21 DAYS
OF PRAYER AND FASTING
11TH – 31ST JANUARY 2015
Introduction

We are so glad you have made a commitment to join the rest of your church family in this exciting spiritual exercise over the next 21 days.

God has said 2015 is going to be a year of ‘Power’. The word ‘power’ in the Greek is ‘Dunamis’ which is not just any power; it’s ‘miraculous power’. We believe that we are entering a year where we will see God’s power manifest through our worship, our faith, our giving and our reaping; and these next 21 days of prayer & fasting is preparation for an amazing year ahead.

There will also be corporate prayer throughout the Fast; which will take place at the church every Thursday from 7:30pm and Sunday at 6:00pm. We believe that this will be a great time to encourage one another in our Fast.

We are once again expectant for what God is going to do and will be continually praying for you as we stand together in agreement for the salvation and healing of our city and nation.

For His Glory

Robbie & Donna
Robbie & Donna Howells
Senior Pastors
Instructions on Prayer & Fasting

A Fast is a conscious, intentional decision to abstain for a time from the pleasure of eating in order to gain vital spiritual benefits.

The word ‘fast’ literally means ‘to cover the mouth’, ‘to abstain from eating’. So the discipline of fasting means going without food or drink voluntarily, for a specific purpose.

When you fast, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God. It keeps you sensitive to the Holy Spirit and His voice and you are able to hear what He is saying to you with a greater clarity. It also enables you to live Holy and is a constant means of renewing yourself spiritually.

There are numerous benefits to fasting and we recommend that you consider reading two particular books that will help you during the Fast, we recommend ‘Fasting’ by Jentezen Franklin and ‘Fasting’ by Derek Prince. Both are available in our bookshop.
Why Do We Fast?

- In obedience to God’s Word. Matthew 6:16-18
  
  “Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. . .But you, when you fast, anoint your head and wash your face, so that your fasting will not be noticed by men, but by your father who is in secret; and your Father who sees what is done in secret will reward you.”

- To humble ourselves before God and obtain His grace and power.
- To overcome temptations in areas that keep us from moving into God’s power.
- To be purified from sin (and to help others become purified as well). Daniel 9:3-5
- To become weak before God so that God’s power can be strong in us.
- To obtain God’s support in order to accomplish His will.
- In times of crisis. Esther 4:15-16
- When seeking God’s direction. Ezra 8:21-23
- For understanding and divine revelation. Jeremiah 36:6
- To create an environment for prayer.
- To obtain breakthroughs in difficult situations.
Which Type of Fast?

The kind of fast that you choose will be your decision ultimately, as you follow the Holy Spirit’s promptings. It could be a complete fast, a one-meal-a-day fast, an abstinence (for example, abstaining from watching TV for a season, along with a food fast), or a Daniel fast (see next page). Fasting food yet still being distracted and occupied with other things won’t bear fruit.

Whatever fast you decide to observe, it is vitally important that you spend time in prayer, meditation and Bible study.
Guidelines for a Daniel Fast?

Daniel, during his 21-day fast, ate no ‘pleasant bread’. He did eat, but not everything ‘pleasant’ he wanted. This is one way of keeping the flesh under control and not letting it dominate.

**Foods We May Eat**

**Whole Grains:** Brown Rice, Oats, Barley.

**Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas.

**Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantelope, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon.


**Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices.

**Foods to Avoid**

Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products using Margarine, Butter, High Fat Products.
Bible Reading & Prayer Focus

During the fast, set aside time for worship, devotion and prayer. The Word of God will feed your spirit and bring fresh revelation to your heart. There is a scripture for each day which we ask you to read and meditate over as you pray.

Spend time reading and meditating on scripture and praying for freedom in the specific areas revealed to you by the Holy Spirit. It is also recommended that you keep a journal of all that He illuminates to your heart.

Week One — Power Through Worship

In days 1-7 of the fast, we will be focused on seeing God’s power manifested through our worship. It is a time of personal renewal by asking God to bring cleansing, guidance and strength as we are intimate with Him.

Day 1 — WORSHIP John 4: 24 NKJ
Day 2 — SURRENDER Job 11: 13-15 CEV
Day 3 — INTIMACY James 4: 8
Day 4 — HOLINESS 1 PETER 1: 16 NLT
Day 5 — HUMILITY 1 Peter 5: 5 NKJ
Day 6 — FAITH 1 Corinthians 16: 13 NIV
Day 7 — ENDURANCE Colossians 1: 11 AMP
Week Two – Power Through Giving

In days 8-14 of the fast, we will be focused on praying for the manifestation of God’s power through our giving. We will be asking God to give His church a renewed heart to serve, encourage and bless the people of our city and nation.

Day 8 – GIVE 2 Corinthians 9: 7 NIV
Day 9 – SERVE 1 Peter 4: 10 NKJ
Day 10 – ENCOURAGE 1 Thessalonians 1:11 NAS
Day 11 – BLESS Proverbs 11: 25 MESSAGE
Day 12 – LOVE 1 Corinthians 13: 4-7 NKJ
Day 13 – PRAY James 5: 16 NKJ
Day 14 – HELP Philippians 2: 4 NKJ
Week Three — Power Through Reaping

In days 15-21 of the fast we will be standing in the gap for the souls our city and nation. We will be praying the manifestation of God’s power through reaping, trusting and believing for God to bring salvation, healing and restoration to our nation.

Day 15 — UNITY John 17: 21 NLT
Day 16 — REPENTANCE Acts 3: 19 NKJ
Day 17 — SALVATION 1 Peter 1: 9 NLT
Day 18 — LABOURERS Matthew 9:37-38 NKJ
Day 19 — BACKSLIDER Joel 2: 12 NIV
Day 20 — HEALING Mark 16: 18 NKJ
Day 21 — REVIVAL Psalm 85: 6-7 NLT
Three-People Daily Prayer Commitment

During the 21 days of Prayer & Fasting, as you set aside your own interests and consecrate yourself to God’s purposes, reflect on God’s main purpose for sending Jesus. He came that ALL may have life and have it more abundantly. He desires that none perish, but that all come to a saving knowledge of Jesus. His heart beats for people and so should ours.

With this in mind, you are encouraged to prayerfully select three people that you will commit to pray for on a daily basis. It may be a family member, a work colleague, a back-slidden brother or sister or your neighbour. Pray specifically for the same three people on a daily basis and then at some time during the 21 days, approach them and invite them to a church service.

When you pray, your Father who sees what is done in secret will reward you openly. It would be wise and beneficial not to let these three people know that you are praying for them, but just hold them up in secret and allow God to work in their lives. In this way, they will not feel they are being manipulated or coerced into doing something under pressure. Remember it is the goodness of God that draws men to repentance.

As you step out in faith and do your part, God will do His part. He will make the seemingly impossible, possible! Expect the supernatural favour of God working on your behalf as you engage in winning souls for the kingdom!
Covenant

I commit to set aside the next 21 days for prayer & fasting.

I commit to pray for the following people every day for the next 21 days.

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Over the next 21 days I am believing God for:

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Date: ...............................................  Signature: ....................................................