

BREAKTHROUGH

21-DAY JOURNEY OF FASTING & PRAYER

**BEGINNING FEBRUARY 9 AT 7PM,
ENDING MARCH 1 AT 7PM**

FASTING GUIDE

In the Bible, we see multiple examples of God's people entering into a season of fasting for spiritual breakthrough. We believe we will see God move in our journey of prayer and fasting.

Fasting is abstaining from food that we need or enjoy for the purpose of intense spiritual focus through scripture and prayer. Fasting with prayer can be a powerful tool to help us draw near to the Lord. Through this journey, we will see Him bring about spiritual breakthrough in our lives individually and our church corporately. We've created this resource guide to help you with the journey.

WHAT TYPE OF FAST IS BEST FOR MY JOURNEY?

** Important note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing.*

- 21-day Complete Fast: Drink only liquids.
- 21-day Partial Fast: Fast from certain meals or fast from sunup to sundown each day.
- 21-day Progressive Fast: Week 1, fast from certain meals. Week 2, fast from sunup to sundown. Week 3, complete fast - only liquids.
- 21-day Daniel Fast: Eat fruits and vegetables - no meat, sweets, or bread.

HOW DO I BEGIN MY FAST?

- Determine the type of fast. Which type of fasting (from above) am I doing?
- Before fasting, petition the Lord in prayer. Ask Him to identify the spiritual breakthroughs you need in your life or family (healed marriages, broken addictions, salvation of loved one, physical healing, financial provision, etc).

TIPS TO MAKE THIS 21-DAY JOURNEY MORE SUCCESSFUL

- Be completely committed to this 21-day journey.
- Prayer and the Word are essential. The focus is not the absence of food but pursuing the Lord in prayer.
- Be mindful of anything that would hinder your time in prayer (social media, news outlets, movies, music, gossip, etc.).
- Participate regularly in corporate worship and, when possible, The Prayer.
- Be willing to deal with any unconfessed sin, bitterness or unforgiveness that may surface during this journey.
- Check out this fasting resource for guidance: <https://bit.ly/2XgL9Zw>
- Be sure to take full advantage of the resource guide we will send out to everyone who registers their fast below as added guidance and accountability.

BREAKTHROUGH PETITIONS

- **Personal Breakthrough:** Ask the Lord to help you identify where you need breakthrough in your life.
- **Corporate Breakthrough:**
 1. Ask God to reveal and remove any sinful action, attitude or stronghold individually or collectively that would grieve the Holy Spirit, **so that** we can experience a fresh outpouring of His manifest presence that would ignite revival in the church and spiritual awakening in the world. (Psalm 139:23-24; Isaiah 59:1-2; James 4:8-10)
 2. Ask the Lord to empower every believer to become a Spirit-filled disciple who faithfully and courageously shares the Gospel, **so that** we can experience a harvest of salvations and baptisms in 2025 unlike anything we have ever seen at NB. (Acts 1:8; Acts 4:23-31; 2 Corinthians 5:18-21)
 3. Ask the Holy Spirit to impart and reveal the spiritual gifts He has given every believer at NB. Ask for wisdom to use them in an edifying way, **so that** we might glorify God and build one another up in love. (1 Corinthians 12:4-11; Romans 12:3-8)
 4. Ask God to transform us into a church that reflects His radical generosity, moving us to give sacrificially of our finances and serve faithfully with our time, **so that** we can make and mobilize more disciples than ever before to advance the mission of God. (2 Corinthians 8:1-5 & 8-9; 2 Corinthians 9:6-7)
 5. Ask the Lord for His supernatural provision and unexplainable open doors, **so that** we might expand our current campuses and birth future campuses in Kilgore and Hallsville. (Revelation 3:7-8; Philippians 4:19)
 6. Ask the Holy Spirit to break every demonic stronghold in our church and enable us to stand firm in the armor of God against the attacks of the enemy, **so that** we might be a place where people experience deliverance and spiritual freedom. (2 Corinthians 10:3-6; Ephesians 6:10-13; Colossians 2:13-15)