

# 21 day fast

**BODY | SOUL | SPIRIT**  
**JANUARY 5-25, 2026**

# table of contents

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02	MESSAGE FROM THE PASTOR
04	THE SPIRITUAL DISCIPLINE OF FASTING/WHAT IS FASTING?
06	WHY FAST?
07	BIBLICAL FOUNDATION FOR FASTING
08	EXAMPLES OF FASTING IN THE BIBLE
09	TYPES OF FASTING
10	PREPARING FOR A FAST: SPIRIT, BODY SOUL
12	PREPARING FOR A FAST
14	PRAYER FOR GC CHURCH
16	DON'T MISS OUT
17	FINAL COMMENTS



# Message from the *Lead Pastor*



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God was so good to us in 2025.

He drew us into deeper intimacy with Him and revealed His faithfulness through many breakthroughs. We witnessed healings, the salvation of loved ones, water baptisms and Spirit baptisms, workplace promotions, new opportunities, and answered prayers. We saw the Lord expand our territory and make room for us —just as He promised.

As I often say—and as the Apostle Paul tells us—“What He started, He is able to finish.” That truth is a driving conviction for us today and for the days to come, and it has become a shared confession in our GC family.

Our vision remains clear: to be an Acts church until the day of Jesus’ coming, built on the foundation of God’s Word, the work of the Holy Spirit, prayer, fellowship, generosity, and obedience. The seeds that have been sown are beginning to sprout, and we are believing for fruit that will glorify God and bless His people.

As we step into 2026, we do so with gratitude and expectation. I believe the Lord will continue to make room and bring the new building project to completion. God is bringing us out of tight places and into spacious ones—so His purposes can be fulfilled and more people reached for Jesus.

We do not only pass down beliefs; we also pass down places where faith is lived and formed. A new facility becomes a place:

- where children encounter Jesus
- where youth are discipled
- where families find hope
- where the broken are restored
- where people are baptized in water and filled with the Holy Spirit
- and where the Word, prayer, worship, and community grow

Our plan positions GC to provide this generation and the next a strong, spacious, ministry-ready home, marked by faith, obedience, vision, and wise stewardship. I have seen the hand of God at work in remarkable ways, and despite the challenges, His favor and grace remain our portion. Thank you for being prayerful and for partnering in this journey.

Very importantly, I want to encourage you to join us in a season of fasting. Fasting draws us closer to God, realigns our hearts, and sharpens our spiritual sensitivity. If you'd like to learn more, I encourage you to listen to the message "A Prayer That Moves Heaven."

During the final nine days (January 17–25) of our 21 days of fasting and prayer, we will gather for corporate prayer, worship, and the Word. If you'd like to share what the Lord is speaking to you, feel free to email me at [dskariah@gospelcentre.com](mailto:dskariah@gospelcentre.com).

Let us begin 2026 united in faith and expectancy, trusting the God who goes before us, makes a way, and keeps His promises. I can't wait to see all that God will accomplish through us in the year ahead.

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**PASTOR DINO  
SKARIAH  
LEAD PASTOR**

# The Spiritual Discipline of *Fasting*

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The discipline of fasting is established by Jesus Himself. He taught that fasting is a vital part of a believer's life, especially after His departure. It is a time of longing for and seeking Jesus' presence while He is physically absent, and deepening our devotion to Him.

Fasting helps us:

- **Grow in intimacy with Jesus**
- **Develop sensitivity to the Holy Spirit**
- **Live a renewed spiritual life.**

Notice the words of Jesus:

- “But the time will come when the bridegroom (Jesus) will be taken from them, and on that day they will fast.” Mark 2:20
- “When you fast...” Matthew 6:16-18

Jesus encouraged and expected believers to fast (Matt. 6:16-18, Matt. 9:15; Mark 2:20).

## What is *Fasting*?

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A biblical fast in its straightforward definition means abstinence from food for spiritual purposes. It is a time of abstaining from feeding on earthly food to feed on heavenly food, the Word of God.

During this time of fast, some cut out food, some television, and others some form of entertainment to spend that time drawing closer to God instead.

Fasting is rich when we use the time to pray, read the Bible, and worship to spend time with God. Without spending time with God, it's simply dieting.

# Why *Fast*?

WHEN WE FAST COLLECTIVELY IN COMMUNITY, THERE IS MUTUAL ENCOURAGEMENT, BONDING IN CHRISTIAN FELLOWSHIP AND COLLECTIVE REFRESHING OF FAITH AND EVEN REVIVAL.

**"AS THE DEER  
PANTS FOR  
STREAMS OF  
WATER, SO MY  
SOUL PANTS FOR  
YOU."**

PSALM 42:1



People in the Scripture and throughout history have fasted to be still before God, to cut out the noise of the culture, to create space to focus on Him, to give Him the first place in their lives and to hear from Him. The focus on heavenly food, the Word of God and spending time in the Holy Spirit during the fast strengthens the inner spiritual man. It helps to realign our hearts with God, deepens our relationship with Him, and renews our sense of purpose. When we fast collectively in community, there is mutual encouragement, bonding in Christian fellowship and collective refreshing of faith and even revival. And, this refreshing always begins at a personal level first.

# Why Fast?

While a list of reasons for fasting is not found in any one or two chapters in the Scripture, examples throughout the Scripture shows us why we should fast. Here are some more reasons:

## 1. Deepens Intimacy with God

- Fasting creates space for deeper fellowship with God.
- “As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God.” Psalm 42:1-2

## 2. Greater Self-Control and Freedom from the Flesh

- Fasting breaks unhealthy desires, cultivates self-discipline, and strengthens the soul to resist temptation, leading to greater freedom from sin.
- “So I say, walk by the Spirit, and you will not gratify the desires of the flesh.” Galatians 5:16

## 3. Emotional Healing and Restoration

- Fasting brings emotional healing as we surrender our pain to God, allowing Him to bring peace and comfort to our souls.
- “To provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.” Isaiah 61:3

## 4. Strengthens Inner Peace

- Fasting nurtures peace by shifting our focus from life's worries to God's promises, calming our hearts, emotions, and thoughts.
- “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:7

### CAN YOU FIND SCRIPTURE VERSES ON THESE REASONS FOR FASTING?

- TO SEEK GOD'S GUIDANCE
- TO STRENGTHEN FAITH.
- FOR DELIVERANCE FROM A STRONGHOLD.
- FOR GOD'S HEALING.
- TO OVERCOME TEMPTATION.
- FOR WISDOM TO MAKE AN IMPORTANT DECISION.
- IN INTERCESSION FOR SOMEONE WHO NEEDS CHRIST.
- TO INTERCEDE ON BEHALF OF A LOVED ONE.
- TO EXPRESS LOVE OR WORSHIP GOD.
- TO SEEK GOD'S PRESENCE IN A TRIAL.

# Biblical *Foundation* for Fasting

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Listed below are two key scriptures on fasting. One from the Old Testament (before Jesus' earthly ministry, death and resurrection) and the other from the New Testament.

**Both passages, focus on the heart of the person fasting, not on specific rules for abstaining from food.**

Isaiah, the major prophet of the Old Testament says (Isaiah 58) that God saw the fasting of the children of Israel for a heavenly intervention and to bring justice and help. However, God said their fasting is empty and that it didn't meet God's heart because they oppressed and mistreated their own people.

He says:

"If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves on 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." (Isaiah 58:9–10, NIV)

**God told them that true fasting involves turning away from selfishness and unfair and unequal mistreatment of others.**

Jesus teaches in Matthew 6 that fasting should not be for show. He warns against fasting to appear righteous:

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." (Matthew 6:16–18, NIV)

**Fasting is not about appearing righteous, but about humbling ourselves before God. It is not for any spiritual ego boost, that would mean we missed the point of fasting entirely. Fasting is a deeply personal and humble experience with the Lord.**

# Examples of *Fasting* in the *Bible*

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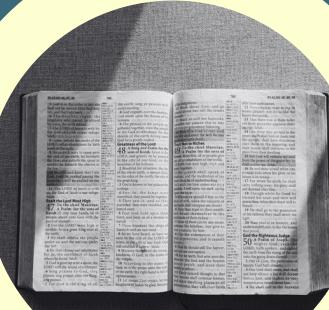
The Bible is full of examples where people fasted to seek God's direction and intervention

- Jesus fasted before beginning His public ministry (Luke 4:1–2).
- Nehemiah fasted to confess his sins and seek favor with the king to rebuild the walls of Jerusalem (Nehemiah 1:4).
- David fasted for justice and healing (Psalm 35:13, 2 Samuel 12:17, 23).
- Mordecai and the Jews fasted when they heard of Haman's plot to destroy them (Esther 4:3). Interestingly, their fast in the Hebrew month of Teveth coincides this year with our fast in January.
- The early church fasted to seek guidance and appoint leaders (Acts 13:2; 14:23).

# Examples of *Fasting* in Church History

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Throughout church history, many important leaders have also practiced fasting. Leaders like Martin Luther, John Calvin, and John Knox all fasted. John Knox's prayers were said to be so powerful that Queen Mary feared them more than all the armies of Scotland. John Wesley, founder of Methodism, fasted twice a week, while Charles Finney, a 19th-century revivalist, fasted regularly to seek God's power in his ministry.



# Types of Fasting

ABOVE ALL, WHATEVER YOU DECIDE, REPLACE WHATEVER YOU HAVE REMOVED - MEALS, MEDIA OR MOMENTS -WITH GENUINE INTERACTION WITH GOD, TAKING TIME TO PRAY AND SEEK THE LORD.

"WHEN CHOOSING THE TYPE OF FASTING: IF IT DOESN'T MEAN ANYTHING TO YOU, IT WON'T MEAN ANYTHING TO GOD."

JENTEZEN FRANKLIN



Biblical fasting always refers to restricting food for a spiritual purpose. The Hebrew word for fast means "to cover the mouth." And the Greek word for fast means "to abstain from food." We encourage regular fasting of food to be a discipline in believers' lives.

During our 21 day fast, some may choose to abstain from food. For others, the dietary restrictions may not be the right choice for them. Remember that the spirit of fasting, while rooted in denial, is meant to draw us back to a whole-hearted devotion to God. So ask yourself: what *holds* you back from being *drawn* back to that devotion? Unplugging from TV, social media, shopping, video games, or other distractions may be just as stretching as limiting your food intake. Cutting out certain meals each day may also be your choice, as an alternative to cutting out certain diets.

Above all, whatever you decide, replace whatever you have removed - meals, media or moments -with genuine interaction with God, taking time to pray and seek the Lord.

We encourage you to prayerfully listen to Jesus as He directs you on the type of fasting He would like you to participate in during this time. If it doesn't mean anything to you, it won't mean anything to God.

# Preparing for a *Fast* *Spirit, Body, Soul*

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## 1 PRAY

Begin praying before the fast starts.

**Ask** the Lord to reveal any unconfessed sins, unforgiveness or rebellion.

These scriptures gives a list of sins mentioned in the Bible.

Proverbs 6:16-19; Galatian 5:19-21; Romans 1:29-31; Matthew 12:31-32; 1 Timothy 6:10; Matthew 5:28; James 4:17; James 2:9.

When God reveals sin or the Holy Spirit convicts your heart about something when you meditate on the above Scriptures, repent. The blood of Jesus washes us from all our sins, and He is always faithful to forgive us regardless of what was done (Isaiah 1:18-19). After confessing your sins, receive the forgiveness instantly and ask God in prayer to prepare your heart for the next of this fasting journey.

Remember this unchanging truth: Jesus is always willing and faithful to forgive all your sins.

Anchor yourself on these unshakeable promises of God's forgiveness:

- 1 John 1:9 - "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."
- Proverbs 28:13 - "Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."
- Psalm 32:5 - "Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord.' And you forgave the guilt of my sin."
- Colossians 1:13-14 - "For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins."

**Ask** the Holy Spirit to fill you and lead you (Ephesians 5:18; 1 John 5:14,15).

## 2 PREPARE

Meditate on passages about fasting to understand its purpose and power. Learn how others fasted in the Bible, how God responded, and what He requires.

Passages: Isaiah 58; 2 Chronicles 20:1-4; Ezra 8:21-23; Nehemiah 1:1-4; Esther 4:15-17; Matthew 4:1-11

### 3 USE A JOURNAL OR NOTEBOOK

- Keep a record of your prayer requests, praises, and answers to prayer.
- Intentionally make notes of what God highlights or ministers to you in your personal time with God and during the preaching of the Word. One of the main ways God reveals His will to us is through the Word of God.

### 4 LIST YOUR PRAYER REQUESTS

- Write down your prayer requests in point form.
- Include prayers for yourself, others, your church, and its leadership, various teams and volunteers. Keep this list visible and pray over it regularly.

### 5 FIND A PRAYER PARTNER

- Ask a trusted friend or family member to pray with and for you.
- Ideally, this person will also be doing the fast, but it's not required. Choose someone who will encourage and hold you accountable.



# Preparing for a *Fast* Spirit, *Body*, Soul

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## Types of Fasts

Here are several types of fasts you can choose from, depending on how God leads you:

- **Daniel Fast/Selective Fast:** This involves removing certain foods from your diet. For example, the Daniel Fast excludes meat, sweets, and bread, while including water, juices, fruits, and vegetables.
- **Complete Fast:** This type of fast involves drinking only liquids, typically water, with light juices as an option.
- **Partial Fast:** This fast involves abstaining from food during specific times, such as from 6:00 a.m. to 3:00 p.m or 6:00 p.m or any decided time period.

Reminder: The focus of fasting shouldn't be on how or what you fast, but why you fast. This spiritual discipline is meant to set our eyes on a loving and gracious God. A ritualistic or legalistic approach would go against who God is and the true purpose of fasting.

# Preparing for a *Fast* Spirit, *Body*, Soul

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**Soul Fast:** This is ideal for those new to fasting or those with health concerns. It involves abstaining from non-food distractions, such as social media or television, to refocus on God and to mediate on his word.

**Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:1-2)**

**Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8)**

# Preparing for a Fast

- **MAKE TIME TO PRAY DAILY.**
- **DON'T OVERCOMPLICATE IT. JUST TALK TO GOD.**
- **CREATE A TIME AND PLACE WHERE YOU CAN MEET WITH HIM EVERY DAY.**
- **IF YOU FIND IT DIFFICULT TO DISCONNECT FROM THE BUSYNESS OF YOUR DAY, WORSHIP MUSIC CAN BE A GREAT WAY TO PREPARE YOUR HEART FOR PRAYER.**

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## HERE ARE SOME TIPS:

As you prepare for the next twenty-one days, don't feel the need to make a long prayer list you'd like to see answered. Keep it simple. Write it down.

Here is a practical tip: Pick five prayer needs and five people.

**Five Prayer Needs:** Three personal needs that are pressing on your heart and two corporate needs (growth of GC church for the expansion of the Kingdom and how you can bless the church. Check out the section "Why Pray for GC Church?").

**Five People:** list five people who need to be saved, and commit to praying for them daily over the next twenty-one days and beyond.

Remember, breakthroughs and answers to prayer are a secondary consequence of drawing closer to Jesus.

When praying, focus first on Him, His goodness, and His greatness, and see everything else through that filter. Make it your primary goal to glorify Jesus and experience His presence. Pray prayers of total surrender to His will.

## A FAST WITHOUT PRAYER CAN TURN INTO A DIET AND IT DOESN'T PRODUCE THE FREEDOM AND RESULTS SPIRITUALLY.

### PRAYER=RELATIONSHIP WITH GOD

**P** - Begin with a time of **praise** and worship if possible with spiritual songs.

**R** - Then take a few moments to confess any sins (**repentance**) that the Holy Spirit may bring into your memory and make the decision to abandon them. If you need to forgive someone, do it. It is important that we deal with the problem of sin in our life before moving to the request part of prayer time. We all have sins and things we need to confess. God is faithful and good to forgive us and make us new (1 John 1).

**A** - **Ask** God to answer your prayers and grant your needs according to His will.

**Y** - **Yield** to His will and thank God for His loving kindness, grace, goodness and victories in your life.

# Prayer for GC Church

IF A CHURCH IS TO BE WHAT IT  
OUGHT TO BE FOR THE PURPOSES  
OF GOD, WE MUST TRAIN IN THE  
HOLY ART OF PRAYER.

C.H. SPURGEON

## WHY PRAY FOR GC CHURCH?

### TO ALIGN WITH THE HEART OF GOD

The church is central to God's heart, as it represents His Kingdom on earth. Praying for the church helps us align our desires with God's will, seeking what is important to Him. Through prayer, we ask for wisdom, guidance, and strength to fulfill the church's purpose and mission.

Matthew 6:10 – “Your kingdom come, your will be done, on earth as it is in heaven.”  
Ephesians 5:25 – “Husbands, love your wives, just as Christ loved the church and gave himself up for her.”

### THE CHURCH IS THE BODY OF CHRIST

As believers, we are the Body of Christ, and when one part of the body suffers, we all suffer. Praying for the church is essential because it reflects our commitment to care for, support, and nurture the body of Christ. Just as we care for our physical bodies, we are called to pray for the health and well-being of the church.

- 1 Corinthians 12:27 – “Now you are the body of Christ, and each one of you is a part of it.”
- Romans 12:5 – “So in Christ we, though many, form one body, and each member belongs to all the others.”

### TO STRENGTHEN THE CHURCH'S MISSION & IMPACT

Prayer is a powerful tool for advancing the mission of the church. Through prayer, we can ask God to empower the church to make disciples, spread the Gospel, and serve the community. In 2024, we saw many baptized both in water and in the Holy Spirit, many children dedicated and both young and older taking the gospel to our neighbourhood. Again, prayer strengthens the church's outreach and helps us stay focused on fulfilling the Great Commission.

- Matthew 28:19-20 – “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you.”

### TO FOSTER UNITY WITHIN THE CHURCH

Prayer fosters unity, which is essential for the church to be effective in its mission. When we pray for the church, we ask God to help His people live in harmony, overcome differences, and work together for His glory.

- Philippians 2:2 – “Then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind.”
- Psalm 133:1 – “How good and pleasant it is when God's people live together in unity!”

# Prayer for GC Church

## WHY PRAY FOR GC CHURCH?

### JESUS PRAYED FOR THE CHURCH

Jesus, our ultimate example, prayed for the church. In John 17, He prayed for unity, protection, and sanctification for His followers. Praying for the church is following Jesus' example and seeking God's blessings on His people.

- John 17:20-21 – "My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father; just as you are in me and I am in you."

### PRAYER POINT:

PRAY FOR GOD TO PROVIDE AS WE PROCEED WITH PURCHASING A NEW BUILDING!

### PRAYING FOR OTHERS POSITIONS YOU FOR ANSWERED PRAYERS

In the book of Job, we see that when Job prayed for his group of friends, God restored him. Although, our motive for praying for the church and others is not a selfish one, this story teaches us the importance of intercessory prayer for others and how the Lord looks this act of selflessness with favor and compassion. Praying for the church, its members, and leaders brings God's favor and blessings in your personal life.

Job 42:10 – "After Job had prayed for his friends, the Lord restored his fortunes and gave him twice as much as he had before."

### TO STRENGTHEN LEADERS & EQUIP THE SAINTS

Church leaders need prayer for wisdom, guidance, and protection. Praying for church leaders equips them to lead effectively and with godly character. It also strengthens the congregation by ensuring leaders are spiritually prepared to teach and guide.

- 2 Thessalonians 3:1 – "As for other matters, brothers and sisters, pray for us that the message of the Lord may spread rapidly and be honored, just as it was with you."
- Hebrews 13:17 – "Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you."

# Expect Temptation & Results

Jesus after His fasting was tempted by Satan. Satan still tempts people who have purpose and promise over their lives. However, fasting gives you the spiritual strength to overcome temptations and lead a victorious life.

When you sincerely humble yourself before the Lord, repent, pray, and seek God's face, you will experience a heightened awareness of His presence (John 14:21, 2 Chronicles 7:14). You will see prayers answered and faith strengthened.

# Don't Miss Out

“AND LET US CONSIDER HOW TO STIR UP  
ONE ANOTHER TO LOVE AND GOOD  
WORKS, NOT NEGLECTING TO MEET  
TOGETHER, AS IS THE HABIT OF SOME,  
BUT ENCOURAGING ONE ANOTHER, AND  
ALL THE MORE AS YOU SEE THE DAY  
DRAWING NEAR.”

HEBREWS 10:24-25



THIS IS THE YEAR  
THE LORD MAKES  
ROOM. HE IS  
BRINGING YOU OUT  
OF TIGHT PLACES  
AND INTO  
SPACIOUS PLACES  
TO FULFILL HIS  
PROMISES.

Our biggest encouragement for you would be to spend time with God and grow in intimacy with Him. As a way of achieving this, we have made it easier for you. **Whether fasting or not, be at the church for all 9 services.** Come for both weekend services on January 18th and 19th, all weeknight services at 7:00 pm from Monday, Jan 20th – Friday, Jan 24th and the finale or the closing services on January 25th and 26th. It is going to be a spiritual feast.

Church, come for all the corporate services with expectation that this season of spending time with God together with Jesus' body will stir up powerful breakthroughs, personal revival, and an outpouring of God's presence in your life and in our church and community.

# Final *Comments*

**MY PRAYER IS NOT FOR THEM ALONE. I PRAY ALSO FOR THOSE WHO WILL BELIEVE IN ME THROUGH THEIR MESSAGE, THAT ALL OF THEM MAY BE ONE, FATHER, JUST AS YOU ARE IN ME AND I AM IN YOU.<sup>1</sup>**

JOHN 17:20-21

**THIS IS A TIME TO DISCONNECT FROM YOUR REGULAR PATTERNS AND HABITS IN ORDER TO RECONNECT MORE DEEPLY WITH JESUS.**



While this booklet provides general information on fasting, you choose a fasting plan, or decide not to fast, based on what works best for you. Yes, your fast should challenge you, but it is also important to know your own body and consider your options. We are all at different stages in our walks with God, and in our jobs, daily schedules, and health conditions. Whether you have fasted before or this is your first time, start where you are. As you ponder and prepare, it is important you understand that there is nothing inherently more spiritual about one type of fast over another. These are simply guidelines and suggestions on different ways to approach your fast.

Again, don't let what you eat or don't eat become the focus of your fast. The goal is to focus on drawing closer to God. This is a time to disconnect from your regular patterns and habits in order to reconnect more deeply with Jesus.

"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."  
LOU ENGLE

# The 21 Day Schedule

We are very excited to host guest ministers who will be preaching a unique message for all the nine corporate services from Saturday, January 17th to Sunday, January 25th. See the schedule below for more details.

## JANUARY 5

21 Day Fast Begins.

## JANUARY 17 - 25

We will gather for a service everyday during the last 9 days of the fast

**Weekend services times remain the same**  
**(Saturday @ 6:30 PM &**  
**Sunday @ 11 AM)**

## JANUARY 19-23

**(MON-FRI)**  
**Daily services**  
7 pm in the Sanctuary

**COREY RANDELL**



**BEN JOHNSON**



**TRAVIS HOLOWNIA**



**PAUL FRASER**

