

A large, stylized graphic featuring the number '21' in a decorative, calligraphic font. The number is filled with a dense, multi-colored pixelated pattern. A dark grey horizontal bar is superimposed across the middle of the '21', containing the text 'DAYS OF PRAYER & FASTING' in white, uppercase, sans-serif font. The entire graphic is set against a white background with a faint, irregular outline.

21
DAYS OF PRAYER & FASTING

21 DAY FAST

We begin each year by fasting for 21 days. Fasting in January is much like praying in the morning to establish the will of God for the entire day. When we put God first in our lives, in our families, in our finances – in everything – I believe that He will bless and multiply those areas. If we will pray and seek God and give Him our first and best at the beginning of the year, He will reward you

If you sense that God has more for your life, take the first step and believe for more of Him.

Start the year off right and discover the rewards of putting God first and building intimacy with Him! I look forward to hearing about what God will do in our lives and in our land as we seek Him together.

PRAYER

We believe prayer is the catalyst that goes before a move of God, in our in our lives, in our church and our community. We are so excited to be joining in 21 Days of Prayer and Fasting. Join the journey with us!

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!

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” caffeine or other stimulant (coffee, energy drink, etc.) every day.

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.

Maybe your fast needs to just be about food intake, your caffeine/stimulant intake or your social media obsession. 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.

What to Expect

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus’ example when you fast. Spend time listening to worship music. Pray as often as you can throughout the day making sure you spend time listening and not just talking/thinking. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God’s face.

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 and begin to understand that life is all about Him. There is freedom in that knowledge.

What does fasting do for our spiritual life?

- Help us hear from God
- Reveal our hidden sin
- Strengthen intimacy with God
- Teach us to pray with right motives
- Build our faith

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

A Few Biblical Examples and Purposes of Fasting

Biblically, fasting is mentioned in both the Old and New Testament. In the Old Testament it was often a way of expressing grief or a means of humbling one's self before the Lord. In Psalm 35:13, David afflicted himself with fasting. In the New Testament it was a means to grow closer to God through mediating and focusing on Him. In Matthew 4:1-2, Jesus went to the wilderness to fast for 40 days. In Matthew 6:16-18 we learn that we aren't to look "gloomy like the hypocrites" while fasting so that it's not obvious to others when we are fasting. Throughout the New Testament fasting and prayer are often mentioned together. In Acts 13:3, 14:23 'they had fasted and prayed.' In Luke 2:37 a widow was found worshiping with fasting and prayer night and day."

- Following the example of Jesus and the Early Church believers, we, too can draw near to God while 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).

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

Complete Fast: Abstain from all food and drink except for water. Apart from supernatural enablement, the body can only function for up to three days without water. should only be for a very short period of time. Consult your physician before attempting this type of fast.

Liquid Fast: Drink only liquids, abstaining from all solid food.

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.

Intermittent Fast

This is an eating pattern that cycles between periods of fasting and eating. It doesn't specify which foods you should eat but rather when you should eat them. This type of fasting is more for weight loss vs. a spiritual application.

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.

How to Begin

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

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.

Don’t overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks. Be cautious, and always consult your doctor if you are unsure of your physical condition.

Daily Devotionals

Follow us on Facebook or our website for daily encouragement and devotionals.

PRAYER

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. This guide is intended as inspiration, if you have a different rhythm with God, please don't hesitate to press in however it works best for you.

DAY 1

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: Pray for the courage and strength to participate in the 21 Day Fast. Ask God to open you up to His leadership over the next 21 days. Pray for you, your family and our church to experience supernatural breakthroughs during this season of fasting.

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 2 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: Pray for God to create spiritual hunger in you and 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 3 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 4 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 5 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 6 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 7 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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.

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 8 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 9 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 10 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 11 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 12 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 13 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 14 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 15 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 16 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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, HUGG Mission Market and Over Under Fellowship). Pray for favor, impact, and protection. (Acts 1:8)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 17 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: Pray for families to become 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.

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 18 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 19 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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.

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 20 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

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

HOW DID YOU EXPERIENCE GOD TODAY?

DAY 21 |

TODAY, I AM GRATEFUL FOR: _____

ASK: God, what do you want me to know about today? What do you want me to focus on today?

LISTEN/NOTE: _____

PROMPT: 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)

HOW DID YOU EXPERIENCE GOD TODAY?
