

JANUARY 3 - 23, 2021

21 DAYS OF
PRAYER &
FASTING

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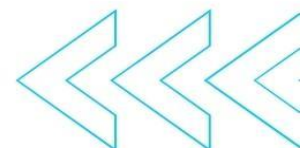


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INTRODUCTION:

21 DAYS OF PRAYER & FASTING

21 DAYS OF PRAYER IS FOR YOU

If you sense God has more for your life, 21 Days of Prayer is a great place to start believing Him for all that He has for you. As you practice seeking Him first, He will move on your behalf like never before. You will start to see the power of prayer impact your relationships, work, family, and every area of your life. So join us, we would love for you to be part of 21 Days of Prayer!

During the January season of 21 Days of Prayer, we encourage fasting as a spiritual next step that can bring clarity and revelation into your life. You can also choose to fast at other times of the year as you seek God.

FASTING

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

TYPES OF FASTS

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do. **There are four types of fasts:**

COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

Scripture References

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14
Acts 27:33-37, Nehemiah 9:1-3

FASTING FOR SPIRITUAL BREAKTHROUGH

1. THE FAST GOD CHOOSES

The biblical base, varieties, benefits and background of the kind of fasting that pleases God.

2. THE DISCIPLE'S FAST

Fasting for freedom from addiction (Matthew 17:20, 21). If we fast, we can break the besetting sins that limit a life of freedom in Christ.

3. THE EZRA FAST

Fasting to solve problems (Ezra 8:21-23). If we fast for a specific purpose, we may solve a deliberating problem.

4. THE SAMUAEL FAST

Fasting to win people to Christ (1 Samuel 7:1-8). If we pray and fast for revival, God will pour Himself on His people.

5. THE ELIJAH FAST

Fasting to break crippling fears and other mental problems (1 Kings 19:2-18). Through fasting, God will show us how to overcome negative emotional and personal habits.

6. THE WIDOW'S FAST

Fasting to provide for the needy (1 Kings 17:1). When we sacrifice our own physical needs, God enables us to focus on and provide for the needs of others.

7. THE SAINT PAUL FAST

Fasting for insight and decision making (Acts 9:9-19). If we fast to subject our will to God's, He will reveal His will to us.

8. THE DANIEL FAST

Fasting for health and physical healing (Daniel 1:12-20). When we fast for physical well-being, God will touch our bodies and enrich our souls.

9. THE JOHN THE BAPTIST FAST

Fasting for an influential testimony (Matthew 3:4; Luke 1:15). If we fast for the influence of our testimonies, God will use us.

10. THE ESTHER FAST

Fasting for protection from the evil one (Esther 4:16). If we fast for protection and deliverance from Satan, God will deliver us from evil.

SCHEDULE

21 DAYS OF PRAYER & FASTING

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 CHURCH 8AM - 9AM	4 CHURCH 7PM-8PM	5 CONNECT GROUPS 7PM-8PM	6 BETHEL KIDS 7PM-8PM	7 BETHEL YOUTH 7PM-8PM	8 HEALING 10AM-11AM	9 YOUNG ADULTS 7PM-8PM
10 FAST 8AM - 9AM	11 COURAGE 7PM-8PM	12 MARRIAGES 7PM-8PM	13 JOY 7PM-8PM	14 WINNIPEG 7PM-8PM	15 HEALING 10AM-11AM	16 MISSIONS 7PM-8PM
17 SPIRITUAL GROWTH 8AM - 9AM	18 WINNIPEG 7PM-8PM	19 DELIVERANCE 7PM-8PM	20 FINANCES 7PM-8PM	21 RELATIONSHIP 7PM-8PM	22 SALVATIONS 10AM-11AM	23 NATIONS 7PM-8PM
24 31	25	26	27	28	29	30



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7 PM (MON-THUR & SAT)
10 AM (FRIDAYS)
8 AM (SUNDAYS)

LIFESTYLE PRAYER

How do we make prayer a part of our everyday life? We can learn from three things that Jesus did...

*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)*

- A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

- A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

- A CERTAIN PLAN

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. This outline along with several other tools are available in this booklet.

THE LORD'S PRAYER

One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, "Lord, teach us to pray..." (Luke 11:1).

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever" (Matthew 6:9-13).

"Our Father in heaven..."

1. CONNECT WITH GOD RELATIONALLY

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father" (Romans 8:15 NLT).

God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

"...Hallowed be Your Name..."

2. WORSHIP HIS NAME

God's name is a place of protection—the righteous can run there and be safe (Proverbs 18:10 MSG).

What are His Names?

Righteousness – He makes me clean
Sanctifier – He has called me and set me apart
Healer – He heals all my diseases
Banner of Victory – He has defeated my enemy
Shepherd – He speaks to me and leads me
Peace – He is my peace in every storm
Provider – He supplies all of my needs

“...Your Kingdom come, Your will be done on earth as it is in heaven...”

3. PRAY HIS AGENDA FIRST

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern (Luke 12:31 TLB).

God's priorities:

Saving the Lost.

Guiding those in authority – parental, spiritual, governmental, workplace.

His will in us.

“...Give us this day our daily bread...”

4. DEPEND ON HIM FOR EVERYTHING

*I look up to the mountains—does my help come from there?
My help comes from the Lord, who made heaven and earth! (Psalm 121:1-2 NLT).*

Ask God for what you want and need and then trust Him for the answer.

“...Forgive us our debts as we forgive our debtors...”

5. GET YOUR HEART RIGHT WITH GOD AND PEOPLE

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9).

Ask God to check your heart and motives. Receive His forgiveness for any area that He brings to mind.

Forgive anyone who has offended you in any way. You can even forgive people in advance.

**“...And do not lead us into temptation
but deliver us from the evil one...”**

6. ENGAGE IN SPIRITUAL WARFARE

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms (Ephesians 6:12).

Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God's Word.

**“...For yours is the Kingdom and
the Power and the Glory forever.”**

7. EXPRESS FAITH IN GOD'S ABILITY

“Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you” (Jeremiah 32:17).

End your prayer time by reminding yourself of God's ability.
Return to praise and make your faith declarations.

“Yours is the Kingdom” – all rule belongs to You
“Yours is the Power” – all mightiness flows from You
“Yours is the Glory” – Your victory shall be complete

PRAYER & SCRIPTURE DEVOTIONAL

This is a great prayer outline mixed with Scripture readings. Simply walk through the outline while you look up the passages of Scripture.

1. THANKSGIVING AND PRAISE – PRESENT YOURSELF TO GOD (MARK 12:30)

Think of a fresh reason to thank Him (Psalm 100:4, 118:24).

Present your body in worship (Romans 12:1; Psalm 63:3-4) by:

- Kneeling before Him as your Lord
- Lifting your hands to Him as your Source
- Standing in praise before Him as your King
- Clapping your hands with rejoicing
- Dancing with joy as a child
- Bowing your head in humility

Sing a new song to Him (Psalm 96:1-2; Colossians 3:16).

Invite Holy Spirit assisted praise (Jude 20; 1 Corinthians 14:15).

2. CONFESSION AND CLEANSING – PRESENT YOUR HEART TO GOD (PROVERBS 4:23)

Ask God to search your heart (Psalm 139:23-24) for:

- Sin – receive cleansing and righteousness
- Selfishness – receive holiness and sanctification
- Stress – receive life and power
- Sickness – receive healing and strength

Remember the danger of self-deception (Jeremiah 17:9; 1 John 1:6-10).

Set a monitor on your mouth and heart (Psalm 19:14, 49:3).

Ask God to help you keep His purposes and goals in view (Psalm 90:12; Philippians 3:13-14).

3. ORDER AND OBEDIENCE – PRESENT YOUR DAY TO GOD (PSALM 37:5)

Present the day's details (Psalm 37:4-5, 31:14-15; Deuteronomy 33:25):

- Choose the fear of the Lord.
- Commit your works to God.

Indicate your dependence upon God (Proverbs 3:5-7; Psalm 131:1-3).

Request specific direction for actions and decisions (Psalm 25:4-5; Isaiah 30:21).

Choose to obey God's explicit instructions (Matthew 6:11, 7:7-8).

- In the Word of God
- By choosing to do His will

PERSONAL PRAYER TARGETS

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).

Pray for those in authority and those under your authority.

MY GOVERNMENT

Prime Minister _____

National Leaders _____

City Leaders _____

MY FAMILY

Spouse _____

Children _____

Parents _____

Siblings _____

Extended Family _____

MY CHURCH

Pastors _____

Church Leaders _____

MY LIFE

Employer _____

Co-workers _____

Teachers/Professors _____

Close friends _____

PRAYING FOR THOSE THAT NEED GOD

God desires everyone to know Him. He says in His Word that He would leave the 99 to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him praying for those who don't know Him to come to know Him.

1. PRAY THAT THE FATHER WOULD DRAW THEM TO JESUS

God draws people to Him. It's not something we can make happen out of our own efforts, so we need to be faithful in praying that the Father would draw those He's placed on our hearts to Jesus.

No one can come to me unless the Father who sent me draws him (John 6:44).

2. BIND THE SPIRIT THAT BLINDS THEIR MINDS

The truth can be right in front of some people, and they still can't see it because something is in the way blocking their view of God.

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God (2 Corinthians 4:4).

3. PRAY THAT THEY MAY HAVE A PERSONAL RELATIONSHIP WITH GOD

Many people think Christianity is just another religion. They only see God through the lens of the organization and institution of the church. They may even feel frustrated, angry, or betrayed by people in churches they have encountered or by religious legalists and their hypocrisy. But God didn't come to build an organization. He came to have a relationship with his children.

For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father" (Romans 8:15).

4. PRAY THAT OTHER BELIEVERS WILL CROSS THEIR PATHS AND ENTER INTO POSITIVE RELATIONSHIPS WITH THEM

This is twofold: we can pray for other Christians to influence the people around them positively, and we can also look for opportunities to influence others positively ourselves. God's plan to reach people is worked through those who already know and love Him. Jesus asked us to pray for people to go into the world to be salt and light. He came to bring the good news of the Gospel to all people, and His desire is that everyone would know and love Him.

Ask the Lord of the harvest, therefore, to send out workers into his harvest field (Matthew 9:38).

5. LOOSE THE SPIRIT OF WISDOM AND REVELATION ON THEM SO THEY MAY KNOW GOD BETTER

It's that "eureka" moment, that "aha!" when it finally clicks. The most important moment to have this kind of revelation is when the lights come on spiritually. People need to see their own sin, see what Jesus did on the cross, and see the hope that comes from giving their life to God.

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better (Ephesians 1:17).

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21 DAYS OF PRAYER & FASTING

PERSONAL COMMITMENT

1. Write your goals/prayer request for the fast.

2. Find a promise from the bible that supports your prayer request.

3. What are you giving up during your fast?

4. After 21 days of waiting on the Lord in prayer, this is my praise report:
