

BREAK THROUGH



21 Days of Prayer & Fasting
January 9 - January 29, 2022
Prayer & Fasting Guide

21 DAYS OF FASTING & PRAYER

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. Remember, 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.

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.

Timing of a Fast

We encourage fasting for 21 days beginning in January. This is part of 21 Days of Prayer and Fasting, a season of focused prayer as a church family. You may also choose to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on God as you fast.

Scripture References for Fasting

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

Fasting Resources

Go to verdecc.com for further fasting resources and guidelines. You will find a link on the homepage of our website.

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As you prepare to pray for the next twenty-one days, it can be tempting to start thinking of a laundry list of prayers you'd love to see answered. But we really want to encourage you to keep this simple.

Think about the top two or three things most pressing on your heart and zone in on those with God. Write these down your journal, and be open to hearing what God wants to show you in those areas. The breakthroughs, miracles, and answers to your prayers will be by-products of drawing closer to Jesus.

When praying, make your primary goal to know Jesus more and experience Him. Pray prayers of total surrender, and aim to glorify God with your life. Focus first on what's right about Him, such as his goodness and His greatness, and see everything else through that filter.

And most simply, make time to pray daily. Don't overcomplicate this! Just talk to God. Have that place and time where you can seek Him every day.

If you don't plan to pray, you won't. If you find it a challenge to disconnect from the busyness of your day, engaging in worship music is a great way to prepare your heart for prayer.

Write down in your journal what you are praying and believing God for during this time of prayer and fasting.

How to maximize your time in God's word.

A basic but helpful pattern to follow is the fourfold process of scripture, observation, application and prayer. It is the acronym SOAP.

1. Scripture. Read through a portion of Scripture. This may be according to a Bible reading schedule that takes you through the Bible in a year or your own choice of Bible reading.

2. Observation. Make some observations. Ask who, what, when, where, why, and how questions.

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Who are the characters? What's going on? Where is this taking place? Ask some basic who-what-when-where observational questions.

Who is speaking? Who is this about? Who are the main characters?

What is the subject or event covered in the chapter? What do you learn about the people, event or teaching?

When do/will the events occur or when did/will something happen to someone?

Where did or will this happen? Where was it said?

Why is something being said or mentioned? Why did/will this happen? Why at that time and/or to this person/people?

How will it happen? How is it to be done? How is it illustrated?

Try to keep an eye out for key words or phrases, repeated words, contrasts and comparisons, and terms of summary and conclusion ("so that," "for this reason," and so on).

3. Application. Observation refers to trying to understand what's being said while interpretation refers to understanding the overall meaning to apply to our lives.

From what you've learned in your observation of the text, you are trying to discern a primary meaning of the passage — what the biblical author was seeking to communicate and what God was seeking to communicate through that biblical author. A particularly fruitful way to pull these things out of the passage is to ask questions such as: What sinful, broken, or fallen condition is being addressed or corrected by the passage? What is the deeper sin beneath the behavior? and What prompted the author to write this passage? Keeping these questions in mind can help you uncover the primary meaning of the text.

How does the passage apply to you and to others? And what are some actions you need to take in order to apply God's Word directly to your life?

4. Prayer. Pray through certain questions to help apply what you've been reading to your walk with God.

God, what are You trying to say to me through this passage? In what ways am I looking to find life in things besides You, Lord? In what ways am I seeking to earn Your favor rather than live by grace? What do my actions suggest that I'm wrongly believing about Your character, our relationship, and what You've said in Your Word? In what ways do we need to be more intimate in our relationship? In what way is Jesus the answer to my problem? In what way does Jesus provide an answer or solution to my sin problem?