

FELLOWSHIP OF PURPOSE CHURCH

FASTING GUIDE



Heaven on Earth

*"Your kingdom come. Your will be done,
On earth as it is in heaven."*

Matthew 6:10 NASB

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Dear Kingdom Family,

We are so glad you have decided to participate in an extended time of prayer, fasting, and personal devotion. There really is no better way to reset our spiritual compass and bring about refreshment in every area of our lives than through prayer and fasting.

Whether you have done a twenty-one-day season of prayer and fasting before or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way. This guide will introduce you to fasting and provide you with practical ways to help you navigate through your personal twenty-one-day journey.

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 twenty-one days. May God continue to bless you and expand you as you seek Him first!

*"Is this not the fast which I choose, to loosen the bonds of wickedness,
To undo the bands of the yoke, and to let the oppressed go free
And break every yoke?" Isaiah 58:6*

WHAT IS FASTING?

Biblical fasting is giving up specific foods and drink for a specified number of days. The type and length of the fast you choose is between you and God and should not be determined by what anyone else is doing.

Fasting, prayer, and reading God's Word go hand in hand. When you fast, also pray for God's purpose and plan for your life to be revealed. Fast and pray about every major decision of your life.

Simply put, fasting is a way to conquer the physical and open the door to the supernatural in your life. When you deny your body, you feed your spirit and grow closer to the Lord.

In Matthew 6, Jesus gave us specific direction on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying, and Fasting. Jesus said, "When you give," "when you pray", and "when you fast". He made it clear that fasting, like giving and praying, was a normal part of Christian life.

FASTING GUIDELINES

As you prepare to fast, it is important to choose a fasting plan that works for you. While this section provides some general information about different types of fast, as well as some suggestions on how to create your own fasting plan, it is important to mention that there is nothing more inherently spiritual about one type of fast as opposed to another. These are simply guidelines and suggestions on different things you can do.

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 drawing closer to God. Remember, this is a time to disconnect enough from your regular patterns and habits in order to connect more closely to God. Here are a few tips to keep in mind before getting started.

START WHERE YOU ARE

We are all at different places in our walk with God. Likewise, our jobs, daily schedules, and health conditions are all different and place various levels of demands on our energy. So most importantly, whether you've fasted before or this is your first time, start where you are. Your personal fast should present a level of personal challenge to you, but it's very important to know your own body, know your options and most importantly, seek God in prayer and follow what the Holy Spirit leads you to do.

Remember the goal of fasting is not simply to do without food. The goal is to draw nearer to God, so that we can get direction and wisdom for our lives, so be sure to also focus on taking your spiritual walk to the next level. During your fast you should be praying more, worshipping more, reading your word more, meditating more...Start where you are—both physically and spiritually—but don't stay there!!

CHOOSE A FAST

Pray about the type of fast that you should embark on before you begin. A fast should be challenging, both physically and spiritually, but considerations and precautions should be made for health and medical factors, age, and other individual limitations. Please consult your physician prior to beginning your fast, especially if you are taking medication, have a chronic disease, or are pregnant or nursing a baby.

In addition to settling on the type of food abstinence you will undertake, begin to think about the new spiritual commitments you will make during your fast. Ask yourself how much additional time each day will you devote to prayer? How can you increase your worship or meditation time? Making these commitments ahead of time will help you prepare for the fast and keep you on target during the fast.

DIFFERENT TYPES OF FASTS

THE DANIEL FAST

The concept of a Daniel Fast is anchored in scripture and is also a healthy choice for a fast. In Daniel Chapter 1 as well as Daniel Chapter 10 the Prophet Daniel abstains from eating the King's "choice" foods such as meat, and instead eats vegetables and fruit and drinks only water. "I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over." (Daniel 10:30)

Thus, the Daniel Fast consists of consuming only vegetables and fruits and abstaining from other foods such as bread, meat, sweets, soda, coffee, and alcohol.

THE LIQUID FAST

- Water Only. A water only fast is just that: no food of any kind and only water to drink. We know that Jesus and other New Testament saints participated in water only fasts for periods of time (Matthew 4). We highly recommend consulting your physician before considering a water-only fast, and for doing so for only brief periods of time.
- Vegetable and Fruits. This Liquid fast consists of consuming only freshly squeezed or blended fruit and vegetable juices, with no added sugars, instead of solid food. This is simply a modification of the Daniel fast and is a great way to challenge yourself if you have gotten comfortable with the Daniel fast in its original form.

THE DEDICATED (TIME) FAST

A Dedicated fast is a biblical fast in which you choose not to eat for a specific amount of time during the day, such as from sunup to sundown (Judges 20:26). When embarking on this type of fast, consider your work and sleep schedule. The hours that you sleep should not be considered part of your fasting period.

THE TOTAL FAST

A total fast is where nothing is consumed—neither food nor water—for a period of time. There are examples of this type of fast in the Bible. In the Old Testament, we see that Moses went on a 40-day total fast to get guidance from the Lord about his people, (Exodus 34:28). It was during this fast that God revealed the Ten Commandments to Moses.

A Note of Caution: A complete lack of water for any period of time can be extremely harmful to the body, so we strongly discourage this type of fast and urge anyone considering it to please consult a physician before undertaking it.

OTHER CONSIDERATIONS WHILE FASTING

FASTING WHILE NURSING OR PREGNANT

If you are a pregnant or nursing mother, your priority is the health, and the development of the baby God has entrusted you with. Strict fasting while pregnant or nursing is not recommended. If you are in this incredible season of life but would like to participate in the twenty-one-day plan, consult your doctor for a modified plan.

FASTING AND EATING DISORDERS

If you have struggled with an eating disorder, this situation is a battle of the mind that you can win through Christ (Philippians 4:13). Remember, fasting is a tool used to get closer to God, and it actually should keep us from being preoccupied with food. If your method of fasting is going to trigger your eating disorder or cause you to obsess about what you eat, you will need to change either your approach or your mindset. Consider consulting a medical professional for your eating disorder.

FASTING AND THE IMPORTANCE OF CONSECRATION

Fasting is about connecting with God in a deeper and more meaningful way. That often means disconnecting from the world and all of its many distractions. During your fast, endeavor to tune out some of the regular distractions in your day as much as possible. For example, reduce your TV or recreational gaming/computer time,

get off of social media, restrict your cell phone usage, etc. Replace that time with activities that will nourish you spiritually.

LET'S GET STARTED

Depending on the type of fast you choose, it is very important to prepare your body ahead of time before beginning the fast. Take a week or so to transition to your fast; otherwise, you could get sick. For example, if you would like to go on a fruit and vegetables or juice fast, start eliminating meat, white grains, and refined sugars

from your diet the week before. Also start to cut back on dairy products and your caffeine intake. The same principle applies to breaking your fast. When your fast is over, add foods back in very gradually. Please do not break your fast with a greasy cheeseburger! Because your body is so cleansed and detoxified, you will likely get sick if you do that.

Here are some other ideas that can help make your fasting experience more pleasant and helpful:

- ☐ Don't over complicate this, pray throughout the day during your fast! Just talk to God. Have that place and time where you can seek him every day. If you don't plan to pray, you won't. If you find it a challenge to disconnect from the busyness of your day, engaging in worship music is a great way to prepare your heart for prayer.
- ☐ Keep your fridge and pantry stocked with items you need. Being unprepared to fast sets you up to give into temptation. Choose well when selecting products, stick to raw food as much as you can, and limit artificial ingredients.
- ☐ Make it priority to attend church during your twenty-one-day fast. Being around other believers will encourage you to keep on going when fasting gets difficult.
- ☐ If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23). He wants you to finish, and He will give you the grace and strength to do it

SYMPTOMS DURING A PROLONGED FAST

1. Possible dizziness. Do not jump out of bed quickly. Get off your feet and lie down immediately if you begin to feel light-headed at any time.
2. Vomiting may occur during the first few days and is normal.
3. Headaches are occasionally experienced early in the first day or two of fasting. However, most people with a history of severe headaches or migraines may find that this disappears as the fast continues.
4. Generally, the need for sleep is greatly diminished when we are not active and when our digestive tract is not at work digesting food. It is an added risk to drink coffee during a prolonged fast.
5. Weight loss is to be expected. Possible weakness, nervousness, slight trembling, irritability, negativity, frequent urination and sometimes diarrhea may occur, but these are usually only temporary. The body is undergoing a cleansing and elimination process and as the poisons are eliminated any symptoms will disappear.
6. Many people do not generally have bowel movements during a fast. Eat primarily raw fruits and vegetables for a few days prior to the fast to help prevent difficulty with the first bowel movement afterwards.
7. During a prolonged fast, the body goes through 3 phases. They are not always clearly defined, but tend to overlap, and the duration of each varies greatly with the individual.
 - First phase- craving for food. This may last for a couple of days or longer. Once it passes, though there may be a pleasurable sensation at the thought of food, there is no craving or strong temptation.
 - Second phase- feeling of weakness and faintness which may last for 2 or 3 days or much longer. At this point, every movement of the body seems to require an effort of the will. This is the most difficult part of the fast, and some may find it necessary to rest a good deal.
 - Third phase- one of growing strength, with little or no concern about food and only occasional and decreasing spasms of weakness. At this

stage, the person fasting often feels he could continue the fast indefinitely without any great effort.

BREAKING THE FAST

The most difficult period is immediately after the fast. This period requires more discipline and self-control than any other time of the fast. Reintroduce food very gradually.

A WORD OF CAUTION:

1. The stomach is very sensitive after the fast so be careful not to eat fruit that is too ripe as this may cause stomach cramping and pain.
2. Overeating too early after the fast may result in pain and vomiting.
3. Spicy food, too much salt and pepper taken soon after the fasting could irritate and cause damage to the stomach lining.
4. Always remember to start with a little of everything new and build up gradually. Avoid cakes, pastries, and biscuits.
 - a. Remember these golden rules:
 - ☐ Watch your quantities.
 - ☐ Eat slowly and masticate well.
 - ☐ Stop at the first warning sign.
 - ☐ Rest as much as possible.
 - ☐ Don't try to do too much too soon.
5. If any difficulty arises it is because you are rushing the break-in period. The remedy is to eat less or cut out some of the food. If necessary, go back to fruit juices or fresh fruit again. Do not rush your stomach, the more slowly you get back to regular eating, the better will be your physical condition afterward. Do not be discouraged if at any time during the fast you fall into temptation and ate. Pick yourself up and try again. Satan will not give up tempting you, but the Lord is our strength.

FINAL THOUGHTS

Fasting is ultimately an expression of humility and dependence on God. Fasting is more about replacing than it is about abstaining. It is about replacing the daily intakes of food, entertainment, and human contact with focused times of prayer, feeding on large amounts of the Word of God and spiritual listening. One of the great benefits of spiritual fasting is a heightened awareness of God's presence and power in our lives. It is not that God has moved but that we have. Fasting has a great way of moving us towards a deeper spiritual dependency and away from willful self-dependency.

FASTING Q & A

Here are some of the most asked questions about fasting from friends and partners:

CAN I HAVE SALT, PEPPER, SEASONINGS, MILK, WHOLE GRAINS, SOY PRODUCTS, EGGS, PROTEIN DRINKS, VITAMINS OR BUTTER?

The general guidelines for each fast can be found in the “Types of Fasts” section. However, fasting is a private discipline. It is not something that is meant to be unattainable. Decide what is feasible for you and do your best.

CAN CHILDREN FAST?

The best way to show your children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider giving up desserts or soft drinks. In addition to giving up an item of food, you could also give up television as a family and spend that time reading and discussing Bible stories.

WHAT IF I HAVE A MEDICAL CONDITION?

Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else and concentrate on prayer and Bible study.

WHAT IF I START AND CAN'T FINISH OUT THE FAST...HAVE I FASTED FOR NOTHING?

Seeking God through prayer and fasting is never a waste of time. When you make the effort, God takes notice. Just determine within your heart that you will

make an even better effort next time. Or try finishing up with a partial fast.

I FORGOT AND ATE SOMETHING THAT WASN'T ON MY FAST...DO I NEED TO START AGAIN?

No, think of fasting as a marathon, rather than a sprint. Don't give up! If you fall down, get up and keep trying. Conquering “king stomach” is difficult, but you'll make it.

DO I CONTINUE TO EXERCISE WHILE FASTING?

Moderate exercise is good. But it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy for a high level of exercise.

WHAT IF I HAVE A MANUAL LABOR JOB?

If you have a job that requires you to expend a lot of physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

CAN MY HUSBAND AND I BE INTIMATE DURING OUR FAST?

Read 1 Corinthians 7:2-5, especially verse 5, which says do not deprive one another (of sexual relations) EXCEPT WITH CONSENT, for a time...that you may give yourselves to fasting and prayer. So, the answer is yes. Scripture allows this for the purpose of fasting and prayer, BUT only with mutual consent.

21 DAILY PRAYER FOCUS

Day 1: CONSECRATION

"Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded...Humble yourselves in the sight of the Lord, and He will lift you up" (James 4:8,10)

Prayer for the Day: Lord, sanctify me, I need You. Nothing else will satisfy me. Fill me with the Holy Spirit today. I want to walk in the Spirit. I want to talk in the Spirit. I want to live in the Spirit. I'm tired of living where everybody else is. I don't want to be like everybody else. *I'm coming up higher after You.* I'm going to seek You with all of my heart.

Notes: _____

Day 2: GUIDANCE

"Your ears shall hear a word behind you, saying, 'This is the way, walk in it. Whenever you turn to the right hand Or whenever you turn to the left'" (Isaiah 30:21). "The steps of a good man are ordered by the LORD, and he delights in his way" (Psalm 37:23).

Prayer for the Day: Father, You have a perfect plan for my life. I ask You to give me knowledge of the path that You want me to walk that I will not miss Your will. Thank You, God, You know where I am. You planned my life before I ever showed up, I ask for Your perfect will now. Show me Your way and direct my life, giving me guidance beyond my mind into your perfect will. I ask you for it, I receive it and I believe it. I worship You, Father, I thank You that You are going to guide me, lead me, walk beside

me, I will be led by Your peace. I will delight in Your way, O God.

Notes: _____

Day 3: STRENGTH

"I can do all things through Christ who strengthens me" (Philippians 4:23).

Prayer for the Day: Lord, I'm Yours. Oh, I need thee every hour. I really need thee. I offer you my weakness "for your strength is made perfect in my weakness..." (2 Corinthians 12:9). Empower me to stay strong through the physical challenge of the fast and to grow stronger in my faith. All I need is You. You alone are my Strength, O God. Thank You, Lord Jesus that You are touched with the feeling of my infirmities. You see the struggles in my life, and You know how they have shaken me. They've not shaken You, Lord. Free me from every fear, every limitation, from drawing back from intimidation. You are my Peace, my Strength.

Notes: _____

Day 4: SANCTIFY YOURSELF

"So it was, after three days, that the officers went through the camp, and they commanded the people, saying, 'When you see the ark of the covenant of the Lord your God, and the priests, the Levites, bearing it, then you shall set out from your place and go after it. Yet there shall be a space between you and it, about two thousand cubits by measure. Do not come near it that you may know the way by which you must go, for you have not passed this way before.' And Joshua said to the people,

‘Sanctify yourselves, for tomorrow the Lord will do wonders among you’” (Joshua 3:2-5).

Prayer for the Day: Thank You, Lord. God, I ask You to sanctify me as I push back my plate and as I pull away from the TV and read Your Word during this period of fasting. Cut off the works of the flesh. Cut them off so I can be used for Your glory. I seek Your face. I’m hungry for You. Lord, I want to feel conviction again. I need to raise my standard. Convict me of it. I lay down, “Every weight that does so easily beset me” (Hebrews 12:1). I need Your touch. I’m coming after You. There’s a dream in me. There’s a purpose for my life, I’m going for it.

Notes: _____

Day 5: FREEDOM FROM CONDEMNATION

“For God sent not his Son into the world to condemn the world; but that the world through him might be saved. He that believeth on him is not condemned already, because he hath not believed in the name of the only begotten Son of God” (John 3:17-18).

Prayer of the Day: Lord, I want to go beyond courtyard kingdom living, and move into that “intimate” place with You. I have carried tremendous guilt and condemnation, but Your promise is, “Therefore now, there is no condemnation to them that are in Christ that walk not after the flesh, but after the Spirit” (Romans 8:1). I worship You, God. I’m entering into Your rest this day. I receive supernatural peace. I thank You, my Father. No condemnation, no guilt, no shame, Jesus, You are my righteousness. Thank You for dying for me. Thank You for the cleansing power of Your blood that gives me confidence toward God. Thank You for

loving me while I was yet a sinner. Oh, I bless You Lord, I bless You Lord.

Notes: _____

Day 6: WISDOM IN PARENTING

“All your children shall be taught by the LORD, And great shall be the peace of your children” (Isaiah 54:13)

Prayer of the Day: Father, I know that only homes with Christ positioned in the middle of everyday living will succeed in this wicked time. I need You, Lord, in order for me to be the man/the woman that You call me to be in my home. Give me wisdom to create a place of physical rest and of spiritual rest where my family can bring a crisis and lay it on a “bed” of faith. Help me to communicate with my spouse and my children. Your word is a lamp unto my feet and a light unto my pathway, God, we really need You in our home. We need a little church in our home, God, I give You everything; take my home; take my family; take my future; in Jesus’ Mighty Name.

Notes: _____

Day 7: HOUSEHOLD SALVATION

And they said, “Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house” (Acts 16:31)

Prayer of the Day: Oh God, save my children. My cry Father is save my children. Touch my children. Straighten their paths. I paint them as a target for Your Spirit to touch them and mark them. Anoint them this day. I thank You and praise You that salvation will come to this house because of the blood of Jesus. Even when it looks like it is not working. I thank You that the blood of

Jesus covers my family. "No weapon formed against us shall prosper." Your promise is that if the enemy comes one way, he flees seven.

Notes: _____

Day 8: MARRIAGE

"Therefore, a man shall leave his father and mother and be joined to his wife, and they shall become one flesh" (Genesis 2:24)

Prayer for the Day: Lord, we need You in our home. We need You in our marriage. We need You in our family. We need You, Father, to be the Lord of our rings. Forgive us, Lord, for angry words spoken. Forgive us Lord for wrong actions taken. Forgive us if we have broken the covenant. Help us today, Lord, to love You by loving our mate. Allow our children to see parents who care, who love, who touch, who talk and communicate, because the marriage they will duplicate will be the one they see between us. So, help us, Lord. We need Your supernatural power in our marriage. Help us and strengthen us to keep You as the focus of our marriage.

Notes: _____

Day 9: FINANCES & PROVISION

"LORD will open to you His good treasure, the heavens, to give the rain to your land in its season, and to bless all the work of your hand. You shall lend to many nations, but you shall not borrow" (Deuteronomy 28:12).

"And you shall remember the LORD your God, for it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day" (Deuteronomy 8:18)

Prayer for the Day: Father, I thank You that You are my source of supply. I thank You that You know how to break bondages off your people. Help me to attack my lack by applying the wisdom of Your Word. Oh God, You said, "I'll bless the work of your hands." I'm going to pay my debts and live on the rest. I ask You that the anointing of the Holy Spirit break every yoke of bondage, break the yoke of borrowing, break the yoke of overspending from my life. I decree that this is the year of the Lord's release. I receive it and thank you, Lord. Father, in the Name of Jesus. I thank You that You will bring increase and cause me to profit even right in the middle of a famine.

Notes: _____

Day 10: CAREER

"And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me" (Mark 8:34).

Prayer of the Day: Father, in the Name of Jesus, I come to You today, and I want to be a cross bearer in the marketplace. I want people to see You through me. I understand my purpose, I WILL go into the marketplace with a fresh anointing. In my job I will carry Your cross. In unseen and unspoken ways, people will know there's a difference on my life. I receive that anointing right now as I dedicate myself to You. Use my life for Kingdom influence. Help me to be a culture changer where I work. Help me to change the culture in my workplace until it's actually abnormal for somebody to take Your Holy Name in vain...not because I preached a sermon to them, but because Jesus has shined

through me into that darkness. I give You the praise for that Lord. In Jesus' Name I will not fail You in my calling.

NOTES: _____

DAY 11: PASTORS

"Let the elders who rule well be counted worthy of double honor, especially those who labor in the word and doctrine" (1 Timothy 5:17).

Prayer for the Day: Father, I pray for our pastors, for their wives and for their precious children. In Jesus' Name, Lord, Let Your Kingdom come, let Your will be done in their lives and in my church as it is in Heaven. I pray for my church. I pray for every ministry and for every pastor to be led by Your Spirit and to walk in peace. Lead them not into temptation but deliver them from evil. Anoint them with fresh oil. Your anointing makes the difference. Your anointing breaks yokes. Thank You for Your precious anointing, Holy Spirit. I stand against every spirit of division, in Jesus' Name. Touch our pastors, Lord. I pray that You bring a spirit of unity to our church. Father, I ask You to release Your glory in our church, in Jesus' Name.

NOTES: _____

DAY 12: PROTECTION

"He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust" (Psalm 91:1-2)

Prayer for the Day: Lord, I want You close in my life; I want to be under the shadow of the Almighty. You are my refuge. You are

my fortress. You are my God. I will not be afraid. I will not fear because I will call on that Name that is above every Name, JESUS. Lord, teach me to appreciate my life in this season. Help me to quit looking into the future, never living in the now. You will be with me in the day of trouble. I worship You, Jesus. Thank You for the blood path right into the secret place of the Almighty. You lift me out of depression, out of unfounded fears, out of the strike of the adder and the attack of the lion. I praise You, Lord. I praise You. I worship You, oh God. Lord, I enter into that tent where every provision is made...even for protection from fears and protection for my family. You are worthy, Lord. I worship You, Jesus. You are my refuge, You are my fortress, You are my strong tower, Jesus. Whom shall I fear?

NOTES: _____

DAY 13: HEALTH

"For I will restore health to you, And heal you of your wounds," says the LORD" (Jeremiah 30:17).

Prayer for the Day: Lord, thank You that You are our Healer. You were wounded for our transgressions and You were bruised for our iniquities. Through Your stripes we are healed! And Lord, I just claim miracle healing in my life and the lives of my loved ones. I worship You, Jehovah-Rophe, the God that health. Your Words "are life unto those that find them, and health to all their flesh" (Proverbs 4:22). Thank You for sending Your Word to heal me. "...my Hope is in You God: for I shall yet praise You, You are the HEALTH of my countenance, and my God" (Psalm 43:5). I give You praise and thank You today that my body is being

healed by the life-giving power of Your Word, in Jesus' Name! Thank You, Lord.

NOTES: _____

DAY 14: WORSHIP

"But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and truth: for the Father seeketh such to worship him" (John 4:23).

Prayer for the Day: Father, I humble myself before You today to seek Your face. I repent for complacency in my worship. I repent for being content in my worship. I repent. I'm not "face to face" with You like Moses was, but I do want to know You more intimately. Like Paul said, "I have not apprehended." I'm not satisfied. I'm hungry for You, O God. I love you and I praise You, Lord. Worthy! Worthy! Worthy are You, Lord! Blessed be the Name of the Lord! Oh, God it all flows out of You; I'm coming after You. You are my Reward, not success, not material things. You exceed all of those things! In Your presence is fullness of joy. If I am in Your presence, then I get joy. Out of that joy comes strength. Out of that strength comes spiritual warfare to resist the devil, and he flees from me. I want to be close to You more than anything. Here I am. I give You my all. I give everything to You. Thank You that in Jesus' Name, I enter into Your rest, enter into Your peace, and enter into Your grace. I worship You Lord. I worship you. Hallelujah!

NOTES: _____

DAY 15: RELEASE, RESTORATION, AND REWARD

"Turn ye even to me with all your heart...with fasting and with weeping...I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm...ye shall praise the name of the LORD your God...and my people shall never be ashamed" (Joel 2:12, 25-26).

Prayer for the Day: Father, in Jesus' Name I humble myself before You in fasting. Thank You for releasing me from my past & forgiving all my sins. Thank You for restoring my life and giving me the reward of eternal life. I give You praise and glory and honor. Bless Your people as we continue to fast and pray. Bring the "spirit of release" causing Your people to walk in financial freedom. "Release" our loved ones. "Release" those that are bound by fear, depression and abuse. Release those bound by nicotine, gluttony and other addictions. Release them from all bondage. Loose the bands of wickedness. Undo the heavy burdens. Let the oppressed go free. Release our families from every shame and guilt. Thank You that the wicked bands will be broken! Hallelujah! I give You praise. My family IS GOING TO WALK IN THE SPIRIT! Oh Hallelujah! Father the greatest "reward" is You. You are our Reward and our exceeding greatness. We praise You, Jesus. Glory to God!

NOTES: _____

DAY 16: REVIVAL

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land" (II Chronicles 7:14).

Prayer for the Day: Father, I come to You today once again to lift up this nation, offering prayer and supplication. Once again, I ask You, Lord for Your will to be done in this nation and around the world. In Jesus' Mighty Name, I stand against all the weapons of the enemy, the plans and strategies of terrorism against our nations. I ask for a covering over our military and our representatives. I pray the release of angels and cover us with the Blood of Jesus. Guard our borders, Lord. Touch our leaders. I ask you, O God, to visit them and give them dreams and visions that stir their hearts toward You as never before. I pray for those in the inner circle of power that You would turn their hearts to walk in Your wisdom. I ask for Your mercy on us! Forgive us for we have sinned against You as a nation. God, let the fire burn in the churches, and in our lives until we get a sword in our hands! Purge us, cleanse us; heal our lands we pray in the mighty Name of Jesus Christ, the Son of God, the strong and mighty One! The One mighty in battle! Jesus, we worship You. Pour out Your Holy Spirit upon our nations, in Your mighty name. Amen.

NOTES: _____

DAY 17: VICTORY

"For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith" (1 John 5:4).

Prayer for the Day: Father, I'm making a choice. I'm going to "put on the garment of praise for the spirit of heaviness." Lord, You said, "Sing, Oh barren one." So, I will sing to You, God, even when it looks like I don't have anything to sing about. I will give You songs of deliverance and praise, O God. Glory to Your Name, Jesus! I will keep on praying. I will keep on praising. I will keep

on living for You, God. My faith is overcoming. I'm never going to get tired of fighting the flesh and the devil until I make it to glory. I am an overcomer. My faith makes me an overcomer, not my feelings. You are with me now as You have been and forever shall be. I praise You for total victory. The devil is defeated. I am making a choice to praise You in all things.

NOTES: _____

DAY 18: PRAYER

"Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing" (John 15:4-5).

Prayer for the Day: Father, if Your Word abides in me, I can ask what I will and it shall be done. I don't want anything in my will that You don't have in Your will for my life. Father, in the Name of Jesus, I just lay everything on the altar today. Everything I know I just lay it on the altar and say, "If it is Your will Lord." I say again, "Not my will, but Your will be done in my life." I'm asking You, Father, to put on me a new mantle for prayer. Teach me how to abide in Your presence every day. And Father, in the Name of Jesus I just thank You for authority to decree a thing and it shall come to pass.

NOTES: _____

DAY 19: COMPASSION

"But whoever has this world's goods, and sees his brother in need, and shuts up his

heart from him, how does the love of God abide in him? My little children, let us not love in word or in tongue, but in deed and in truth" (1 John 3:17-18).

Prayer for the Day: Touch my heart, oh God. Touch my heart. Touch me. I don't want to be cold. I don't want to be hard hearted. I want to be tender. I want to be sensitive. I want to show the world your compassion and grace. I want Your anointing upon me. Touch my heart. I feel the incrustation of worldliness and materialism and the cares of this life. Deliver me in Jesus' Name!

NOTES: _____

DAY 20: WAITING ON GOD

"Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, And to those who have no might He increases strength" (Isaiah 40:28).

Prayer for the Day: Lord, my flesh is weak, but Your Promise is, "They that wait upon the LORD shall renew their strength" (Isaiah 40:31). I am waiting on You today and asking You to fill me with new strength. Fill me with Your life force. As I seek Your face, I praise You that I will not get weary! I

receive Your strength in my body and in spirit, in Jesus' Name. Thank You, Lord. Holy Spirit, Comforter, Counselor, I need you to take control of this situation. Fill me with Your power; I worship you. Hallelujah.

NOTES: _____

DAY 21: THE LOST

"And He said to them, 'Go into all the world and preach the gospel to every creature'" (Mark 16:15).

Prayer for the Day: Lord, here I am, send me. Use me. Witness through me. There's a "field" in my home. There's a "field" in my neighborhood. There's a "field" on my job. There's a "field" in this city. There's a "field" in my family. Oh God, forgive me for not praying; forgive me for not witnessing. Forgive me for not really believing that I can "reap a harvest" for You. Forgive me for not believing that You can use my influence, my affluence, everything that I have to reach the lost for Your glory right where I am! Father, I ask You to use me as a light to a dark dying world. I give You glory and I give You praise for all that You will do through me!

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BIBLE VERSES ON PRAYER & FASTING

~ **MATTHEW 6:16 -18** – Move over when ye fast be not, as the hypocrite, of sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret, and thy Father, which seeth in secret, shall reward thee openly.

~ **ACTS 14:23** – And when they ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed.

~ **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?

~ **NEHEMIAH 1:4** – And it came to pass, when I heard these words, that I sat down and wept, and mourned [certain] days, and fasted, and prayed before the God of heaven,

~ **1 CORINTHIANS 7:5** – Defraud ye not one the other, except [it be} with consent for a time, that ye my give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

~ **LUKE 11:9** – And I say unto you, Ask, and it shall be given; seek, and ye shall find; knock, and it shall be opened unto you.

~ **MATTHEW 4:4** – But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the month of God.

~ **ESTHER 4:16** – Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go into the king, which [is] not according to the law: and if I perish, I perish.

~**JAMES 1:5** – If any of you lack wisdom, let him ask God, that giveth to all [men] liberally, and upbraideth not; and it shall be given him.

~**JOHN 15:4-5**- Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except abide in me. I am the vine, ye are the branches: for without me ye can do nothing.

