

FASTING 21 DAYS OF PRAYER AND



# 21 DAYS OF PRAYER & FASTING

January 10-31, 2021



## FASTING

Intentionally giving up food or something special for a period of time in order to achieve a spiritual goal.

## PRAYER

Talking with God, asking Him for help.

## REASONS FOR FASTING

God desires relationship with us. He is chiefly interested in our trust and obedience. Fasting is an expression of our desire to seek and please Him. Fasting displays to God that He is more important than a necessity like food.

Fasting works! Once, when the disciples failed to exorcise demons, Jesus explained that prayer and fasting were required in such instances. Fasting seems to move God to action. Of course, this does not mean that we can manipulate God by fasting, but there are times God desires us to underline our requests with fasting.

## REASONS FOR PRAYER

Communication is a vital component in every kind of relationship. God wants to be on an open line of communication with us every moment of every day. We can communicate need, thanks, praise, and emotion as well as receive warning, affirmation, and wisdom at any moment.

At times, God wants our requests before mobilizing His resources into action. Our prayers are effective.

## TYPES OF FASTS

There are multiple kinds of fasts and there is no formula for determining which kind of fast or duration is most appropriate for you. Here are three Biblical examples of fasting;

**Absolute Fast:** Taking nothing, including water. This is extreme and should NOT be attempted without first talking to your doctor.

**Normal Fast:** Withholding food but not liquids like water and juices to maintain strength and electrolytes.

**Partial Fast:** In the Bible, Daniel and his companions consumed vegetables and water but not the King's meat or sweets. This type of fast may be more appropriate if you have certain health issues. For some people, giving up chocolate or coffee may be a real reminder to pray. You can also fast anything that means something special to you: media, sports, shopping, etc.

### While fasting, always devote time to:

- + Reading God's word (The Bible)
- + Praying
- + Focusing on God
- + Worshipping
- + Serving/helping others

## MOTIVES

Our God-centered motives can be tainted by our motives to draw attention

to ourselves and impress others. Jesus cautions us to keep our fast between us and God as much as possible. God sees our hearts and is never fooled (See Isaiah 58).

## HISTORY OF FASTING

The practices of praying and fasting can be found in both the Old and New Testaments. Before Jesus began his public ministry he fasted for 40 days in preparation. The scriptures listed below cite other instances of fasting found in the Bible.

## SCRIPTURE RELATED TO FASTING

- |                         |                     |
|-------------------------|---------------------|
| + Matthew 4:1-4         | + Psalm 51          |
| + Matthew 6:17-18       | + Psalm 139         |
| + Matthew 17:14-20      | + 2 Chronicles 7:14 |
| + Joel 1:14             | + Jeremiah 29:10-14 |
| + Joel 2:12             | + Matthew 5-7       |
| + Exodus 34:28          | + Luke 10:38-42     |
| + Acts 13:2-3           | + Isaiah 58         |
| + Acts 14:23            | + Galatians 5:16-26 |
| + Ecclesiastes 12:13-14 |                     |

## FASTING & OUR CHURCH

We recognize that we need God's help in fulfilling our task as a church. Fasting for 21 days in January is an important part of beginning our year with focus on God and what He wants to accomplish in our individual lives, in the life of our church and in our community.



FASTING 21 DAYS OF PRAYER  
AND



## TESTIMONIES

"The more I took time to intentionally focus on God, the more purpose-driven I felt!"

"I feel closer to God than ever... I have trusted the Lord all my life, but never as much as I have in the past few months."

"I felt that there was a greater sense of peace in my home."

"It was amazing that God helped me realize that, with Him, I can give up something that seems hard to live without and let go of control. With God, ALL THINGS ARE POSSIBLE!"