

## 21 Days of Prayer & Fasting

Jeremiah 31:25 “for I will refresh the weary soul and replenish all who are weak.”

January 3 - 24 2024

We will begin a time of prayer and fasting [January 3 through January 24](#). This is your invitation to invest into seeking God for what He has planned for you, denying your flesh and feeding your spirit in 2024. I believe that when we seek God in prayer and fasting we will most certainly receive from God.

### **Zoom and In-Person Corporate Prayer schedule during the 21-Day Fast:**

[Monday](#) - 7:00pm – 7:30pm ZOOM

[Tuesday](#) - 8:00am – 9:30am ([in person](#))

[Tuesday](#) - 7:00pm – 7:30pm ZOOM

[Wednesday](#) - 7pm – 8:15pm ([in person](#))

[Thursday](#) 8:00 am – 9:30am ([in person](#))

[Saturdays](#) 13th (ZOOM and in person) 5:30pm – 6:00pm

### **All in person prayer time @ Heartland Family Church:**

[8051 Jetstar Drive, Irving, TX 75063](#) - Click to get map directions

### **Zoom session link:**

<https://us06web.zoom.us/j/6194241505>

### **Additional resources:**

Get 21-DAY Daily Bible Reading and Devotional

Step 1: Download Bible APP to your phone by clicking link below:

[Best Bible app! Download The Bible App Now - 100% Free | Audio Bible | Android, iPhone, iPad, Android tablet, BlackBerry, Windows Phone 8 | The Bible App | Bible.com](#)

Step 2: Add 21-Day Devotional to your reading plan by clicking on the link below:

<https://www.bible.com/reading-plans/10826-fast-like-daniel>

## Heartland's 2024 Fasting Focus:

Pray for refreshing winds to blow at Heartland Family Church – Jer 31:25.  
Pray for fulfillment of vision for HFC – Permanent facility, Leaders,  
Community Outreach, Souls Winning and Discipleship...  
Personal encounters for those seeking Him – Isaiah 40:31.  
Pray for Israel, our country, our state and our city  
Pray for our President....all Government leaders...

““And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.”

Matthew 6:16, 18 NLT

The **major reason for fasting is for personal revival**, revival for our **nation**, for the **world** and for the fulfillment of the Great Commission. But **praying for our own needs and interceding for others are also important reasons to fast and pray**. Bring your personal needs before the Lord, intercede for your loved ones, your friends, your church, your pastor, your community, your nation, and the world. By your prayers of humility, as you fast, you will help the Great Commission be fulfilled.

However, do not become so caught up in praying for yourself and others that you forget about simply reverencing and praising God. **True spiritual fasting focuses on God**. Center your total being on Him, your attitudes, your actions, your motives, desires, and words. This can only take place if God and His Holy Spirit are at the center of our attention. Confess your sins as the Holy Spirit brings them to your attention and continue to focus on God and God alone so that your prayers may be powerful and effective.

**A renewed closeness with God and a greater sensitivity to spiritual things** are usually the results of a fast. Do not be disappointed if you do not have a “mountaintop experience,” as some do. Many people who have

successfully completed extended fasts tell of feeling a nearness to God that they have never before known, but others who have honestly sought His face report no particular outward results at all. For others, their fast was physically, emotionally, and spiritually grueling, but they knew they had been called by God to fast, and they completed the fast unto Him as an act of worship; God honored that commitment.

**Your motive in fasting must be to glorify God**, not to have an emotional experience, and not to attain personal happiness. **When your motives are right, God will honor your seeking heart and bless your time with Him in a very special way**

### **Biblical Fasting:**

According to the Bible, there are three duties of every Christian: give, pray and fast. Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6. When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

### **Why should I fast?**

[Are you in need of healing or a miracle?](#)

Is there a [dream inside you that only He can make possible?](#)

Do you desire a deeper, [more intimate and powerful relationship](#) with the Lord?

Do you need to [break away from bondages that have been holding you](#) hostage?

Is there a friend or loved one that needs Salvation?

Do you desire to know God's will for your life?

### **BIBLICAL FASTING FOCUS**

#### **1 TIMOTHY 2:1-2**

**"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty."**

#### **ROMANS 12:1**

**"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service."**

### **MATTHEW 6:33**

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

### **ISAIAH 58:6**

“[Is] not this **the fast that I have chosen to loose the bands of wickedness**, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”

We want to encourage you to target your prayers during the fast. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). **When we lift up our leaders, here in the United States and around the world, we can expect God’s peace in our lives and in our nation.**

Another great promise, from the book of Isaiah, proclaims that the chosen fast will **“undo the heavy burdens and let the oppressed go free.”** We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!