

# 21 DAYS PRAYER & FASTING

JANUARY 6TH (MIDNIGHT) - JANUARY 27TH (MIDNIGHT)

## WHAT IS FASTING?

Fasting is to voluntarily abstain from eating/drinking for an extended period of time. “Eating” and “drinking” can represent anything that is holding you back. What do you “consume” in terms of social food, intellectual food, spiritual food, and emotional food? Are these things distracting you from your relationship with God? You may experience many benefits from fasting (cleansing your body, breaking addictions, etc.), but the goal of fasting is to experience God. It is not to focus on what you can't have but instead all that you will gain through prayer and sacrifice.

## WHY ARE WE PRAYING & FASTING?

At the beginning of the New Year, we want to start by acknowledging our total dependence on Jesus Christ our Savior. We want to invite Him to lead, guide and direct us in every area of our lives, so that we can make the necessary changes in accordance with His will in 2025.

## WHAT ARE THE GUIDELINES?

### **EAT:**

### **One Meal Per Day**

\*You may have water, gum/mint, a small quantity of nuts if needed until your meal

### You May Have:

Fish, Chicken (only if you have a fish allergy), Fruits, Veggies, Nuts, Whole Wheat Bread, Water, Herbal Tea, 100% Fruit Juice, Sugar Free Gum/Mint

### You May NOT Have:

Chicken, Turkey, Beef, Pork, Shrimp, Crab, Sweets (Candy, Cakes, Cookies, Pies etc.), Rice, Pasta, Grits, Oats, Fried or Junk Food, Soda, Coffee, Milk

### **Prayer Times & Targets:**

**6am, 12noon & 7pm**

\*You can use your time of prayer, to pray for anything. Use a prayer journal to record what you are believing God for, so that you are consistent each day. Here are some areas you may want to include:

**Spiritual:** Ex: Walk in purpose, closer relationship, discernment in this season, etc.

**Family:** Ex: Spouse, children, parents, generational wealth, love, unity, reconciliation, for future husband/wife, etc.

**Self:** Ex: Time management, health, wisdom, business, debt cancelation, wealth, patience, etc.

**Church:** Ex: Unsaved, Kingdom workers, unity, finances to do the work of ministry, etc.

### **Other:**

**Limit TV/Social Media/Distractions**