

21 DAYS OF PRAYER AND FASTING



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>Make a prayer list of areas in your life needing to become more Christ centered. This list can be used as petitions to fast for and pray for.</p> <p>Romans 12:2</p>	<p>Let go of an area of your life where you have been trying to control without God's help. Trust God and release it to Him.</p> <p>Mark 8:34-38</p>	<p>Pray for people you know who have wandered from their commitment to Christ. Pray they return to their first love and have an encounter with God.</p> <p>James 5:19-20</p>	<p>Ask God to teach you how to pray, to bring revelation, to encounter Him deeper. It's time to dig deeper.</p> <p>Matthew 6:6 Luke 11:1-4</p>	<p>Pray for God's guidance for yourself, family, career, spiritual life, marriage/dating, school. Declare the protection of the Holy Spirit, favor, and direction over your life.</p> <p>Matthew 7:7-11 Psalms 5:12</p>	<p>Kneel before the Lord and enter His gates with thanksgiving. Thank Him for your salvation, His faithfulness, and goodness.</p> <p>1 Thessalonians 5:18</p>	<p>Rejoice in the recent victories God has given you or areas you are trusting Him.</p> <p>1 Corinthians 15:57</p>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>Talk to God about a negative habit in which you desire to gain self-control.</p> <p>Romans 6:15-23 Romans 12:2 1 Corinthians 10:13</p>	<p>Make a list and pray by name for persons who need a healing touch from God.</p> <p>James 5:15 Jeremiah 17:14 1 Peter 2:24</p>	<p>Pray for an increase in discernment. To discern evil from good, and good from evil. Ask the Holy Spirit to reveal the will of God in all areas.</p> <p>Hebrews 5:14</p>	<p>Pray that God will have first place in your affections and priorities. A fresh anointing and passion for His kingdom. Pray to have the heart of the Father.</p> <p>Revelation 2:4-5 1 John 2:27</p>	<p>Pray lovingly for someone who considers themselves your enemy.</p> <p>Matthew 5:38-48</p>	<p>Ask for humility and to see personal weakness. Pray and declare the fruits of the Spirit over your life.</p> <p>Galatians 5:16-26 2 Chronicles 7:14</p>	<p>Make a list of all your anxious thoughts and declare them captive in the name of Jesus.</p> <p>2 Corinthians 10:4-5 Isaiah 26:3 Romans 8:5-6</p>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<p>Pray for an increase in your faith. Faith to see the promises, dreams, visions over your life and those around you. Build your faith on the word of God.</p> <p>Matthew 21:22 Romans 10:17</p>	<p>Pray that every area of your life be free of bondage, and generational curses. Declare you are free, chosen, and set apart.</p> <p>Galatians 5:1 James 4:7</p>	<p>Worship in spirit and in truth. Dedicate time to worship God. Turn up your favorite worship songs and pour your heart out to Him.</p> <p>John 4:23 Colossians 3:14-17 Revelation 4:1-11</p>	<p>Thank God for beginning a good work in you. One that He intends to complete. Pray His will be done on earth as it is in heaven.</p> <p>1 John 5:14-15 Philippians 1:3-6</p>	<p>Ask God to heal and restore any brokenness. Let go and release any burden or worry. Enter in the rest of the Lord.</p> <p>Psalms 34:18 1 Peter 5:7-11 James 4:8-10 Matthew 11:28</p>	<p>Declare that all evil flee from you, your family, and church. Declare the blessings of the Lord.</p> <p>Ephesians 6:11-12 Psalms 91:1-16 Deuteronomy 28:7</p>	<p>Pray for revelation. As you complete your fast, pray over every petition. Pray that you receive an understanding of the Lords' desire.</p> <p>Matthew 16:17 Hebrews 1:1 Isaiah 11:2</p>

TYPES OF FASTS

COMPLETE FAST	SELECTIVE FAST	PARTIAL FAST	SOUL FAST
<p>IN THIS TYPE OF FAST, YOU DRINK ONLY LIQUIDS, TYPICALLY WATER WITH LIGHT JUICES AS AN OPTION.</p>	<p>THIS TYPE OF FAST INVOLVES REMOVING CERTAIN ELEMENTS FROM YOUR DIET. THIS COULD BE CHIPS, SODA, COFFEE. 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.</p>	<p>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.</p>	<p>CHOOSING TO ABSTAIN FROM CERTAIN TECHNOLOGIES FOR A SPECIFIC PERIOD OF TIME SUCH AS SOCIAL MEDIA, TELEVISION, VIDEO GAMES. 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.</p>

21 DAY FAST

CORPORATE PRAYER AND FASTING

We want to invite you to join us in our 21 Day Fast, where we will corporately pray and fast as a church. Why do we pray and fast? We pray and fast because it is preparation for the rest of the year. Prayer and fasting brings spiritual growth and deliverance. It submits our will to the will of God, it's less of us and more of Him. There is no perfect way to fast, but the bible says "when we fast" (Matthew 6:16-18.) Which means we as christians are expected to fast and do it humbly before the Lord. When we fast we are partnering with God to seek His will, bring fresh revelation, and dig deeper. Our vision at True Vine Church is to Encounter God Daily, and in order to prepare for more we must dig deeper into our relationship with Jesus. Fasting is not about getting from God but getting to God. It's emptying ourselves to be filled by HIM. Before you enter a fast it is recommended to pray and ask the Lord why you should fast, it could be to grow spiritually, for a loved one, to break a generational curse, a bad habit, to develop the fruits of the spirit, or any petition you may have. Next, it is recommended to ask the Lord how you should fast, the Bible shares examples of fasting by abstaining from food, but there are several different ways you can join in. Your fast should challenge you but you should always take any special needs into consideration and listen to your body or speak with your health care physician if you have any health concerns. We are expectant that God will continue to move in the supernatural more than we have ever seen. Welcome to the fast!

WHAT ARE YOU PRAYING AND FASTING FOR?

WRITE DOWN THE REASONS/PERSONS/AREAS YOU ARE PRAYING AND FASTING FOR:

1	
2	
3	
4	
5	