



21

DAYS OF PRAYER



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21 DAYS OF PRAYER AND FASTING 2020

ENCOUNTERING CHRIST

JANUARY 5-25, 2020

Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the LORD your God, and cry out to the LORD.

- Joel 1:14

While they were praying, the place where they were meeting trembled and shook. They were all filled with the Holy Spirit and continued to speak God's Word with fearless confidence.

- Acts 4:31 (MSG)

FIRST HALF: 9 FASTS IN THE BIBLE

- Monday: The Disciple's Fast: Freedom from Sin
- Tuesday: The Ezra Fast: Restoration of What Was Stolen
- Wednesday: The Widow's Fast: The Needs of Others
- Thursday: The Samuel Fast: National Revival
- Friday: The Elijah Fast: Emotional Healing
- Saturday: The Paul Fast: Wisdom for the Future
- Monday: The Daniel Fast: Health and Healing
- Tuesday: The John the Baptist Fast: Influence and Ministry
- Wednesday: The Esther Fast: Protection from Danger

SECOND HALF: 9 FOCUSES OF OUR CHURCH

- Thursday: Encounter Christ (The Lost)
- Friday: Live a Life of Victory (Small Groups)
- Saturday: Discover Purpose and Make a Difference (Growth and Ministry)
- Monday: Our Leaders (Pastors, Staff, PLC Team Leaders)
- Tuesday: Our Children and Student Ministry
- Wednesday: Our Outreach groups (Serve Saturdays, Serve Day)
- Thursday: Future Leaders (Campus Pastors, Group Directors, Volunteer Directors)
- Friday: Prayer for Needs
- Saturday: Grand Finale

FUNDAMENTALS OF PRAYER

CREATING A LIFESTYLE OF PRAYER

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

"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

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We recommend what we like to call the Thirsty 30. Essentially, it is 10 minutes of worship, 10 minutes of prayer, and 10 minutes of reading your Bible everyday as a starting point to practicing prayer. As we pray every day, our plans for our prayer time can vary, but it helps when we have a plan for connecting regularly with God.

WHAT IS FASTING?

Fasting is voluntarily going without food—or any other regularly enjoyed, good gift from God—for the sake of a spiritual purpose. Jesus invites His followers to fast, and we fast in this life because we believe in the life to come. We fast from what we can see and taste, because we have tasted and seen the goodness of God—and are desperately hungry for more of Him. So take a step of faith, pray without ceasing, and watch God move in your life, our church, and the world!

PURPOSE FOR FASTING

1. TO SEEK ANSWERS FROM GOD

Ezra 8:21 & 23 NLT

"21 And there by the Ahava Canal, I gave orders for all of us to fast and humble ourselves before God. We prayed that he would give us a safe journey and protect us, our children, and our goods as we traveled. 23 So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer"

2. TO PRAY ON BEHALF OF OTHERS

Ezekiel 22:30 NLT

"30 I looked for someone who might rebuild the wall of righteousness that guards the land. I searched for someone to stand in the gap in the wall so I wouldn't have to destroy the land, but I found no one."

3. TO BREAKTHROUGH IN DIFFICULT SITUATIONS

Isaiah 58:6-8 NLT

"6 No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. 7 Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. 8 "Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the lord will protect you from behind."

TYPES OF FAST

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.

COMPLETE FAST

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

SELECTIVE FAST (Daniel 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

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The Daniel Fast Food List

DAYS OF PRAYER

All fruits // fresh, frozen, juiced or canned

Apples, apricots, bananas, cherries, grapes, lemons, limes, peaches, pineapples, strawberries, watermelon, etc.

All vegetables // fresh, frozen, juiced or canned

Asparagus, broccoli, cabbage, carrots, corn, cucumbers, lettuce, mushrooms, onions, potatoes, spinach, sweet potatoes, tomatoes, veggie burgers, etc.

All whole grains

Whole wheat, brown rice, millet, barley, oats, quinoa, grits, whole wheat pasta, whole wheat tortillas, rice cakes, popcorn, etc..

All nuts and seeds

Sunflower seeds, cashews, peanuts, sesame, nut butters (including peanut butter).

All legumes // canned or dried

Dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils

Olive, canola, grape seed, peanut, and sesame.

Beverages

Natural fruit juices, soy milk, almond milk spring water, distilled water, other pure waters.

Others

Tofu, soy products, vinegar, seasonings, salt, herbs, spices.



All meat and animal products

Beef, lamb, pork, poultry, fish, etc.

All dairy products

Milk, cheese, cream, butter, eggs, etc.

All sweeteners

Sugar, raw sugar, honey, syrups, molasses, and cane juice, etc.

All leavened bread

All baked goods.

All refined and processed food products

Artificial flavorings, food additives, chemicals, white rice, white flour, foods that contain artificial preservatives.

All deep fried foods

Potato chips, French fries, corn chips, etc.

All solid fats

Shortening, margarine, lard, foods high in fat.

Some beverages

Including but not limited to: coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

