



# Remember All Nations is BIG (Believing in **GOD**)

21 DAY FAST SCHEDULE						
MON	TUE	WED	THU	FRI	SAT	SUN
January 6	January 7	January 8	January 9	January 10	January 11	January 12
ACTS 1	ACTS 2	ACTS 3	ACTS 4	ACTS 5	ACTS 6	ACTS 7
MON	TUE	WED	THU	FRI	SAT	SUN
January 13	January 14	January 15	January 16	January 17	January 18	January 19
ACTS 8	ACTS 9	ACTS 10	ACTS 11	ACTS 12	ACTS 13	ACTS 14
MON	TUE	WED	THU	FRI	SAT	SUN
January 20	January 21	January 22	January 23	January 24	January 25	January 26
ACTS 15	ACTS 16	ACTS 17	ACTS 18	ACTS 19	ACTS 20	ACTS 21
MON	TUE	WED	THU	FRI	SAT	SUN
January 27	January 28	January 29	January 30	January 31	February 1	February 2
ACTS 22	ACTS 23	ACTS 24	ACTS 25	ACTS 26	ACTS 27	ACTS 28

## Why Does Fasting Work?

People who take prayer seriously will know how powerful fasting is. But what is it about missing meals that makes prayer so potent? Is it a form of hunger strike? Blackmailing God like a spoiled child holding his breath till he's blue until he gets what he wants? Obviously not. So, what is it about fasting that touches the heart of God?

God gave us some important guidelines about not boasting about fasting, but there seemed no doubt in His mind that those He was talking to did indeed fast from time to time. The people of Israel were no strangers to fasting; there are several mentions of it in the Hebrew Scriptures.

## Hebrew words for fasting

When thinking of fasting, most Jewish people today will automatically think of [Yom Kippur, the Day of Atonement](#). This is the first vague reference to fasting in the Bible. I say vague, because it doesn't actually say "fast". The Law required the people of Israel to "afflict" themselves (ענה – תענו) as they sought a clean slate for a new year (Leviticus 16:29). One easy way to obey that command is to go without food and water for a while, and so that is what happens each year to this day. God is close to the broken and lowly in spirit (Isaiah 66:2) and fasting demonstrates a humble heart of repentance and submission to God.

## What is happening spiritually when we fast?

As Paul describes so well in Romans 7, there is a perpetual battle between the flesh and the spirit, and our mind moderates by making decisions about which call to obey. As human beings, we are mind, body and spirit, but spiritually dead without God. We tend to be pushed around by our fleshly desires. Our flesh is all about our relationship with ourselves and our natural physical cravings, which can become selfish and even destructive when left unchecked. Our mind can overrule our body, and give us the capacity to meaningfully relate to others and the world, while our spirit communes directly with God.

As we fast, we deliberately weaken the powerful bond with our flesh and strengthen our relationship with God, spirit to Spirit.[1] But it is an exchange. There is less of us and more of Him. That is always going to be a good deal.

Fasting is like turning the volume knob down on our flesh, and turning it up in the spirit. We gain authority, clarity, and closeness with God.

Fasting is a way of willingly taking part in this process by our own free choice, giving the Spirit more liberty in our lives.

## Different kinds of fast

**Daniel** and his friends fasted from meat, fine foods, and wine, and later Daniel specifically fasted in order to usher in God's promises to Israel. And boy, did he get some answers! You can easily find out more information about how to do a "Daniel fast" on the internet.

**Esther** led the whole Jewish community to fast from all food and water completely for three days, which led to a miraculous turnaround from disaster. Rescued from the brink of annihilation, the Jewish people gained freedom and favor instead, and many gentiles joined them, seeing the goodness and power of God. However, fasting from both food and water is extreme and should only be done for a maximum of three days.

Each fast is different but God honors each one.

## Does it have to be food?

Today we often hear of people fasting from Facebook and social media, from chocolate or sugar, or from television. Is there merit in these forms of self-sacrifice?

Food is an obvious choice because we need food and abstaining from it hurts! It brings us to that necessary point of desperation and dependence, affliction and submission. But we can also grow dependent on sugar, social media, and other things, to the degree that abstaining from them is very

hard. We develop addictions without even realizing it, and get in the habit of turning to these things for comfort instead of God.

## Do's and don'ts of fasting

As God warned, it is useless to fast if we then cancel out all of our self-sacrifice by inflating our egos and boasting about it. Similarly, in Isaiah 58 we see that a self-justifying denial of food is counterproductive if we then selfishly refuse to take care of the poor. We need to check before we fast, asking, is my heart right before God? It's good to take a little time in repentance and confession, asking God to shine his light on any sin before we begin.

Later in that chapter, Isaiah proceeds to talk about Shabbat in the context of fasting – this is another opportunity to deny our fleshly indulgence and self-gratification in favor of concentrating on God, and making room for him. God challenges us to live a fasted lifestyle; a laid-down, self-sacrificial life instead of just doing whatever we please. Am I willing to give my time to God's pleasure rather than my own?

We should not fast under compulsion or when driven by guilt. Our free will and our desire to fast is critical. However, it's also wise to take note of the errors of King Saul's disastrous fast in which he was just pushing for his own human agenda and trying to force his desired outcome without being submitted to God's will (1 Samuel 14:24-45). Do I really want God's will, even when it might contradict my own?

Fasting is pointless when lacking humility and a repentant spirit. We see this in the story that Jesus told of the "righteous" man and the sinner (Luke 18:9-14). Fasting doesn't necessarily help, we must have the right attitude, or it's just a diet. This goes for other kinds of flesh-killing and abstinence. Can I humbly admit that my righteousness comes from Jesus sacrifice, not any sacrifice of my own?

A fast can be very helpful if you're feeling spiritually out of whack, if you want to seek better connection with God, if you are

seeking God's mind on a matter, or if you're in trouble and need a breakthrough.

Often the fear of fasting is worse than the fast itself, so don't let the enemy stop you by making you afraid.

Set your objective and make your commitment, prepare your heart and devise your own plan. Results might not come immediately, but don't give up! – a fasted lifestyle takes time and practice. God is gracious, and He will help you grow in this journey to say with your whole life: "Less of me and more of You, Lord!"

## THE DANIEL FAST

### Step One: Be Specific

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

### Step Two: Fast as a Spiritual Commitment

The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" ([Daniel 1:8](#)).

### Step Three: Reflect Inner Desire by Outer Discipline

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors:

1. Your food choices.
2. The level of your spiritual commitment as reflected in constant prayer during the fast.
3. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.
4. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Daniel Fast.

## Step Four: Pray to Perceive Sin's Role in Poor Health

Notice **James 5:13-16**:

- Sin is something related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well
- The anointing oil could mean
  1. Medicine for healing,
  2. Symbolic of the Holy Spirit, or
  3. It could be baptism
- Prayer alone may not gain healing; faith is the major factor.
- In Greek there are several words for "sick". James uses "Kanino", which not only includes disease, but also means weak or weary.
- Attitude is important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."

## Step Five: Fast as a Statement of Faith to Others

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

## Step Six: Learn the Effects of the Food You Eat

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

## Step Seven: Yield All Results to God

Daniel said, "as you see fit, deal with your servants" (**Dan. 1:13**).

Remember:

- The Daniel Fast will lead to spiritual insight. "To those four young men God gave knowledge".
- The Daniel Fast is longer than one day. These young men fasted for ten days.
- The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- The Daniel Fast requires abstinence from party or junk foods.
- There is no indication that they ever began to eat the king's food.

## Food Guidelines for a Daniel Fast

### Foods You 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, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- Vegetables:  
Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you not allergic to soy.
- Liquids:  
Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetable Juices. You may also drink protein drinks.
- Others:  
Seeds, Nuts, Sprouts

### 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 It
- Margarine, Shortening, High Fat Products

### **Apostle Michael's Instructions:**

- **First week – usually three meals with Daniel Fast (no meats, dairy, sweets nor breads)**
- **Second week – Two meals day with Daniel fast**
- **Third week – One meal per day with Daniel fast**

## **QUICK TIPS FOR FASTING**

Most of the fasts mentioned in the Bible were public fasts initiated by the priests; Jesus gave us the model for private fasts in Matthew 6:16-18 and 9:14-15. Whether you are beginning a private fast, or fasting corporately as we do each year at All Nations, I believe you will find these tips helpful.

### **How to Begin**

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible. Remember to check the blog to see others testimonies as we continue to be BIG. Believing In God for greater.

### **Preparing Spiritually**

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended ([Mark 11:25](#); [Luke 11:4](#); [17:3-4](#)). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you ([Romans 12:1-2](#)).

### **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 praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

## How to End

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions.

### **Day 1: Getting Started**

Fasting brings one into a deeper, more intimate, and powerful relationship with the LORD. When you eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to things of God. While we in are the midst of a transition, remember to check on one another by encouraging them to remain faithful to God and All Nations.

### **Day 2: Hungering for Living Bread**

“As David stated in Psalm 42, ‘Deep calls unto deep.’ Week 1 is that first step down the path to your breakthrough. The first step is many times the hardest step, but as you walk through this journey, you will find that God is there to meet you at every critical point along the way.”

### **Day 3: Getting Past Your Quitting Point**

Are you ready for a breakthrough unlike anything you’ve ever experienced before? Remember to continually pray because only God can provide you with the strength, both physically and emotionally, that you will need during these 21 days.

### **Day 4: Target Your Prayers**

The disciples could not cast the demon out of the boy, and Jesus had to do it. Some only come out through prayer and fasting.

Matthew 10

### Day 5: Fasting AND Praying

Solomon speaks about the three-fold cord and how it cannot be broken. If we join our faith with one another we will be stronger as the weak say they are strong. Pray and Pray daily for closer relationship with God.

### Day 6: God Delights in Renewal

**Sometimes we need renewal in our spiritual lives. Fasting is one of the ways that you can cleanse your body and aid the process of communicating with the Father. As we renew our minds to the things of God and leave behind the clutter of the past.**

### Day 7: Feed on the Word

Read daily and get an understanding. "I have not departed from the commandment of His lips; I have treasured the words of His mouth more than necessary food."

Job 23:12 (NKJV)

### Day 8: Walk with God

"Therefore go..." Jesus says. "God is with you...and so am I."

On your eighth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible in the Lord
3. Remember your prayer time and prayer place own it
4. Write your thoughts in your prayer journal and daily God wink moments
5. Continue to meditate and listen closely to the voice of the Lord
6. Sugar free mints sparingly not for meal replacements.

### **Day 9: Is He Speaking to You?**

Remember, Paul was fasting when God called him and shared the assignment for his life, and Peter was fasting on the rooftop when God gave him a new revelation and called him to take the gospel to the Gentiles. What is God speaking to you during our Fast?

### **Day 10: Every Assignment Has a Birthplace**

Are you listening? Every assignment God gives you has a birthplace. What is He saying to you today? Write it down so you don't forget what He said to you those sweet quiet time moments.

### **Day 11: Fasting Truly Humbles You**

Fasting is not a diet so don't become victim to the scales checking to see if you have lost any weight as this is not the purpose. Fasting is a biblical way to truly humble yourself in the sight of God. King David said, "I humble myself through fasting."

Ezra 8:21

### **Day 12: The Holy Spirit Is Using Your Fast**

The Holy Spirit is using your fast to reveal your true spiritual condition, resulting in brokenness, repentance and a transformed life. Always remember to encourage yourself in the Lord as you grow closer to Him. Seek Him for the new what He would have you to do in this New Year especially willing to be obedience even in the hard times. The Holy Spirit is a teacher and a guide to show you how and when to do next in Him.

### **Day 13: Hold on to the Promise**

God will not allow you to give in to temptation! Remember your dream to complete the fast and keep your feet on the path of righteousness. You can make it as you are already half way there so don't give up now.

### **Day 14: Magnifying Your Worship**

Make a decision that you will worship in spirit and in truth. Spend more time worshipping the Lord more today than maybe you ever have.

"If my people who are called by name will humble themselves, and pray and seek my face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sin and heal their land."

II Chronicles 7:14 (NKJV)

### **Day 15: Renewal**

What was your reason for starting this fast? Have you had a spiritual awakening? God is rejoicing in your dedication – thank Him for His strength. Make sure make your testimonies known on the blog of the goodness of the Lord so that others may see and know that the Lord is moving.

### **Day 16: Purest Worship**

As you continue on this journey, keep your focus...on God. He will guide you and direct you so that your life will honor Him. Remember this is "All About Him" as you keep your focus. Don't allow the distractions to distract you it's just a trick of the enemy.

### **Day 17: Nothing is Impossible with God**

Regardless to what you asked God to do for you and your family at the beginning of the fast just remember nothing is too hard regardless of who it may be.

“Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be a special treasure to Me above all people; for all the earth is Mine. And you shall be to Me a kingdom of priests and a holy nation.’ These are the words which you shall speak to the children of Israel.”

Exodus 19:5-6

### **Day 18: God is Your Rock**

God doesn't want you to worry. He wants to be in control of your life and guide you through your daily challenges. As you are fasting, and giving God your body, give Him your spirit, too. Watch God do a new thing in you what used to bother you doesn't bother you anymore.

### **Day 19: Rewarded Openly**

Watch God open the windows of Heaven and pour you out a blessing that you don't have enough room to receive. Share your testimonies with others so they can be encouraged to stick it out. You are right at the finish line so don't quit now as you have come to far to stop now. If you messed up don't count the mess ups but count the days that you were able to do.

“Now, therefore, if you will indeed obey my voice and keep my covenant, then you shall be a special treasure to Me above all people; for all the earth is mine.”

Exodus 19:5

## **Day 20: His Will, Not Yours**

You have made it to the finish line so go ahead and pat yourself on the back that you remained committed to God and you can now hear Him clearer than ever before.

“And you shall be to me a kingdom of priests and a holy nation.’ These are the words which you shall speak to the children of Israel.”

Exodus 19:6

## **Day 21: Your Final Day**

We made it! We survived every hunger pain, every smell that tried to defeat us and every commercial that played over and over trying to get us off our plan.

“Proclaim this among the nations: Prepare for war! Wake up the mighty men, Let all men of war draw near, Let them come up...Multitudes...multitudes in the valley of decision! For the day of the Lord is near in the valley of decision.” Joel 3:9-14

### ***My 21-Day Journey of Fasting and Prayer: Devotional***

1. Salvations of souls
2. Pastors
3. Direction, Guidance, Dreams and Visions
4. Intercessors
5. Health and Healing
6. Breaking Addictions
7. Finances/Prosperity for our new building
8. Marriages/Families/Singles
9. Builders as they work on our new building
10. Protection
11. Favor
12. Right Relationships and Kingdom Connections
13. Body of Christ
14. Discernment
15. Revealing Gifting (Personal and Spiritual)
16. Personal Ministry
17. Mentors/Discipleship
18. Binding Oppression and Fear
19. Revival in the body of Christ
20. Love one for another
21. Spirit of Prayer for the Holy Spirit to Fall upon us all

## PREPARATION

Ready to begin? As you prepare for this incredible 21-day journey of fasting and prayer, there are a few things I want to impart to you.

If you do not already have one, establish a place and time where you can pray. Prayer is critical during the fast for breakthrough, and to hear what the Lord is saying to you. Use the journal sections of this devotional to keep track of your journey. You will rejoice years from now to see what amazing things have come to pass.

Although you will be abstaining from food as you sacrifice, do not let the legalistic aspects of a fast crowd out the relational aspects of closeness with the Lord. He knows your heart. Closeness with the Lord is your goal, and fasting is the method to reach your goal. There are a few other things to focus on during this time that will help you maintain a “clean vessel.” For example, you should refrain from critical speaking, spreading negative words about or to anyone else. Our church practices this discipline each year and the results are amazing. Consider limiting how much you watch TV, and how much time you spend on things that are distracting. Your fast will not only be a season of sacrifice, but a season of increased warfare. You need to be at your best. On the fast, you may also take in clear broth and 100% juices in order to maintain your strength.

And of course, you will enjoy many spiritual rewards of fasting, like hearing the voice of God more clearly. We love those times when it’s just Jesus and us and the tears begin to flow. My favorite time is when He seems to step into the room and I am overwhelmed. I call these “sweet spots.”

It is also important to have your favorite worship music available and spend time worshipping often. Since we are in the midst of a transition, we highly recommend establishing some form of accountability during the fast, either with someone who is fasting with you or a prayer partner.

In Daniel chapter 10, Daniel was grieved and burdened with the revelation he’d received for Israel. He ate no choice breads or meats, and drank no wine for three weeks. Then he described the angel which was sent to him-but had been delayed by the prince of Persia for 21 days-with the answers Daniel sought. His fast broke the power of the delayer and released the angels of God so that God’s purposes could be revealed and served.

Whenever you begin a fast remember, if it doesn’t mean anything to you, it won’t mean anything to God. Without being combined with prayer and the Word, fasting is little more than dieting for a physical benefit. But I do want you to realize something very important:

**Fasting itself is continual prayer before God. There may be days when heaven opens and your heart is prompted to deep times of prayer. But there may be other days when your energy is sapped and you just cannot seem to focus in prayer at all. Don’t condemn yourself. God sees your sacrifice.**

# MY 21-DAY FAST BEGINS TODAY!

I commit to fast from: **6 January 2020** to **26 January 2020**

The reason I am fasting:

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What I am fasting from:

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The results of my fast:

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## DAY 1: Getting Started

Fasting brings you into a deeper, more intimate, and powerful relationship with the LORD. When you eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to things of God. **You are on your way!**

*On your first day of fasting, remember:*

- Pray and stand in God's Word
- Drink lots of water
- Keep your focus and avoid temptation
- Remember your fast and its purpose
- God will give you grace to succeed
- Play praise and worship music as much as possible

*Physical and Spiritual Effects:*

- Hunger pangs and cravings for food, sugar and caffeine
- Headaches can begin as your body eliminates toxins

*Thoughts for your Journal:*

- What are your own personal reasons for fasting?
- Do you desire sensitivity to the things of God?

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## PRAYER FOCUS DAY 1: Salvation of Souls

There is no greater burden for which to seek the Lord than the salvation of souls. If you have unsaved friends and family-and we all do-they need to hear of God's love for them, but they also need to understand that there is a very real, very dark, very horrific place for those who do not accept Jesus. The Lord spoke more of hell than He did of Heaven. So as you begin this fast, let your focus be the souls of those close to you who need salvation. Do not be discouraged but persistent. Keep praying! *"Consider Him who endured such opposition from sinful men, so that you will not grow weary and lose heart"* (Hebrews 12:2 NIV)

### MY SPIRITUAL HIT LIST

Unsaved family members and friends to target in prayer during this fast.....

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*I tell you, now is the time of God's favor, now is the day of salvation. (2 Corinthians 6:2 NIV)*

## DAY 2: Hungering for Living Bread

During their fast-many Christians find that they are malnourished in the Word of God, but well fed on the things of the world; and they are living defeated lives as a result. We must diligently feed on God's Word. Sometimes the best thing you can do is to starve your flesh and feed your spirit through a fast. **Fasting helps you separate what you want...from what you need.** It causes you to focus on those things that really matter.

In anything you do, the first step is the most difficult, but as you walk through this 21-day journey, you will find that God is there to meet you at every critical point along the way.

*On your second day of fasting remember"*

Drink lots of water

Spend time with God's Word

Rest to conserve your energy

Pray...The second and third days are the most difficult

*Physical and Spiritual Effects:*

Tongue begins to coat

Hunger pangs increase

Cravings are intense at times

Your body starts burning fat for energy, a process called "ketosis"

*Thoughts for your Journal:*

Do you need a deeper more intimate and powerful relationship with the Lord?

Do you need a fresh encounter with God?

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## PRAYER FOCUS DAY 2: Pastors

Your Pastor-all-pastors-need prayer. Sometimes the weight of ministry can get so overwhelming that the joy, freshness and power of the calling can be forgotten. As with Elijah, the spirit of Jezebel attempts to ensnare through lust and pride, and if that doesn't work it brings discouragement and defeat (see 1 King 18-19). The attacks affect not only pastors, but often their families as well.

Fasting and praying for protection, restored joy in, and increased anointing in your pastor's life will release untold blessing on him, your church, and even your own life. If you know of specific areas you could target in prayer, list them below.

Specific prayer points for my pastor and his family...

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*Now may the God of peace who brought up our Lord Jesus from the dead, that great Shepherd of the sheep, through the blood of the everlasting covenant, make you complete in every good work to do His will, working in you what is well pleasing in His sight, through Jesus Christ, to who be glory forever and ever. Amen. (Hebrews 13:20 NKJV)*

### DAY 3: Getting past Your Quitting Point

Fasting stirs a hunger in your spirit that goes deeper than any temporary hunger you experience in your flesh. When you hunger for God, He will fill you! Jesus went through cities where He could do no miracles because there was no hunger. In this day, God is saying “I’m looking for somebody who wants something. I’m looking for somebody who will do more than show up for another church service, but they will hunger for that which I want to place into them.”

On this the third day, you are passing a crucial hurdle on your way to your 21-day goal. So, don’t give up—stay hungry! Are you hungry?

*On your third day of fasting remember*

- Drinks lots of water
- Fill up on the Word
- Pray for encouragement
- This is usually the toughest day of the fast

*Physical and Spiritual Effects:*

- Tongue is fully coated
- Hunger pangs increase
- Cravings are intense at times
- Ketosis is in full process
- Noticeable weight loss begins so don’t allow it to be a trick of the enemy as it is not about the weight loss but all about God

*Thoughts for your Journal:*

- What is the Holy Spirit showing you about endurance?
- What dreams are in your heart that only God can make possible?

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### PRAYER FOCUS DAY 3: Direction, Guidance, Dreams and Visions

During this fast seek God for direction and guidance in your life and the lives in the Ministry. Paul said, “I was not disobedient to the heavenly vision” (Acts 26:19). Vision comes from God to help you and other people, and to establish His Kingdom in the earth. **(Not to be confused with ambition, which comes from the flesh, is self-seeking.)** Remember the six stages of a vision:

- I thought it—God gives you the vision
- I caught it—you start to get excited about the vision
- I bought it—consider the cost of the vision...pay the price
- I sought it—nobody can talk you out of it
- I got it—you actually possess the dream and are glad you paid the price to get it
- I taught it—pass it on to the next generation

Never settle for less than God's best for your life! As God instructed Habakkuk: "Write the vision and make it plain on tablets...though it tarries, wait for it" (Habakkuk 2:2-3 NKJV). What vision has God given you? Write it down and focus on it during the fast.

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*The steps of a good man are ordered by the Lord, and He delight in his way. (Psalms 37:23 NKJV)*

#### **DAY 4: Target Your Prayers**

Paul said the weapons of our warfare are "mighty through God to the pulling down of strongholds" (2 Corinthians 10:4 KJV). And such weapons need to be honed to properly hit the target. In Matthew 17, the disciples were frustrated because they could not cast the demons out of the boy. Jesus explained, "this kind does not go out except by prayer and fasting" (vs 21 NKJV). Among other things, fasting helps you to focus and target your prayers more effectively.

*On your fourth day of fasting remember:*

- Pray and stay in God's Word
- Drink lots of water
- Listen as you pray
- Record His response to your prayers

*Physical and Spiritual Effects:*

- You begin to settle into the fast
- Cravings begin to subside
- Your body begins ridding itself of toxins
- Headaches should subside

*Thoughts for your Journal:*

- Is there any healing that you need physically?
- What are the needs in your family right now?

#### **PRAYER FOCUS DAY 4: Intercessors**

You are a spiritual "gatekeeper" in your home, your family, your city. Your intercessory prayers for these areas help maintain a wall of protection against demonic attacks. Interceding is intervening, or stepping in on behalf of another. Even people who would never speak to you in person have no defense against your prayers. Your prayers can go in the bars. Your prayers can go in the crack-houses. Your prayers can go anywhere. E.M. Bounds said, "Prayers outlive the lives of those that utter them." Spend today focusing on your own intercessory prayer life, praying for other intercessors, and that God would raise up more intercessors. We need prayers that will outlive our generation!

Intercessory targets for my family, my city, my country:

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*And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind be alert and always keep on praying for all the saints. (Ephesians 6:18)*

## **DAY 5: Fasting and Praying**

Jesus while being a very public figure was actually a very private person. You do not see Him praying in public nearly as much as you see Him praying in private. In fact, our Savior was so committed to private prayer that He would often pray for hours on end, even all through the night. He seemed to crave intimate moments alone with His Father in heaven.

*On your fifth day of fasting remember:*

Pray and stay in God's Word

Journal your journey

Concentrate on your own personal prayer time and prayer place

Keep mints on hand

*Physical and Spiritual Effects:*

Headaches begin to subside

Cravings subside

Weight loss can be noticeable but doesn't need to be your focus

Bad breath comes apparent as your body detoxifies

*Thoughts for your Journal:*

Why do you think fasting is important in order to achieve your greatest breakthrough?

Jesus fasted, and He intimately related to His Father in heaven. How has this fast, so far, helped you to relate to your Heavenly Father?

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## PRAYER FOCUS DAY 5: Health and Healing

Take time today to thank God that Jesus is your Healer. If there is sickness in your body or mind, or in the body or mind of a loved one, begin to speak forth health and healing in Jesus' Name. Begin to declare that, "By His stripes I am healed...With long life You will satisfy me and my family, and show me Your salvation" (see Isaiah 53:5, Psalms 91:16). Just begin to speak it out loud, **because you reap what you speak.**

By your words and prayers, release health and healing over your body, your family, your church, your city. May the Name of **Jehovah Rapha**, the healing One, be proclaimed in this generation!

Specific healing targets:

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*"But to you who fear My name, the Sun of Righteousness shall arise with healing in His wings." (Malachi 4:2 NKJN)*

## DAY 6: God Delights in Renewal

Sometimes we need renewal in our spiritual lives. Fasting is one of the ways that you can cleanse your body and aid the process of communicating with the Father. God is already raising up people in this hour who do not want a diet of just "church as normal" any longer. **Hungry people are desperate people.**

When you are truly hungry for God you will push past the customs, you will push over the rituals-you don't want to leave hungry!

*On your sixth day of fasting remember:*

- Pray and stay in God's Word
- Drink lots of water
- Keep mints handy
- Rest to conserve energy as needed
- Continue to journal your experience
- Concentrate on prolonged times of meditation and listening

*Physical and Spiritual Effects:*

- Senses begin to heighten (smell, touch, and hearing)
- Cravings can occur, especially triggered by pictures and smells
- Weight loss continues but not our focus
- Detoxification continues

*Thoughts for your Journal:*

How is experiencing fasting as a private discipline bringing you closer to God?

Has God revealed anything to you since your fast began?

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## **PRAYER FOCUS DAY 6: Breaking Addictions**

You cannot enjoy the fullness of life in Christ when you are still a slave bound by addictions. Whether sexual, or chemical addictions like alcohol and drugs, nicotine, over eating, anti-depressants, sleep aids and so on, through the discipline of fasting you can break those chains! If there are addictions in your life, list them below and ask God to give you grace during this fast to walk away, free of those chains! Perhaps there is a family member or loved one suffering in addictions. Write down his or her name to target for prayer during this time as well!

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*"So if the Son sets you free, you will be free indeed." (John 8:36)*

## **DAY 7: Feed on the Word**

Jesus said, "Blessed are those who hunger and thirst for righteousness, for they shall be filled" (Matthew 5:6). When you begin to develop a hunger for the deeper things of God, He will fill you. As Job proclaimed, "I have not departed from the commandments of His laws; I have treasured the Word of His mouth more than necessary food" (Job 23:12 NKJV).

*On your seventh day of fasting, remember:*

Stay in God's Word

Remember your prayer time and prayer place

Water needs to be with you at all time

Rest and relax as much possible

Continue to journal your experiences

Continue to meditate and listen

*Physical and Spiritual Effects:*

Senses are heightened  
Cravings can be triggered by pictures and smells  
Weight loss continues but not our focus

*Thoughts for your Journal:*

How are you resisting the temptation of hunger?  
How can resisting hunger during this fast, by focusing on the Lord, relate to avoiding other temptations in your life.

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## PRAYER FOCUS DAY 7: Finances/Prosperity

God has told us through His Word that when we acknowledge Him in all of our ways, and lean not on our own understanding, He will direct our paths (see Proverbs 3:6). That includes finances. On this seventh day of your fast, ask God to set things right in your finances. **Sow a “first fruit’s offering. If you sow the unusual, you will release an unusual harvest back into your life.** Expect financial miracles this year! Seek Him for blessings and prosperity that can be used to advance and expand His Kingdom and bless others. You take care of the little things, and God will handle the big things. Don’t worry about the money, just do what God tells you to do-He’s the God of provision-He will see to it-He will provide-He will make a way. Even if you’re looking at something that seems bigger than you boldly declare it right now, “Thank you Lord for being my Provider in all things. I give You praise for provision! Thank You, Father.”

Specific financial needs to hold up in prayer today:

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*But remember the Lord your God, for it is He who gives you the ability to produce wealth, and so confirms His covenant, which He swore to your forefathers, as it is today. (Deuteronomy 8:18)*

## DAY 8: Walk with God

Can you imagine what it must have been like to be Adam or Eve, walking with our glorious God in the peace of the Garden? **Tragedy of tragedies-they chose to give up that glorious place for something to eat! Fasting** prepares the way for God to communicate clearly with you, to give you fresh revelation, fresh visions and clear purpose. You are already past the 7<sup>th</sup> day. Do not grow weary. Stay the course, finish the race. An incredible reward awaits you on the other side.

*On your eight day of fasting remember:*

- Stay in God's Word
- Water needs to be with you at all times
- Rest and relax as much as possible
- Remember your prayer time and prayer place
- Continue to journal/blog your experiences
- Continue to meditate and listen

*Physical and Spiritual Effects:*

- Senses heighten (physical and spiritually)
- You begin to discover what is known as the "sweet spot"-a place that you hit that will be as though you slipped through the veil and walked right into the Holy of Holies
- Cravings can occur, especially triggered by pictures and smells
- Weight loss continues but not our focus

*Thoughts for your journal:*

Reflect on how there is great power and supernatural blessing that awaits you as you forsake all flesh for the chance to know the Savior and to hear His voice.

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## **PRAYER FOCUS DAY 8: Marriages**

Marriage doesn't take two...it takes three. You cannot have a good marriage if God is not at the center of it. And that applies to those who are single as well. Your courting days should be centered on Christ and purity-establishing a firm foundation for the future. Today, if you are married, cover your spouse and your marriage with prayer. Pray for others in your family and circle of friends who are married. Marriage is under attack by the enemy in this country! If you are single, pray that God will bring you His utmost choice for your life, and commit to settle for nothing less.

Praying for marriages:

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*However, each one of you also must love his wife as he loves himself, and the wife must respect her husband (Ephesians 5:33)*

## DAY 9: Is He Speaking to You

At this point you should become more aware of the Lord's presence all around you. Your hunger for His provision and His attention has intensified. Remember, it was during a fast that Paul received the call of God and the assignment for his life. Peter was fasting when he received his "rooftop revelation" from the Lord, who called Peter to take the gospel to the Gentiles. What will God reveal to you during your fast?

*On your ninth day of fasting remember:*

- Stay in God's Word
- Keep water with you at all times
- Rest and relax as much as possible
- Remember your prayer time and prayer place
- Maintain your journal
- Continue to meditate and listen
- Mints

*Physical and Spiritual Effects:*

Weight loss continue but NOT our focus

*Thoughts for your Journal:*

Reflect on the battle that ensues between the carnal man and the spirit  
How has God's presence become clearer through this experience?

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## PRAYER FOCUS DAY 9: Family

No matter where I go, I never go by myself. What I mean is, I carry with me part of the past generation, and the future generations. "Every deed has a seed." In other words, the deeds you choose to do in this lifetime create a seed for future generations. That business man who takes a trip and watches pornography in secret in his hotel room is not just affecting himself, he is sowing seed for generations to come. Similarly, if that same businessman chooses instead to worship God in the privacy of his hotel room, seeds of worship and faith are being sown into the future generations. Wherever you go, every deed is producing a seed. You're either sowing iniquity for the next generation or you're sowing equity, spiritually and righteously, for the next generation. Today, pray for those in your family and those yet to come Break generational curses and establish blessings. Lay a foundation for the next generation (see Isaiah 58).

Prayer targets for my family today:

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*May the Lord bless you from Zion all the days of your life; may you see the prosperity of Jerusalem, and may you live to see your children's children. (Psalms 128:5-6)*

### **DAY 10: Every assignment has a Birthplace**

I am convinced that we will never walk in the perfect will of God until we seek Him through fasting. God knows your hunger...but He also knows that what you need is Living Water and the Bread of Life. Taste and see that the Lord is good! Every assignment God gives you has a birthplace. What will He reveal to you today?

*On your tenth day of fasting, remember:*

- Pray and stay in God's Word
- Keep water with you at all times
- Rest and relax as much as possible
- Maintain your journal
- Continue to meditate and listen

*Physical and Spiritual Effects:*

- Continued weight loss although not your focus
- Your senses continue to heighten
- Hunger pangs continue

*Thoughts for your Journal:*

- What do you currently desire in your life? Remember to pray about your dreams and ask God for guidance in what is best for your life.
- At this point, what specific assignments do you believe God has for your life?

### **PRAYER FOCUS DAY 10: Protection**

*Because of Jesus, you and I can take hold of God's promises to protect us, to provide for all our needs and to cover us in His love, mercy and grace. He is our El Shaddai. He shows Himself strong on our behalf but He also tenderly takes us unto Himself and shows us kindness. Meditate on these verses of scripture today, relating to the divine protection of our loving Father.*

*"You yourselves have seen what I did to Egypt and how I carried you on eagles' wings and brought you to myself. Now if you obey Me fully and keep My covenant, then out of all nations you will be My treasured possession." (Exodus 19:4-5)*

*For You have been my refuge, a strong tower against the foe. I long to dwell in Your tent forever and take refuge in the shelter of Your wings. For You have heard my vows, O God; You have given me the heritage of those who fear Your Name. (Psalm 61:3-5)*

*"As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem." (Isaiah 66:13)*

What is God saying to you today about His protection?

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*The name of the Lord is a strong tower, the righteous run to it and are safe. (Proverbs 18:10)*

## **DAY 11: Fasting Truly Humbles You**

Most of the fasts mentioned in the Bible were public fasts initiated by the priests: Jesus gave us the model for private fasts in Matthew 6:16-18 and 9:14-15. But public or private, simply stated, fasting is a biblical way to truly humble yourself in the sight of God. King David said, "I humble myself through fasting." (For further study, read Psalm 35:13, Ezra 8:21).

On your eleventh day of fasting remember:

- Stay in God's Word
- Drink plenty of water
- Rest and relax
- Go to your prayer time and prayer place
- Continue to journal your experiences
- Continue to meditate and listen to God
- Mints will keep your breath fresh

Physical and Spiritual Effects:

- Decreasing weight; stay focus
- The Lord's presence becomes more apparent
- Cravings continue

Thoughts for your Journal:

Humility is a discipline and not something that just comes naturally. Fasting places one truly in the hands of God, dependent upon Him for spiritual nourishment in the absence of physical nourishment. Journal how this experience has humbled you and made you trust God more.

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## PRAYER FOCUS DAY 11: Favor

When you truly grasp the concept of God's favor, of His capacity, you will never be the same. You see, when you offer God a cup-He not only fills it, as David said, **He overflows it** (Psalms 23:5). God's "**capacity**" is unlimited and cannot be exhausted. I encourage you to believe Him for the maximum. Believe Him for His favor...for His measure of capacity, not your own. Rise up and confront the barriers standing in your way. Do not allow circumstances to dictate your territory limitations-your territory is expanding!

Places I am experiencing the favor of the Lord and the expansion of my "territory"...

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*"Offer to God thanksgiving, and pay your vows to the Most High. Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me." (Psalms 50:12-15 NKJ)*

## Day 12: The Holy Spirit is Using Your Fast

The Holy Spirit is using your fast to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life. God looks throughout the earth for those faithful few upon whom He can pour out His blessing in extraordinary ways. When you fast, you attract His attention as one willing to venture beyond the norms of religion and into a great adventure.

*On your twelfth day of fasting remember:*

- Stay in God' Word
- Drink plenty of water
- Rest to maintain your energy
- Pray in your designated place
- Journal your daily thoughts
- Continue to focus on God

*Physical and Spiritual Effects:*

- God's presence is apparent and heightened
- Weight loss continue although not our focus nor purpose
- Detoxification process continues
- Hunger is still an issue, but keep focused

*Thoughts for your Journal:*

- What has God revealed to you personally?
- Reflect on what it means to present your body as a living sacrifice through your time of fasting.

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## PRAYER FOCUS DAY 12: Right Relationships in Kingdom Connections

People can be used in our lives as blessings of God, or as tools of the enemy. You have to be able to “discern” the difference between the two. There are “flesh people” who wear you down but there are “faith people” who build you up and help you unlock your potential. “Flesh people” feed your fear and cause you to feel like you’ve lost your dream. The “right relationships” begin to instill in you a ‘can do’ attitude. You begin to stretch your thinking. “Well, maybe I can do that.” You can be “catapulted” by the relationship that God puts in your life. So as you continue to fast and press in to Him today, seek His counsel on the relationships in your life. Which ones are draining you? Which ones are supporting you? Which do you represent to others?

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*My sheep hear my voice, and I know them, and they follow me. (John 10:27)*

## Day 13: Hold on to the Promise

Scripture tells us in Hebrews 11:6 that “God is a Rewarder of them that diligently seek Him.” The promise of God, found in Jeremiah 29:13, is “you shall seek Me, and find Me, when you search for Me with all your heart. Fasting and praying is seeking God with all your heart. He will not allow you to give in to temptation. He is with you. Remember to continue in the Word of God for the more you know the more powerful you are. Remember you can not share with others what you don’t have. Trust Him even when you can’t trace Him as it is not what it looks like so don’t be fooled.

*On your thirteenth day of fasting, remember:*

- Stay in God’s Word
- Keep water with you at all times
- Rest and relax as much as possible
- Remember your prayer time and prayer place
- Maintain your journal
- Continue to meditate and listen
- Keep mints handy

*Physical and Spiritual Effects:*

- Continued weight loss this is not our purpose
- Cravings may return but don’t be moved

*Thoughts for your Journal:*

What are the various ways you can experience guidance from God?

Reflect on how you can resist more temptation in these next days as the hunger pangs continues.

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### **PRAYER FOCUS DAY 13: Body of Christ**

Christians all over the world need prayer. In China, believers meet in secret locations in underground churches. If they are discovered, they risk being beaten, tortured, imprisoned and worse for their faith. In Ethiopia, believers are brutally attacked and suffer greatly when they refuse to renounce Jesus. In other hostile and close regions like Cuba and Vietnam, brave believers share the Word of God with others at great personal risk. Even in our “Christian” nation, the Cross of Christ and our beliefs are constantly under attack. So on this thirteenth day of your fast, concentrate in prayer on the Body of Christ—those who are suffering and persecuted for their faith, those who are struggling to hold on to their faith, and those whom the devil wishes to pick off from our younger generation.

*Prayer targets within the Body of Christ:*

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*God has combined the members of the body and has given greater honor to the parts that lacked it; so that there should be no division in the body but that its parts should have equal concern for each other. If one part suffers every part suffers with it; if one part is honored, every part rejoices with it. (1 Corinthians 12:24-26)*

### **DAY 14: Magnify Your Worship**

What did David mean when he said, “Deep calls unto deep,” in Psalms 42? While fasting, David’s hunger and thirst for God was greater than his natural desire for food. As a result, he reached a place where he could cry out from the depths of his spirit to the depths of God, even in the midst of his trial. Once you’ve experienced even a glimpse of that kind of intimacy with the Holy Creator of the universe...and the countless rewards and blessings that follow, your worship life changes.

*On your fourteenth day of fasting remember:*

Stay in God’s Word

Keep water with you at all times

Go to your prayer time and prayer place

Listen to your favorite worship CDs

Maintain your journal

Focus on your meditation and listening for God’s still, small voice

Mints

*Physical and Spiritual Effects:*

Weight loss continues which is fine but it's not our focus  
Bad breath continues so keep a mint  
Cravings can be strong at times but you are stronger in God

*Thoughts for your Journal:*

Praise God for bringing you this far and thank Him for His steadfast presence.

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**PRAYER FOCUS DAY 14: Discernment**

Discernment is the ability to judge rightly. Just as Solomon prayed for wisdom, you and I can ask God to strengthen our discernment of people, of situation and of opportunities. It has to do with being sensitive to His Spirit, which increases exponentially when you are fasting. So as you continue this journey, make it a point of prayer to ask God to increase your discernment of people, situation and more. And study His Word. As the writer of Hebrews reminds us, "For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart" (Hebrews 4:12)

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*Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. (1 John 4:1)*

## DAY 15: Renewal

If Jesus could have accomplished all He came to do without fasting why did He fast? The Son of God fasted because He knew there were supernatural things that could only be released that way. How much more should fasting be common practice in our lives not just in January? Have you had a spiritual awakening?

*On your fifteenth day of fasting, remember:*

- Stay in God's Word
- Stay hydrated
- Pray to God at your personal time and in your personal place
- Listen to music as a motivational tool
- Maintain your journal/blog
- Be sure to listen to God as you pray
- Keep mints with you

*Physical and Spiritual Effects:*

- Weight loss continues as it's all about Him
- Bad breath is still a concern
- You become mentally aware of the Lord's presence all around you
- Cravings begin to return, but avoid temptation

*Thought for your Journal:*

Reflect on how worship and obedience has provided you with the opportunity for God to reveal Himself and His purposes to you, His special servant.

Write down the details that were a concern in the beginning of the fast that no longer seem of great concern.

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## PRAYER FOCUS DAY 15: Revealing Gifting (Personal and Spiritual)

When you read Paul's letters, you see that he kept around him people of different backgrounds and people with different gifts. In other words, he had some people who were gifted at hospitality. He had some people whose main contribution was prayer. God has given you unique and special divine enablement; gifts as it were. No matter what the gift is-it must be opened if it is to bless you. Are you using them to glorify Him and advance His Kingdom: Have you fully discovered what those gifts are yet? Today ask God to show you what are your gifting-both personal and spiritual-may be.

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*Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. (1 Peter 4:10)*

## **DAY 16: Purest Worship**

The discipline of fasting breaks you out of the world's routine. It is a form of worship-offering your body to God as a living sacrifice which is holy and pleasing to God (see Romans 12:1). The discipline of fasting will humble you by reminding you of your dependency on God, and bring you back to your first love. It causes the roots of your relationship with Jesus, and your worship to go deeper.

*On your sixteenth day of fasting, remember:*

- Stay in God's Word
- Stay hydrated throughout the day
- Observe your prayer time and prayer place
- Listen to worship music for inspiration and support
- Reflect on your fast and how it is helping you to grow spiritually
- Remember your breath mints

*Physical and Spiritual Effects:*

- Weight loss continues to be apparent but don't focus on this
- Bad breath remains
- Your senses become more sensitive to your surrounding and the voice of God

*Thoughts for your Journal"*

- Remember to stay the course. Write out your thoughts on how you can continue to present your body as a living sacrifice and see if the Lord does not open up the windows of heaven to you and shower you with His presence.
- Fasting is a form of worship that will humble you. Remind yourself of your dependency on God.

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## **PRAYER FOCUS DAY 16: Personal Ministry**

God has given you gifting to use for His purposes. It makes me think of Abraham and the five dynamics that brought him into the place of ministry, the place of destiny that God had for him. **First**, he could *hear* God. **Secondly**, Abraham *believed* what he heard. **Thirdly**, he came to a place of *denouncing* his comfort zone to follow God's leading. **Fourthly**, Abraham had the courage to *follow* God's direction for His life. And **finally**, he had the tenacity to *focus* on the promise and not the problems that stood in his way. So on this day of the fast, I encourage you to pray and seek God about His purpose and plan for your life, your ministry unto Him.

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*Then Jesus said to His disciples, "If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me." (Matthew 16:24 NASV)*

## **DAY 17: Nothing is Impossible with God**

God desires to move powerfully in your life. His plan for you are always progressing and developing. He desires to communicate with you like He did with Abraham when He spoke to him as a friend. When your desire for God is greater than your desire for food or drink His Word becomes your strength. The Bread of his Presence will fill you instead of the refuse of religion. Then **"you will decree a thing and it will be established for you"** (Job 22:28).

*On your seventeenth day of fasting remember:*

- Stay in God's Word
- Stay hydrated at all times
- Continually pray
- Listen to your favorite worship CDs
- Maintain your journal
- Meditate and listen to what God is saying

*Physical and Spiritual Effects:*

- Weight loss continues although it's not about this
- Bad breath continues
- Cravings are apparent

*Thoughts for your Journal:*

- Reflect on those situations that seemed impossible but for the power of God.
- What situation in your life seems impossible-and need God's touch?

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## **PRAYER FOCUS DAY 17: Mentors/Discipleship**

"As they were going along the road, someone said to Him 'I will follow You wherever You go'" (Luke (:57 NASV). It is one thing to say you will follow Jesus, it is another to see it through, even when the road is narrow, steep, and nearly impossible. We all need fathers and mothers in the faith who have walked the road with Jesus, and can gently help us along at times. These mentors are invaluable when they are of the Lord. Pray today that God will bring the right relationship into your life...fathers and mothers in the faith that can strengthen you and build you up.

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*It was He who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, to prepare God's people for works of service, so that the body of Christ may be built up until we all each unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. (Ephesians 4:11:13)*

## **DAY 18: God is Your rock**

God doesn't want you to worry. He wants you to trust that He is in control of your life and to allow Him to guide you through your daily challenges. As you are fasting, and giving God your body, give Him your spirit, too.

*On your eighteenth day of fasting, remember:*

- Stay in God's Word
- Stay hydrated at all times
- Use your prayer time and prayer place
- Worship and find strength with music
- Continue to journal your experiences
- Meditate on what this fast means to you
- Keep mints close at hand

*Physical and Spiritual Effects:*

- Continued weight loss but it's not our focus
- Bad breath is apparent
- Cravings are evident, but avoid temptation

*Thoughts for your Journal:*

Examine any areas of un-forgiveness and bitterness in your life that the Lord is asking you to surrender to Him.

## PRAYER FOCUS DAY 18: Binding oppression and Fear

There may be times in your life when your enemies or circumstances seem to be so large and so powerful they are all you can see. In Psalms 69, David is crying out that he was sinking in “deep mire” and the floods were overtaking him. But his heart turned to worship despite his circumstances. When you worship, you not only magnify God you reduce the size and power of everything else around you. God will hear you when you set your heart to worship Him. When you magnify the Lord, you shrink the supposed power of your enemy, the devil. The greatest thing you can do in the midst of a battle is to magnify the Lord. “I will praise the name of God with a song, and will magnify Him with thanksgiving” (Psalms 69:30 KJV).

What areas do you need to magnify the Lord in today?

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*O magnify the Lord with me, and let us exalt His Name together. I sought the Lord, and He heard me, and delivered me from all my fears. (Psalms 34:3-4)*

## DAY 19: Rewarded Openly

Whether done corporately or individually, fasting is a personal, private discipline. It is a sacrifice born out of expectancy. Job went through a devastating trial and lost everything. Yet he continued to pray and fast, saying, “I have esteemed the words of His mouth more than my necessary food” (Job 23:12). God “restored Job’s losses,” and “blessed the latter days of Job more than the first,” and even gave him more sons and daughters. God’s open rewards flooded Job’s life and will flood yours as well He is not a respecter of persons.

*On your nineteenth day of fasting, remember:*

- Pray and stay in God’s Word
- Continue to drink water
- Pray for guidance and strength
- Worship God thoughts in your journal

*Physical and Spiritual Effects:*

- Weight loss continues just an added benefit but not our focus
- You become more mentally aware of the Lord’s presence all around you
- Cravings are still apparent, but you’ve lasted this long!

*Thoughts for your Journal:*

Consider what you would be willing to share with others today, how you will articulate your experience and what it has meant to you in terms of your relationship with God.

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## **PRAYER FOCUS DAY 19: Revival**

Revival is when earth is attacked by Heaven. Revival is an awesome move of God that affects you in powerful ways. Revival is when you get closer to Heaven than you are to anything on earth. We need revival in America. We need Heaven to touch earth with power. So as you near the end of your fast, pray for revival. Ask God to send the rain of His Spirit on the land to break up the hardened hearts and bring forth a harvest of souls. Cry out for it as a desperate man crying out for water in the desert. Our young people need revival. We need revival. The Church needs revival. In the past, the great revivals were always preceded by seasons of fasting and prayer. Do not grow weary-but stand strong in the power of His might!

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*Lord, I have heard of your fame; I stand in awe of your deeds, O Lord. Renew them in our day, in our time make them known; in wrath remember mercy. (Habakkuk 3:2)*

## **DAY 20: His Will, Not Yours**

By now, your fast has led you through many different emotions and levels of God's presence. You are beginning to see the reward of the humbling of your flesh that can only take place during a fast. You are dying to your own will and desires, and sensing the desires of His heart filling you and prompting you to great things. Continue on this journey!

*On your twentieth day fasting, remember:*

- Stay in God's Word
- Continue to drink water
- Pray for guidance and strength
- Worship God through music and praise
- Document your thoughts in your journal

*Physical and Spiritual Effects:*

Weight loss continues remember it is all about HIM  
You become more aware of the Lord's presence all around you  
Cravings are apparent, but you've lasted this long!

*Thoughts for you Journal:*

Take some time today and go back to read your journal entries from the start of the fast to this 20<sup>th</sup> day. Don't forget to share it on the Blog.  
What do your journal entries tell you about your personal journey these last three weeks?  
Take a moment and journal about the breakthroughs you have experienced or key things the Lord has shown you during the fast. Spend time in prayer and thanksgiving.

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**PRAYER FOCUS DAY 20: Laborers into the Harvest Field**

God said, "Ask of Me, and I will surely give the nations as Your inheritance, And the very ends of the earth as Your possession" (PS 2:8 NKJV). Jesus told us to, "Ask the Lord of the harvest, therefore, to send out workers into His harvest field" (Matthew 9:38). On this the 20<sup>th</sup> day of your fast, focus your prayers on these two key instructions from heaven. Cry out to God to save multitudes in the valley of decision. Cry out for the lost and hurting, the poor, and the addicted. Ask Him to send missionaries and ambassadors of His Word in the earth.

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*The people living in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned. (Matthew 4:16)*

## DAY 21: Your Final Day

Jesus said to His followers, "Whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock" (Matthew 7:24). Today is the final day of your fast. You have heard His Word and you have obeyed. You are like that wise man with his house upon a rock! Don't give in today. Press in and hear what the Spirit of the Lord is saying to you.

*On your twenty-first day of fasting, remember:*

Pray and stay in God's Word

Find someone and share your experience with them

Replenish yourself with liquids, and prepare to ease back into solid food on the 22<sup>nd</sup> day

Go to your prayer place and praise God

Be thankful and rejoice

Write your feelings in your prayer journal

*Physical and Spiritual Effects:*

You continue to lose weight just an added bonus for seeking Him as He is a rewarder to those that seek His Face.

You become exhilarated as you cross the finish line

Bad breath will begin to dissipate upon completion of the fast

Anticipation increases regarding what the Lord is doing in your life

*Praise God!*

On this final day, ask the Lord to reveal to you if there is any un-forgiveness, bitterness, or any other hindrances that you have yet to lay fully before your Lord.

Prepare for the blessing, harvest and an anointing like you have never experienced before.

Get ready! Get ready because the rest of this year will not be like any other before it!

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## PRAYER FOCUS DAY 21: Spirit of Prayer for the Holy Spirit to Fall Upon All Nations

Why is this the prayer focus on the last day of your fast? Because by now you are so sensitive to the Holy Spirit that you realize nothing else will satisfy. Nothing else will do in a world gone mad. This world needs the touch of God. It needs the sweeping movement of the Holy Spirit convicting men of sin and drawing them to the Cross. But you've got to hunger for it. You've got to thirst for it. There's difference between wanting a drink and being thirsty. When you're thirsty, everything in you says, "I've got to have it." And when you get thirsty, "He'll pour out His Spirit." So, focus your prayers today on a spirit of prayer to be released in churches and homes across this land, prayer that God will pour out His Holy Spirit and revive us again! We decree and declare that the men working our new Church as to move by the spirit of God for this building belongs to the Lord.

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*Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God. And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us. (Romans 5:1-4 NKJV)*

## CONGRATULATIONS!

**You have endured and finished the race...and you will never be the same.**

## NOW, AS YOU COME OUT OF YOUR FAST...

Be careful and ease back in to eating solid foods over the next few days to a week. You must give your body time to recover and get used to digesting food again. Even though cravings may be strong the first few days after the fast, **pace yourself** and continue drinking plenty of fluids.

## REMEMBER THE FAITH

In the closing chapter of the book of Hebrews, the writer tells us, *“Remember your leaders, who spoke the Word of God to you. Consider the outcome of their lies and imitate their faith”* (Hebrews 13:7 NIV). As I asked before, if our Lord fasted, why would we think that we should not fast? There is no record of Jesus ever healing anyone until He returned from the forty days of fasting that launched His earthly ministry. Jesus said we would do even greater works than He had done, because He was returning to the Father. If Jesus did not begin to minister before fasting, **how can we?**

Throughout the history of the Christian church, God has raised up men and women who were willing to dedicate their lives to Him, and diligently seek Him through fasting and prayer.

There may be times when you are fasting, praying and standing in faith, yet you still do not sense that anything is happening; there's no “sprout” showing through the dirt. Remember the faith of those before you. David said, *“I humbled myself with fasting; And my prayer would return to my own heart. I paced about as though he were my friend or brother; I bowed down heavily, as one who mourns for his mother”* (Psalms 35:13-14 NKJV).

Do not let the enemy drag you down with discouragement. Remember, God gives you the garment of praise for the spirit of heaviness. Sometimes you will not feel like praying when you are fasting, but pray anyway. You will be amazed how God will show up and it will be like of heaven has come down and glory has filled your soul.

In this same Psalms, David had not yet received an answer to his prayer, yet he is able to wait in faith, proclaiming the praises of God: *“Let the LORD be magnified, who has pleasure in the prosperity of His servant. And my tongue shall speak of Your righteousness and of Your praise all the daylong”* (Psalms 35:27-28 NKJV). The Lord will reward your diligence; His delight is in the prosperity-the wholeness-of His children.

Also, remember the faith of Abraham, “the substance of things hoped for, the evidence of things not seen” (Hebrews 1:1 NKJV). It was the faith which was accredited to him as righteousness-because he believed God. Even though Abraham's body was dead as far as fathering children was concerned, he desired a child of his own. God desired it even more, and gave him the promise of not only a son, but descendants more, numerous than the stars of the sky (see Genesis 15:4-6). When you believe Him for something, you are exercising faith, which pleases God.

## 12 STEPS TO VICTORY

**Battles will rage long after you have completed your fast.** Some things you lay hold of during the fast will require further diligence to see victory. To help you 'stay the course' in the days after your fast-and throughout the year-remember these twelve points and apply them to your life to see the victory of the Lord come to pass in your circumstances.

1. Make it hard on God and easy on you. Take the pressure off yourself to make yourself to make things happen because that's God's job. (Matthew 11:28, John 5:40, John 6:29)
2. Keep on swinging. Don't settle for partial victory. (2 Timothy 4:7-8)
3. God says, "When you approach a door that is very large, do not fear because I will open it." When God opens the door, not man can shut it! (Revelation 3:7-8)
4. Don't move in the dark. If you don't know God's Will, don't move. (Psalms 46:10, Exodus 14:13, Ruth 3:18)
5. Be strong and very courageous. If you lack courage, pray. (Philippians 4:6-7)
6. Don't do anything until you ask the Lord first. He will give you a clear word. (Ephesians 2:10)
7. Don't ask how much it costs, ask God if He wants it done. If so, He'll take care of the cost. (2 Corinthians 9:8, 3 John 2)
8. Be patient – God loves the last-minute save! "He that believeth shall not make haste." (Isaiah 28:16)
9. Don't stick to sensible methods. If the Lord tells you to do something do it! (Proverbs 3:5-6, Isaiah 25:3-4)
10. Practice the John the Baptist Factor: "I must decrease and He must increase." (Luke 18:11, Philippians 1:21)
11. "Look out, you ain't seen nothing yet" when you mix faith with the Word of God. (Habakkuk 2:4, Romans 10:17)
12. P-U-S-H: Pray Until Something Happens/Praise Until Something Happens. (2 Chronicles 20:21-22, Hebrews 13:15, Psalms 149)