



DAYS OF PRAYER & FASTING

JANUARY 6 - 26

We believe prayer is the catalyst that goes before a move of God, in our church and in our lives. We are so excited to be joining in 21 Days of Prayer and Fasting. Join the journey with us! Follow us on Facebook or Instagram for daily encouragement and devotionals.

The goal of this time focusing on prayer is to see transformative, Christ-centered revival. We want to see people come to faith in Jesus. We want to see the broken healed. We want the body of Christ to pierce the darkness of our time with the light of the gospel.

Since the beginning of Restoration, we have desired to become a people of prayer. When we built our current building, we invited everyone to saturate our cement floor and the wood foundation of our stage with prayer and Scripture. Our encouragement has simply been, “Pray first with a grateful heart.” In all circumstances, whether good or bad, we try to pray before we act. Prayer should be our first response, not our last resort.

Praying because we are told to pray is not enough. In order for prayer to transform our life, it needs to become something we look forward to doing. Many people don’t enjoy prayer because they have never been taught how to pray, how to be intimate with God. This guide is intended as a simple aid. Please use it as you see fit. When you experience the beauty of daily conversation with Him, you’ll experience the presence of God that will change your life. Prayer changes everything!

What is fasting?

Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things.

Fasting is to voluntarily abstain from eating/drinking for an extended period of time. “Eating” and “drinking” can represent anything that is holding you back. What do you “consume” in terms of social food, intellectual food, spiritual food, and emotional food? Are these things distracting you from your relationship with God?

Are you relying on things that have nothing to do with God to get you through your day? For example, if you “have to have” coffee every day.

Maybe your fast needs to just be about coffee. Ask God what He wants you to fast from and let Him guide you.

Everyone doing a physical fast should consult a physician first. If you have medical issues, consider fasting TV or social media. The point is that there is something God wants you to separate yourself from for three weeks so that you can see and hear Him more clearly.

Whether you have done a 21-day time 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.

Fasting goal: A personal encounter with God

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 21 days. As you seek God first, we pray your relationship with God when you start the fast looks and feels different than how you finish.

As you prepare for the next 21 days, think about why you are fasting. Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation, or for a major decision? Ask the Holy Spirit to clarify His leading and objectives for your fast. This will enable you to pray more specifically and strategically. Think about the top two or three uppermost issues on your heart and press in on those with God. Write these down in the space provided below, and be open to hearing what God wants to show you in those areas.

When praying, make your primary goal to know Jesus more and experience Him. Focus first on what's right about Him, such as His goodness and His greatness, and see everything else through that filter.

Finally, make time to pray daily. Don't over complicate it! 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. We also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

“He must increase and [we] must decrease.” - John 3:30 “Be ye holy, for I am holy.” - 1 Peter 1:16

You may experience many benefits from fasting (cleansing your body, breaking addictions, etc.), but the goal of fasting is to experience God. Right now your life may be all about you, what you want, and when you want it. Imagine if you separate yourself from your perceived needs (such as food)...you may see that life is all about Him.

During this fast, I am praying and believing God for:

Some Biblical Examples and Purposes of Fasting

- Jesus fasted to acknowledge His dependence and to gain spiritual strength through reliance on the Holy Spirit and God's Word. He did this before He began His public ministry (Luke 4:1,2).
- Nehemiah fasted for confession, repentance, and favor in the sight of the king to get permission to rebuild the walls of Jerusalem (Nehemiah 1:4).
- David humbled himself for God to intervene because of injustice (Psalm 35:13). In 2 Samuel 12:17,23, he fasted for healing and miraculous intervention.
- Mordecai and the Jews fasted upon hearing news of Haman's wicked plot for their extermination (Esther 4:3).
- The Early Church fasted while worshiping and committing their ministry to the Lord. They also sought the Lord through fasting for guidance, confirmation and the appointment of elders (Acts 13:2; 14:23).
- Jesus expected His disciples to fast, but He did not command it (Matthew 6:16).

Types of fasts

There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice.

Full Fast

Drink only liquids (you establish the number of days).

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

Creating a lifestyle of prayer

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.
- Mark 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

Develop a Set Time

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

Designate a Certain Place

Jesus had a specific place He went to pray. He prayed in private. He specifically withdrew to a solitary place to avoid being distracted by others. We can follow His example by designating a quiet space for ourselves and schedule it at a time that we are less apt to be bothered by family, friends, and other distractions. Maintaining a focus on God is the main **purpose** so that we can hear Him speak to us in return.

Have a plan

When Jesus taught His disciples how to pray, He gave them an example of prayer. We call it “The Lord’s Prayer.” As we pray every day, our plans for our prayer time can vary, maybe include worship music, Bible reading, and quiet time to listen to God. It doesn’t always have to look the same; it just helps when we are intentional about connecting regularly with God.

Ending the Fast

Breaking extended fasts should not be done abruptly. Start by taking small portions of food or liquids. Pace yourselves to return slowly to your normal diet in about a week.

Do not have a big celebration feast when breaking a fast. Your body may not be used to the sudden increased intake and break down. Be cautious, and always consult your doctor if you are unsure of your physical condition.

Daily Devotionals

Follow us on Facebook or Instagram for daily encouragement and devotionals.

Prayer Prompts

If you would like some prayer prompts for your daily time with him see below for some possible prayer points. You are encouraged to ask God daily what He would like you to pray for. A great place to start each day is with gratitude - think about the things you are grateful for and start there before you move into praying and interceding.

Day 1 | Pray for the courage and strength to participate in the 21 Day Fast on some level. Father, open me up to Your leadership over the next 21 days. Pray for our church to experience supernatural breakthroughs during this season of fasting.

Day 2 | Pray for God to create spiritual hunger in His people and draw them to passionate prayer. God has to grant people the genuine faith and fervent desire for prayer. We cannot produce a genuine prayer movement on our own. (Philippians 2:13)

Day 3 | Ask God to bring deep conviction of sin, spiritual brokenness, a holy reverence for God, and genuine repentance at Restoration Church. There will be no revival without these elements and only God can produce them in His people. We cannot program or work up genuine brokenness and repentance. (2 Corinthians 7:1)

Day 4 | Pray for deep cleansing, genuine repentance, and spiritual power to engulf our leaders. Revival and spiritual awakening are extremely unlikely without a mighty move of God in our leaders. Renewal is absolutely crucial to a move of God in our day! (Ephesians 6:14-20)

Day 5 | Pray that God will bring loving unity in our church. We want everyone to know that God is alive at Restoration Church. Jesus said "By this all people will know that you are my disciples, if you have love for one another." (John 13:35)

Day 6 | Pray for God to fill us with a passion to see people saved. Only God can give a genuine burden for people without Christ. Until we consistently pray for the lost, intentionally invest in them and lovingly invite them to follow Jesus, a revival won't happen. Be sure you are constantly praying for many lost people by name. (Romans 9:1-3)

Day 7 | Pray for the people of our community who don't have a relationship with Jesus. Ask that God would use us at Restoration Church to share His love with them and invite them into a life-giving relationship with Jesus.

Day 8 | Pray that God will call people into ministry, missions, and service. We desire to be a training and sending church. We can only start as many churches as we have church planters to start them. (Matthew 9:37)

Day 9 | Pray that God will pour out His Spirit like a mighty purifying flood. Ask God to purify our motives as we pray for spiritual awakening and revival. Our motives must be solely for the glory of God and the increase for the kingdom of God. (James 4:2)

Day 10 | Pray for addictions to be broken. Addictions can be broken in 21 days. You cannot enjoy the fullness of life in Christ when you are bound by addictions. (2 Corinthians 3:17)

Day 11 | Pray for a hunger for God's Word for our church. At this halfway point, most of us are thinking about what we will eat after the fast! This is the time to press in and ask God to give us a hunger for and an honoring attitude toward His Word. (Matthew 5:6)

Day 12 | Pray for God to continue to work in marriages at Restoration Church. God honoring marriages should be the norm for Christians, not the exception. Outdo one another in showing honor within your marriage. (Ephesians 5:33)

Day 13 | Pray for doors to be opened for Gospel-centered relationships. God supernaturally opens doors into people's lives for the good news of Jesus to be heard. Pray for thousands of doors to be opened in our community so that the gospel may be advanced. (Colossians 2:2-4)

Day 14 | Pray that God will reveal spiritual gifts to our church body. God has gifted His church with spiritual gifts to minister to each other and reach the world for Christ. Ask Him to reveal your spiritual gift(s) and ask Him for new gifts. (1 Peter 4:10, 1 Corinthians 14:1)

Day 15 | Pray for the culture of honor to be strong in our church. A person who honors God first will in turn honor those around them. Ask for Jesus to move miraculously in our church as we seek to honor Him. (Mark 6:4-5)

Day 16 | Pray for Restoration Church's local and international mission efforts. God is doing amazing things through our local partners (Coreluv, Love Fosters Hope, God's Garage, HandUp Global Ministries and Over Under Fellowship). Pray for favor, impact, and protection. (Acts 1:8)

Day 17 | Pray for families to move forward in becoming fully engaged followers of Christ at Restoration Church. Pray for students to continue to lead students to Christ and to be leaders in our local schools. Pray for kids' hearts to be opened to hearing God's Word, which is active and alive. Pray for parents to have the strength and wisdom to raise up their children to follow Jesus.

Day 18 | Pray for Restoration Church to stand against the enemy and resist his attacks and schemes. The enemy is like a lion seeking to devour followers of Jesus. (James 5:8-9) Pray we stand against him in the full armor of God. (Ephesians 6:10-20) Pray the words that Jesus taught His disciples to pray: "And lead us not into temptation, but deliver us from the evil one." (Matthew 6:13)

Day 19 | Pray for God to propel us toward a generous lifestyle. God loves a cheerful giver. (2 Corinthians 9:7) Ask God to increase your capacity to give to His church and missions in 2020 so that we can reach, raise up, and release followers of Jesus who change the world.

Day 20 | Pray for spiritual growth at Restoration Church through weekend services, Life Groups, our connections ministry, and personal discipleship.

Day 21 | Reflect on what God has done during this fast and thank Him. As God moves in our personal lives and in our church, we must give thanks regularly for the goodness of His grace. Stop and thank Him now for both the blessings and challenges in your life. (2 Corinthians 4:15)