

21 Days of Prayer and Fasting

Why Fast?

1. **Jesus did not say to his followers, “If you fast,” but rather he said, “When you fast...”**

Fasting is not supposed to be an optional activity for those of us who call ourselves Children of God. It's an essential part of every believer's spiritual life.

The issue is that most of us don't know how or just don't plan to do it, or maybe we have not previously considered the powerful spiritual impact of fasting.

So, let's learn more about fasting and then make a plan to carry out what Jesus said was to be a part of our lives as Christians, the practice of fasting.

2. **Fasting adds focus to our prayer.**

3. **Fasting is Biblical** and reaps spiritual rewards and results. Read the following examples of fasting in scripture and the reasons for each fast:

- **To prepare for ministry.** Jesus spent forty days and nights in the wilderness fasting and praying before He began God's work on this earth. He needed time alone to prepare for what His Father had called Him to do (Matthew 4:1-17; Mark 1:12-13; Luke 4:1-14).
- **To seek God's wisdom.** Paul and Barnabas prayed and fasted for the elders of the churches before committing them to the Lord for His service (Acts 14:23).
- **To show grief.** Nehemiah mourned, fasted, and prayed when he learned Jerusalem's walls had been broken down, leaving the Israelites vulnerable and disgraced (Nehemiah 1:1-4).
- **To seek deliverance or protection.** Ezra declared a corporate fast and prayed for a safe journey for the Israelites to Jerusalem from Babylon (Ezra 8:21-23).
- **To repent.** In Nineveh, the king covered himself with sackcloth and sat in the dust. He then ordered the people to fast and pray. Jonah 3:10

- **To gain victory.** After losing forty thousand men in battle in two days, the Israelites cried out to God. Judges 20:26 says all the people “sat weeping before the Lord.” The next day the Lord gave them victory.
- **To worship God.** Luke 2 tells the story of an 84 yr. old prophetess named Anna. Verse 37 says, “She never left the temple but worshiped night and day, fasting and praying.”

What is Fasting?

Fasting is going without food for a period of time, to focus your heart and mind on prayer and seeking the Lord. Instead of pausing throughout the day to eat, we pause to read the bible, pray, and listen for his voice.

As a church body will be entering into a time of corporate fasting from Mon. Sept. 8 to Sun. Sept. 28. The call is to practice a water only fast and an abstinence from all food for those 3 days each week. Please see 3 options listed below.

This fast can be done in a few ways.

1. **Fast 3 meals on Mondays, Wednesdays and Fridays.** Eat at the end of the day after a 24-hour period from your last meal the day prior.
2. **Fast 1 or 2 meals on those 3 days.** Set aside that time to spend time with the Lord. This may be preferable for those who need to take medicine with food.
3. **Complete a 21-day Daniel Fast.** There is lots of information on The Daniel Fast and recipes for it online. This is a reduced menu fast.