

# 21 DAYS PRAYER & FASTING

## YOUTH GUIDE

FROM JANUARY 7TH TO JANUARY 28TH GATEWAY WILL BE PARTICIPATING TOGETHER IN 21 DAYS OF PRAYER AND FASTING. LET'S JOIN IN THIS SPIRITUAL DISCIPLINE OF GOD'S PEOPLE WITH THE REST OF OUR CHURCH FAMILY. I'M EXCITED TO SEE WHAT GOD IS GOING TO DO IN EACH OF OUR LIVES DURING THE NEXT 21 DAYS!

### WHAT IS FASTING?

FASTING IS A BIBLICAL DISCIPLINE OF DENYING YOURSELF FOOD (OR SOMETHING ELSE) IN ORDER TO HONOUR GOD AND CONNECT WITH HIM. FASTING HELPS US TAKE A BREAK FROM THE DISTRACTIONS OF THE WORLD TO INTENTIONALLY CONNECT WITH GOD. IT IS IMPORTANT TO REMEMBER THAT BIBLICAL FASTING IS ACCOMPANIED BY SPENDING TIME WITH GOD THROUGH PRAYER AND SCRIPTURE. FASTING WITHOUT PRAYER IS JUST STARVING.

### WHY SHOULD I FAST?

FASTING IS AN OPPORTUNITY TO CLEAR OUT THE JUNK IN OUR LIVES AND TO FOCUS ON GOD. WHEN WE FAST WE CAN DRAW CLOSER TO GOD AND HEAR HIM BETTER.

## **HOW SHOULD I FAST?**

**THERE ARE LOTS OF DIFFERENT KINDS OF FASTS.**

**YOU COULD FOCUS ON SACRIFICING A SPECIFIC FOOD. YOU CAN CUT OUT MEAT, SUGAR, PROCESSED FOODS, OR ANY COMBINATION OF THOSE.**

**OR IS THERE SOMETHING THAT CONSUMES A LOT OF YOUR TIME? CONSIDER CUTTING IT OUT. IT IS POSSIBLE TO FAST FROM SOMETHING OTHER THAN FOOD. YOU CAN DECIDE TO FAST FROM SOCIAL MEDIA, YOUTUBE, VIDEO GAMES OR WHATEVER GOD PLACES ON YOUR HEART.**

**IT ISN'T ABOUT WHAT YOU DO OR DON'T DO, IT IS ABOUT DRAWING CLOSER TO GOD SO CHOOSE TO GIVE UP SOMETHING THAT CHALLENGES YOU SPIRITUALLY. GIVING UP SOMETHING YOU ALREADY DON'T LIKE TO DO ISN'T GOING TO DRAW YOU CLOSER TO JESUS. LET YOUR PARENTS KNOW WHAT YOU ARE PLANNING ON FASTING SO THAT THEY KNOW YOU ARE DOING IT.**

**SPECIAL NOTE TO ANYONE WHO HAS STRUGGLED WITH OR IS STRUGGLING WITH AN EATING DISORDER. I WOULD CAUTION YOU AGAINST CHOOSING ANY FOOD RELATED FASTS. THERE ARE PLENTY OF OTHER THINGS THAT YOU CAN FAST FROM.**

**NOT ONLY IS CHOOSING WHAT YOU WILL FAST IMPORTANT, CHOOSING WHAT YOU WILL DO INSTEAD IS EVEN MORE IMPORTANT. FOR EXAMPLE, IF YOU GIVE UP SOCIAL MEDIA PLAN TO SPEND TIME READING YOUR BIBLE WHEN YOU WOULD USUALLY BE ON SNAPCHAT OR INSTAGRAM. THESE 21 DAYS ARE ALL ABOUT DRAWING CLOSER TO GOD. YOU CAN DO THIS THROUGH READING YOUR BIBLE, MEMORIZING SCRIPTURE, PRAYING, JOURNALING, LISTENING TO WORSHIP MUSIC OR SITTING IN SILENCE TO LISTEN TO GOD. THIS IS GOING TO BE AWESOME!**