric intake. Spiritually, attacks from the Enemy increase in frequency and intensity, resulting in a barrage of frustrations that can seem overwhelming. However, the same people who would be honest about the challenges of fasting would also concur that the sacrifices are well worth the rewards. So don't resist the suffering that accompanies fasting. Rejoice in it! Fasting is a spiritual exercise which God honors. He promises to heap blessings on people who are hungry for Him (Matthew 5:6).

*Excerpts taken from: Why Should I Fast? 7 Examples of Fasting in the Bible by Kristen Feola, from Spiritually Strong.*

## DANIEL FAST

A wonderful side benefit of the Daniel Fast is the improvement in health that most people experience.

A Daniel Fast is a Biblically-based partial fast. "There are two anchoring scriptures for the Daniel Fast. In Daniel 1 the Prophet ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast:

1. Only fruits and vegetables
2. Only water for a beverage

Then in Daniel 10 we read that the Prophet ate no meat nor any precious breads or foods and he drank no wine for 21 days. So from this scripture, we get a third guideline:

3. No sweeteners and no breads

Another important guideline is drawn from Jewish fasting principles, where no leaven is used during the fast. So that's why yeast, baking powder and the like are not allowed on the Daniel Fast.

Finally, with all the above puzzle pieces, we conclude that no artificial or processed foods nor any chemicals are allowed on the Daniel Fast."

"Why are fruits and grains allowed when the Bible says Daniel ate only vegetables and drank water? The early translations (including KJV) use the word pulse instead of vegetables. That word is rightly translated as "foods grown from seed." Therefore, the Daniel Fast includes fruits, vegetables and whole grains."

## GUIDELINES & TIPS

### HOW TO BEGIN:

**Prepare Spiritually:** Fasting is always coupled with a spiritual goal. You are denying food for a spiritual purpose. Invest some quality prayer time so you can start with a clear and specific purpose for your fast. Ask yourself, "Why am I fasting?" Also ask the Holy Spirit for guidance and direction. Confess your sins. Pray daily and read the Bible. Otherwise you will be merely dieting. Most find it helpful to journal during their time of prayer and fasting. You may also find it extremely beneficial to fast from a regular activity or habit (TV, social media, etc.) Connect to God and tune out regular distractions.

**Quiet Time:** Gather books and study materials to help feed you spiritually and guide your quiet time. If you don't already have a consistent daily quiet time with the Lord, this is a great opportunity to do so. Read **CONSISTENTLY, PRAYERFULLY, EXPECTANTLY.**

**Prepare Physically:** It's a wise move to prepare your body for the fast by easing off sugar, caffeine and chemicals before your first day of fasting. Otherwise, you may experience physical detox symptoms of headaches, cramping, and fatigue. Start to drink at least 64 oz. of filtered water each day before, during, and after the fasting time. Fasting should never be harmful to the body. Exercise moderately and take time to rest. If you have health concerns, please contact your health professional before committing to this fast.

A photograph of a man and a woman in profile, looking down in prayer. The man is in the foreground, and the woman is slightly behind him. They are both wearing dark clothing. The background is dark and out of focus.

# 21 DAYS OF PRAYER & DENIAL

Fasting brings about miraculous results. 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

When it comes time to end your fast, start slowly reintroducing caffeine, sugar, meat, etc. Don't overeat, but eat small portions or snacks.

## FOODS INCLUDED IN YOUR DANIEL FAST

All fruits - these can be fresh, frozen, dried, juiced, or canned.

All vegetables - these can be fresh, frozen, dried, juiced, or canned.

All whole grains - these include, but not limited to whole wheat, brown rice, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds - these include, but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes - these can be canned or dried. Dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils - including olive, canola, grape seed, peanut and sesame.

Beverages - spring water, distilled water or other pure waters.

Other - tofu, soy products, vinegar, seasonings, salt, herbs, and spices.

## FOODS TO AVOID ON THE DANIEL FAST

All meat and animal products - including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products - including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners - including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread and baked goods.

All refined and processed food products - including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods - including but not limited to potato chips, French fries, corn chips.

All solid fats - including shortening, margarine, lard and foods high in fat.

Beverages - including but not limited to coffee, tea, herbal teas carbonated beverages, energy drinks, and alcohol.

When you shop for food remember to READ THE LABELS to make sure the only ingredients in packaged foods are suitable for the Daniel Fast. You will want to be especially aware of chemicals, food additives, dairy products and sweeteners.

*Tips: You can find some great recipes at [daniel-fast.com/myrecipes](http://daniel-fast.com/myrecipes). Some material adapted from [daniel-fast.com](http://daniel-fast.com) and [jentezenfranklin.org/fasting](http://jentezenfranklin.org/fasting). Additional helpful information on fasting: [www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.1.html](http://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.1.html).*

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# BASIC STEPS TO FASTING & PRAYER



**BILL BRIGHT**  
OF **CAMPUS CRUSADE FOR CHRIST**



# 7 BASIC STEPS TO FASTING & PRAYER

I believe the power of fasting as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and spiritual harvest around the world.

Increasingly I have been gripped with a growing sense of urgency to call upon God to send revival to our beloved country. In the spring and summer of 1994, I had a growing conviction that God wanted me to fast and pray for forty days for revival in America and for the fulfillment of the Great Commission in obedience to our Lord's command.

At first I questioned, "Is this truly God's call for me?" Forty days was a long time to go without solid food. But with each passing day, His call grew stronger and more clear. Finally, I was convinced. God was calling me to fast, and He would not make such a call without a specific reason or purpose. With this conviction, I entered my fast with excitement and expectancy mounting in my heart, praying, "Lord, what do you want me to do?"

I believe such a long fast was a sovereign call of God because of the magnitude of the sins of America and of the Church. The Lord impressed that upon my heart, as well as the urgent need to help accelerate the fulfillment of the Great Commission in this generation.

As I began my fast, I was not sure I could continue for forty days. But my confidence was in the Lord to help me. Each day His presence encouraged me to continue. The longer I fasted, the more I sensed the presence of the Lord. The Holy Spirit refreshed my soul and spirit, and I experienced the joy of the Lord as seldom before. Biblical truths leaped at me from the pages of God's Word. My faith soared as I humbled myself and cried out to God and rejoiced in His presence.

This proved to be the most important forty days of my life. As I waited upon the Lord, the Holy Spirit gave me the assurance that America and much of the world will, before the end of the year 2000, experience a great spiritual awakening. This divine visit from heaven will kindle the greatest spiritual harvest in the history of the

Church. But before God comes in revival power, the Holy Spirit will call millions of God's people to repent, fast, and pray in the spirit of 2 Chronicles 7:14:

*"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and will heal their land."*

The scope of this revival depends on how believers in America and the rest of the world respond to this call. I have spent fifty years studying God's Word and listening to His voice, and His message could not have been more clear.

This handy reference guide, *Seven Basic Steps to Successful Fasting and Prayer*, will help make your time with the Lord more spiritually rewarding. I encourage you to keep it with you during your fast and refer to it often because it gives easy-to-follow suggestions on how to begin your fast, what to do while you fast, and how to end your fast properly.

During my forty-day fast, God impressed me to pray that two million Christians in North America will fast for forty days by the end of the year 2000, and pray for national and worldwide revival and for the fulfillment of the Great Commission. Prayerfully consider this challenge.

Before you fast, I encourage you to read my book, *The Coming Revival: America's Call to Fast, Pray, and "Seek God's Face."* It will help equip you for the coming spiritual awakening.

## HOW TO BEGIN YOUR FAST

How you begin and conduct your fast will largely determine your success. By following these seven basic steps to fasting, you will make your time with the Lord more meaningful and spiritually rewarding.

### STEP 1: SET YOUR OBJECTIVE

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of



# 7 BASIC STEPS TO FASTING & PRAYER

problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will 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 churches, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

## STEP 2: MAKE YOUR COMMITMENT

Pray about the kind of fast you should undertake. 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: How long you will fast - one meal, one day, a week, several weeks, forty days. Beginners should start slowly, building up to longer fasts.

- The type of fast God wants you to undertake (such as water only, or water and juices; what kinds of juices you will drink and how often)
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's Word

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

## STEP 3: PREPARE YOURSELF SPIRITUALLY

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).

- 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 Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14,15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8. 11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).

## STEP 4: PREPARE YOURSELF PHYSICALLY

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- Do not rush into your fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruit and vegetables for two days before starting a fast.

# 7 BASIC STEPS TO FASTING & PRAYER

## WHILE YOU FAST...

Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider:

- Avoid drugs, even natural herbal drugs and homeopathic remedies. Medication should be withdrawn only with your physician's supervision.
- Limit your activity.
- Exercise only moderately. Walk one to three miles each day if convenient and comfortable.
- Rest as much as your schedule will permit.
- Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
- Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

## STEP 5: PUT YOURSELF ON A SCHEDULE

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

### Morning:

Begin your day in praise and worship.

- Read and meditate on God's Word, preferably on your knees.
- 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.
- Spend time in intercessory prayer for your community's and nation's leaders, for the world's unreached millions, for your family or special needs.

### 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.

When possible, begin and end each day on your knees with your spouse for a brief time of praise and thanksgiving to God. Longer periods of time with our Lord in prayer and study of His Word are often better spent alone.

A dietary routine is vital as well. Dr. Julio C. Ruibal - a nutritionist, pastor, and specialist in fasting and prayer - suggests a daily schedule and list of juices you may find useful and satisfying. Modify this schedule and the drinks you take to suit your circumstances and tastes.

### 5am-8am

Fruit juices, preferably freshly squeezed or blended and diluted in 50 percent distilled water if the fruit is acid. Apple, pear, grapefruit, papaya, watermelon, or other fruit juices are generally preferred. If you cannot do your own juicing, buy juices without sugar or additives.

### 10:30am-Noon

Fresh vegetable juice made from lettuce, celery, and carrots in three equal parts.



# 7 BASIC STEPS TO FASTING & PRAYER

## 2:30pm–4pm

Herb tea with a drop of honey. Avoid black tea or any tea with caffeine.

## 6pm–8:30pm

Broth made from boiling potatoes, celery, and carrots with no salt. After boiling about half an hour, pour the water into a container and drink it.

### Tips on Juice Fasting:

- Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue.
- The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. In cold weather, you may enjoy a warm vegetable broth.
- Mix acidic juices (orange and tomato) with water for your stomach's sake.
- Avoid caffeinated drinks. Avoid chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach.

### Breaking Your Fast:

When your designated time for fasting is finished, you will begin to eat again, but how you break your fast is extremely important for your physical and spiritual well-being.

## STEP 6: END YOUR FAST GRADUALLY

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

- Break an extended water fast with fruit such as watermelon.

- While continuing to drink fruit or vegetable juices, add the following:
  - First day: Add a raw salad.
  - Second day: Add a baked or boiled potato, no butter or seasoning.
  - Third day: Add a steamed vegetable. Then begin to reintroduce your normal diet.
- Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

## A FINAL WORD

### STEP 7: EXPECT RESULTS

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

A single fast, however, is not a spiritual cure-all. Just as we need fresh infillings of the Holy Spirit daily, we also need new times of fasting before God. A 24-hour fast each week has been greatly rewarding to many Christians.

It takes time to build your spiritual fasting muscles. If you fail to make it through your first fast, do not be discouraged. You may have tried to fast too long the first time out, or you may need to strengthen your understanding and resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness.

I encourage you to join me in fasting and prayer again and again until we truly experience revival in our homes, our

# 7 BASIC STEPS TO FASTING & PRAYER

churches, our beloved nation, and throughout the world.

## APPENDIX

### How to Experience and Maintain Personal Revival

1. Ask the Holy Spirit to reveal any unconfessed sin in your life.
2. Seek forgiveness from all whom you have offended, and forgive all who have hurt you. Make restitution where God leads.
3. Examine your motives in every word and deed. Ask the Lord to search and cleanse your heart daily.
4. Ask the Holy Spirit to guard your walk against complacency and mediocrity.
5. Praise and give thanks to God continually in all ways on all days, regardless of your circumstances.
6. Refuse to obey your carnal (worldly) nature (Galatians 5:16,17).
7. Surrender your life to Jesus Christ as your Savior and Lord. Develop utter dependence on Him with total submission and humility.
8. Study the attributes of God.
9. Hunger and thirst after righteousness (Matthew 5:6).
10. Love God with all of your heart, soul, and mind (Matthew 22:37).
11. Appropriately the continual fullness and control of the Holy Spirit by faith on the basis of God's command (Ephesians 5:18) and promise (1 John 5:14,15).
12. Read, study, meditate on, and memorize God's holy, inspired, inerrant Word daily (Colossians 3:16).
13. Pray without ceasing (1 Thessalonians 5:17).
14. Fast and pray one 24-hour period each week.
15. Seek to share Christ daily as a way of life.

16. Determine to live a holy, godly life of obedience and faith.

17. Start or join a home or church Bible study group that emphasizes revival and a holy life.

## SIX VITAL QUESTIONS ABOUT PRAYER

### Q: What Is Prayer?

Simply put, prayer is communicating with God. Real prayer is expressing our devotion to our heavenly Father, inviting Him to talk to us as we talk to Him.

### Q: Who Can Pray?

Anyone can pray, but only those who walk in faith and obedience to Christ can expect to receive answers to their prayers.

Contact with God begins when we receive Jesus into our lives as Savior and Lord (John 14:6).

Praying with a clean heart is also vital to successful prayer. We cannot expect God to answer our prayers if there is any unconfessed sin in our life or if we are harboring an unforgiving spirit (Psalm 66:18; Mark 11:25). For God to answer our prayers, we must have a believing heart and ask according to His will (Matthew 9:29; 21:22; 1 John 5:14,15).

### Q: Why Are We to Pray?

God's Word commands us to pray (Luke 18:1; Acts 6:4; Mark 14:38; Philippians 4:6; Colossians 4:2; 1 Timothy 2:1,2).

We pray to have fellowship with God, receive spiritual nurture and strength to live a victorious life, and maintain boldness for a vital witness for Christ.

Prayer releases God's great power to change the course of nature, people, and nations.

### Q: To Whom Do We Pray?

We pray to the Father in the name of the Lord Jesus Christ through the ministry of the Holy Spirit. When we pray to the Father, our prayers are accepted by Jesus Christ and interpreted to God the Father by the Holy Spirit (Romans 8:26, 27,34).





# 7 BASIC STEPS TO FASTING & PRAYER

## **Q: When Should We Pray?**

God's Word commands us to "Pray continually" (1 Thessalonians 5:17). We can be in prayer throughout the day, expressing and demonstrating our devotion to God as we go about our daily tasks.

It is not always necessary to be on our knees, or even in a quiet room to pray. God wants us to be in touch with Him constantly wherever we are. We can pray in the car, while washing the dishes, or while walking down the street.

## **Q: What Should We Include in Our Prayers?**

Although prayer cannot be reduced to a formula, certain basic elements should be included in our communication with God: Adoration, Confession, Thanksgiving, Supplication (ACTS).

## **ADORATION**

To adore God is to worship and praise Him, to honor and exalt Him in our heart and mind and with our lips.

## **CONFESSION**

When our discipline of prayer begins with adoration, the Holy Spirit has opportunity to reveal any sin in our life that needs to be confessed.

## **THANKSGIVING**

An attitude of thanksgiving to God, for who He is and for the benefits we enjoy because we belong to Him, enables us to recognize that He controls all things - not just the blessings, but the problems and adversities as well. As we approach God with a thankful heart, He becomes strong on our behalf.

## **SUPPLICATION**

Supplication includes petition for our own needs and intercession for others. Pray that your inner person may be renewed, always sensitive to and empowered by the Holy Spirit. Pray for others - your spouse, your children, your parents, neighbors, and friends; our nation and those in authority over us. Pray for the salvation of souls, for a daily opportunity to introduce others to Christ and to the ministry of the Holy Spirit, and for the fulfillment of the Great Commission.

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