



# ***TURN THE PAGE***



**BREAKTHROUGH**

**2022**

**PRAYER & FASTING**

# *Twentyone*

## *Fasting for breakthrough*

Instructions for Twenty-one-day prayer and fasting emphasis...

Examine your life and figure out which areas you most need a breakthrough in. You can use the guide attached to select one or several areas, or you may have one not listed.

Remember, it is only a guide. You may also want to consider fasting for a family member or on behalf of someone else. Once you select a breakthrough decide how you are going to fast during the 21 days.

You can reference the guide. Take the time to write out your fasting plan and goals. We will collectively begin our 21 days of breakthrough on Monday January 3, 2022 and break our fast on Sunday January 24, 2022.

### **21 breakthroughs for which you could fast...**

Financial Provision & Blessing or to get out of debt

Physical Healing for a family member, friend, or yourself

Victory over sins like pride, selfishness, or calloused mind or heart

Restoration of a Relationship

To quit a bad habit like Smoking, overeating, or others

Overcome Drug or Alcohol addiction for a family member, friend, or yourself

Salvation of a friend or family member

Promotion or New Opportunity at Work

Wisdom & Direction for a Critical Decision

Deliverance from Spiritual Oppression

The influence and growth of a ministry you lead or serve in

Victory over anxiety, fear, depression, or loneliness

The courage to make a decision you know you need to make

Improved Communication or Conflict Resolution in your marriage

A revival of your passion and love for the Lord

The development of a devotional time with the Lord  
Spiritual Awakening for your spouse or children  
To stop living a double life, one at church and one at work  
Overcome Sexual Issues like pornography, lust, or impure thoughts  
To Discover, Develop, and Deploy your ministry calling  
Effective expansion of the Children and Youth Ministries  
Continued blessing of the TPCC CITI Vision  
(Connect –Impact – Transform –Integrate)  
Continued wisdom in developing the Connect, Grow, and Serve vision of our CARE Groups  
For the outreaches of Turning Point to be effective  
For the expansion and effectiveness of Life Point Radio programming  
Expanding of new projects for this year through Web Deliveries

### **14 ways you could fast...**

All meals for 21 days  
2 meals a day for 21 days  
1 meal a day for 21 days  
All meals 3 days a week for 3 weeks  
All meals 1 day a week for 3 weeks  
Daniel's Fast: Eat Only Nuts, Grains, Fruits, and Vegetables for 21 days  
All food and drink Water only 1 day a week for 3 weeks  
Television for 21 days  
Coffee or Caffeine for 21 days  
Only drink water for 21 days  
Video Games for 21 days  
Facebook, or other social websites for 21 days  
Desserts, Sweets, Soft Drinks, or Chocolate for 21 days  
All meals for 7 days, 2 meals a day for 7 days, 1 meal a day for 7 days

### **7 things you can expect...**

- You can expect it to be challenging and difficult. This will take discipline and focus on your part. Disciples are known by their discipline.

- If you'll stick to your commitment to the Lord, you should see a great increase in your faith and your personal spiritual transformation.
- God may answer your request during this 21 days, but He may not. There is no way for people to know exactly what God is going to do. We do know that during this emphasis we will draw closer to the Lord and that is our responsibility.
- You will be more sensitive to God's Holy Spirit in your life. Removing the necessities and distractions of life will add a new sense of clarity to the voice of God.
- You will have an increased fellowship with God and have a greater understanding of what it means to depend upon Him to meet your needs. The biblical word for this is Supplication.
- You should find yourself praying shorter more specific prayers throughout the day.
- You should expect an increase in spiritual tension and resistance from your flesh and the Devil. The Bible doesn't speak at all on the physical dangers of fasting; however, on several occasions it mentions the spiritual danger of fasting, specifically the pride and acknowledgement of being a devoted, zealous and admirable disciple. (Matt 6:16-17)

### **3 Dangers to guard against...**

- The "God will reward me for this" mentality. Fasting is not the "work" that earns blessings from the hand of God. This is a demonic lie from our consumer culture.
- The Pride and Self-righteous attitude that can come with practicing spiritual disciplines. This is not about you being the best disciple, this is about your desire and hunger to draw closer to God.
- The idea of breaking your fast because you've already done enough. Several times during the fast you will think to yourself "I can't do this any longer", and you will try to justify breaking your fast since you've already done more than ever before. Don't quit. Stick to your commitment.

## **Reason why God rewards fasting...**

When fasting is done with the right heart God rewards it. Proper fasting confesses that we are helpless without God, and that we require Him to give us the Hope we need to press on in the world He created. This brings Glory to God because the giver always gets the Glory. (Isa 58)

## **A Message to Families about Prayer and Fasting Together...**

Your children may hear you speak about the upcoming 21 Day Prayer and Fasting Emphasis with much anticipation. They may wonder if this is something that they can do along with their family, and the answer is yes! Explain to your children that fasting will help them grow stronger as a Christian and closer to Jesus. When they take special time out to pray to Jesus and at the same time, take special effort to not enjoy a favorite food/snack item or activity during a certain period, they are fasting.

As a family, sit down together and talk about for whom or what your children are seeking God about and the method in which they will fast. Then have your children record their decisions just like you are doing and seal it in a self-addressed envelope. Explain to your children that there will be times when they will find it hard to fast and may even want to change their minds in the middle of the fast. However, as parents, gently encourage them and help them keep the commitment they made to the Lord and see how He answers their prayers.

Following the 21 Days of Fasting and Praying, you should open the envelopes and talk about what the Lord did during this special time.

Before you begin the 21 Day Prayer Guide keep in mind your family's schedule and decide which days of the week you are going to meet to pray. Be sure to explain in simple words the prayer emphasis for that day, so your children can be a part of the prayer time.

Remember that a child's body needs the proper nutrition and activity as well as rest to keep them healthy and whole. They don't need to fast complete meals or healthy food choices for days at a time or give up the exercise that playtime affords. Children respond best with a set schedule, so be sure to create one where

they will know which days during the 21 Days of Prayer and Fasting that they will be fasting and what exactly they are fasting from and for.

### **Some suggestions:**

Their favorite cartoon or TV program

No Family TV on a specific day/night and use this time to play games or spend family time together

No “Fast Foods” for all or part of the 21 days

A special treat or snack (candy, cookies, sweets, etc.)

A favorite activity (going shopping, playing games, playing video or computer games, etc.

Rom 10:17-18

Consequently, faith comes from hearing the message, and the message is heard through the word of Christ. NIV

Heb 11:1-2

Now faith is being sure of what we hope for and certain of what we do not see. NIV

Heb 11:6

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. NIV

Make time to read each day’s scriptures and meditate upon them asking the Lord to infuse your spirit with His signature voice or rhema word. This is not just a fast but a time of prayer emphasis, so we should all agree in prayer for each day’s specific emphasis.

Begin to pray for the harvest of souls in your field of influence. Ask God to help you begin to map your field of influence and make you more AWARE of it. Think of your neighborhood, family, friends, coworkers, schoolmates, and people you contact on a regular basis. Ask God to make you more AWARE of them and their needs.

Pray over your field of influence a part of your daily prayer and ask God to make you AWARE of the ways He can use you to reach them for the kingdom of God.

Matt 9:35-38

Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness. 36 When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. 37 Then he said to his disciples, "The harvest is plentiful, but the workers are few. 38 Ask the Lord of the harvest, therefore, to send out workers into his harvest field."  
NIV

## **The Model Prayer of Jesus Disciples**

During this 21 Days of fasting and prayer we will pray through the model prayer that Jesus gave His disciples for each of the twenty-one days.

Matt 6:9-15

"This, then, is how you should pray:

"Our Father in heaven, hallowed be your name,

10 your kingdom come, your will be done on earth as it is in heaven.

11 Give us today our daily bread.

12 Forgive us our debts, as we also have forgiven our debtors.

13 And lead us not into temptation, but deliver us from the evil one.'

"For thine is the kingdom, and the power, and the glory, forever. Amen. (KJV)"

Many times, we just say the words and that is what is referred to as praying. We are discovering the redemptive focus in this outline of prayer that Jesus gave to His disciples when they asked Him to teach them to pray. We are discover our greater need to engage in the relationship of prayer over the recitation of prayer. It is in the relationship of prayer that we earnestly learn to whom and for what we are to pray.

There is NO SENSE in praying... UNLESS we believe God cares about us.....AND that He is capable of blessing us! (Hebrews 11:6)

## 12 Subjects of the Lord's Prayer

1. **PERSON:** "Our Father"
2. **PLACE:** "Who art in heaven"
3. **PURITY:** "Hallowed be Thy name"
4. **POWER:** "Thy Kingdom come"
5. **PRIORITY:** "Thy will be done"
6. **PERSPECTIVE:** "On earth as it is in heaven"
7. **PROVISION:** "Give us this day our daily bread"
8. **PARDON:** "And forgive us our sins"
9. **PEACE:** "As we forgive those who sin against us"
10. **PREVENTION:** "And lead us not into temptation"
11. **PROTECTION:** "But deliver us from evil"
12. **PRAISE:** "For Thine is the Kingdom, and the Power, and the Glory forever!"

I pray that you will establish, resurrect, or rekindle your passion for prayer as we all use this model for the next twenty-one days. I pray that the Lord will meet with you and reveal Himself to you in amazing ways.

The focus of our 2022 Breakthrough is Turn the Page and Move Forward in Faith. We need a fresh baptism of the Holy Spirit to infuse us with the power of boldness to complete this mission.

Acts 4:29-31

Now, Lord, consider their threats and enable your servants to speak your word with great boldness. 30 Stretch out your hand to heal and perform miraculous signs and wonders through the name of your holy servant Jesus."

31 After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly. NIV

Welcome to the 2022 "Turn the Page" Breakthrough Prayer and Fasting.



## 21 Day Prayer Guide

### DAY 1 – Monday, January 3

Gen 1:26-2:24; Isa 64:8-9; Mal 2:10; 2 Cor 1:3-5; 1 Peter 1:3-9

Today is the first day of something new. Regardless of where you are in your relationship with God, 21 days of prioritizing the Lord over essential needs in your life will draw you closer to Him and transform whatever needs to change. So today pray that God will help you to envision how you will follow and resemble Him more closely at the end of these 21 days.

Today focus on the **PERSON of God** as “our Father.”

### DAY 2 – Tuesday, January 4

Gen 3:1-24; Ps 103:18-22; Isa 6:1-13; Dan 7:9-10; Heb 8:1-6; *Rev 4:1-11*

Pray for the finances of your fellow church members. Due to the rise in cost of living, insurance, and housing many are struggling to prioritize finances. Pray that we would all be faithful to the Lord, and that He would provide His blessing for us.

Today focus on the **PLACE of God** “Who art in heaven.”

### DAY 3 – Wednesday, January 5

*Ex 20:7; Prov 30:4; Isa 7:14; John 1:1-5, 5:4-44; Acts 4:12; Rom 10:11-13*

Pray we would all depend upon God and recognize He is the one who meets all our needs in life. Today pray for the families in our church, for improved communication in marriages, singles focused on their commitment to the Lord, teenagers who will obediently follow the Lord, and children who will start off their walk with the Lord the proper way.

Today focus on the **PURITY of God** “Hallowed be Thy name.”

## **DAY 4 – Thursday, January 6**

*1 Chron 29:10-13; Isa 52:6-7; Matt 6:33,4:17,19:13=15; 1 Cor 6:9-11*

Pray today that God would provide all the resources necessary to possess the land that Turning Point needs to bring city transformation. Ask God to give our Pastor and Elders the wisdom to make the correct decisions concerning the direction of the church to change the spiritual atmosphere of our region.

Today focus on the **POWER of God** “Thy Kingdom come.”

## **DAY 5 – Friday, January 7**

*Gen 50:19-21; Jer 29:11; John 7:14-24; Eph 1:17-21; 1 Thes 4:3-8*

Pray today for an increase in your personal faith. Ask God to show you that which you believe is impossible, and then specifically ask him to give you the faith to entrust him with the responsibility of it. Ask God to give you a refreshing measure of faith to believe that with Him all things are possible.

Today focus on the **PRIORITY of God**: “Thy will be done.”

## **DAY 6 – Saturday, January 8**

*Deut 31:28-29; 1 Chron 29:11-13; Jer 23:23-24, 33;25-26; Lk 21:36; Acts 14:15*

I hope you’ve stayed with your commitment up to this point. If you have not, then today is “get back on your horse” day. Pray that God will renew your commitment and give you the strength to re-commit to Him. If you’ve been going strong ask Him to give you renewed passion to keep on going with this journey.

Today focus on the **PERSPECTIVE of God** “On earth as it is in heaven.”

## **DAY 7 – Sunday, January 9**

*Ex20:1-17; Prov 30:7-9; Matt 4:4; Mk 6:30-44; Jn 6:25-29*

Pray today for our Cross Current, Starting Pont children's ministries, and our Emerge youth ministry. Pray for God to work mightily in the lives of our kids and that we'd see many young people prioritize the Lord in their lives. Pray for spiritual renewal in the lives of many teenagers and that they would be influential leaders in the lives of their friends.

Today focus on the **PROVISION of God** "Give us this day our daily bread."

## **DAY 8 – Monday, January 10**

*Isa 1:18-20, 43:25-26; Ezek 33:11; Mic 7:18-19; Ps 103:111-14; 1 Jn 1:9*

Pray for the physical healing of those battling illness, disease, and injury in our church. Pray for them to have an increase in faith to believe that with God even the impossible becomes possible. Pray for strength for their families and peace from the anxiety and fears associated with the illness and injury of a loved one.

Today focus on the **PARDON of God** "And forgive us our sins."

## **DAY 9 – Tuesday, January 11**

*Ex 17:1-7; Matt 5:23-26, 6:14-15, 18:21-35; Luke 6:32-38; 2 Cor 5:17-21*

Pray for those that are involved in all areas of ministry at Turning Point. Ask the Lord that they will be able to reach people with the life transforming hope brought by Jesus Christ. Pray that God will enable them to see the work He is doing in their lives and the supernatural hope and provision He wants to bring to that area.

Today focus of the **PEACE of God**: "As we forgive those who sin against us."

## **DAY 10 –Wednesday, January 12**

Deut 8:2,16-20; 1 Chron 4:10; Ps 12:6-8; Matt 5:37; Lk 22:31-46 2 Cor 12:7-10

Pray for the nations where Christians are persecuted and killed for their faith. Pray for strength and passion for them as they face intense challenges to sharing their faith with others. Pray for the protection of their families from the physical threat of government and local religious leaders who oppose them. Pray for great favor for them amongst their people that many will surrender to the call of Jesus Christ.

Today focus on the **PREVENTION of God**: “And lead us not into temptation.”

## **DAY 11 – Thursday, January 13**

*Ps 121:1-8; Jer 15:9-21; Isa 43:1-5; 2Tim 4:18; 1 Cor 10:13; 2 Peter 2:5-12*

Pray for those in our church family who are personally or who have someone living in their house that is battling alcohol or drug addiction. Pray for the teenagers and children in our church who have parents with addiction struggles. Pray for God’s breakthrough for them from the patterns and behaviors that are damaging their lives and relationships.

Today focus on the **PROTECTION of God** “But deliver us from evil.”

## **DAY 12 – Friday, January 14**

*Zech 14:9; Isa 33:20-26; 1 Tim 1:13-17; Rev 5:11-14*

Shout down the walls of rebellion and resistance. Pray for the government of our city and state to have an increase in Godly leaders who can shape the policy and funding of our area to improve the education, safety, morals, economy, and political structure and effectiveness.

Today focus on the **PRAISE of God** “For Thine is the Kingdom, and the Power, and the Glory forever!”

## **DAY 13 – Saturday, January 15**

*2Cor 4:1-6; Acts 2:34-41, 4:7-31; Philemon 1:6*

Pray for the opportunity to share your faith this week with someone who does not have a relationship with Jesus. Pray that God would open the doors and align your path with someone who needs the power and salvation of a new relationship with the Lord. Pray that God would give you the courage to share when the door opens.

Today focus on praying through the entire 12 P's of the model prayer. You will be surprised how you flow in prayer and how your sense of authority has changed. Continue to pray through the 12 P's For the remaining days

## **DAY 14 – Sunday, January 16**

Josh 10:1-15; Ps 62:11-12, 68:32-35; Isa 40:29-31; James 5:13-20

Pray for your neighborhood today. Pray that God would allow you to build relationships with those you live near, so that you could share your faith and influence their relationship with God. Pray that God would give you an idea of how you could serve one of these neighbors or even invite them to a CITI Touch event or to a Sunday Worship Service.

Today focus on the **POWER of Prayer**.

Prayer has the power to provide for our needs, to change someone's life, or hold back the judgments of God. Does your favorite TV show or an extra hour at your office carry that kind of power? With such a world changing force within our grasp, shouldn't we learn how to use it effectively?

## **DAY 15 – Monday, January 17**

*Josh 1:9-11; John 14:22-31, 15:1-8, 16:5-15; Eph 2:11-18*

Pray for the children of our church. Pray that God would raise them up to be mighty men and women of God who prioritize their relationship with the Lord over material possessions, education, or social status. Pray that God would use them to prepare the way for the return of Jesus.

Today focus on the **PRESENCE of Prayer**.

Do you enjoy the presence of God? The very essence of prayer is fellowship with Him. He can be found nowhere else. Prayer is the doorbell to God's house and He is waiting for you to come visit. Our children learn the presence of God from watching us get present with God.

## **DAY 16 – Tuesday, January 18**

*Jer 33:3; Ps 145:18-21; Heb10:19-25; Mark 11:20-26; Jn 5:14-15*

Pray for the residents in the surrounding area in need of Hope. Pray that God would open their eyes to a life-changing relationship with Jesus Christ. Pray that God would use you to be a blessing.

Today focus on the **PRIVILEGE of Prayer**.

Is there a higher privilege in all the world, than to hang out with the Creator of the whole universe? If someone famous or important, invited you over to dinner, would you go? You have a standing invitation to sit and dine with Jesus. Don't be late for dinner.

## **DAY 17 – Wednesday, January 19**

2 Sam 22:1-20; Ps 18:1-6, 71:1-6, 91:1-3; 2 Cor 10:3-5

Pray for the spiritual protection and warfare of our church body. The devil comes to steal, kill, and destroy, but we have been and are covered by the power of the Blood of Jesus Christ. He has disarmed, disgraced, and defeated the devil and we need to remind the devil of what happened on the Cross of Calvary. Pray for the protection of your family and pray on the whole armor of God in Ephesians 6:10-20.

Today focus on the **PROTECTION of Prayer**

Do you need protection? He who dwells in the shelter of the Most High, will abide in the shadow of the Almighty. Can there be a safer place in all the universe than in the shadow of the Almighty God? The protection of prayer stirs up boldness in our hearts to pull down strongholds and resist the schemes of the evil one.

## **DAY 18 – Thursday, January 20**

Matt 6:33-34, 21:20-22; James 1:21-27; 1 John 3:16-4:6

Pray for God to give you the perspective of your life that He sees for you. God has great plans for your life, and you want to be able to have the vision to see the direction and paths He wants you to travel. Pray for discernment in critical decisions and the wisdom to know what to do and when to do it.

Today focus on the **PROVISION of Prayer**

Every need you will ever have can be found in prayer. Do you need comfort, a job, a home? Nothing is too small or too big for God. He knows your needs even before you ask. There is nothing you can do that will secure your prosperity more than prayer followed by obedience.

## **DAY 19 – Friday, January 21**

*Deut 4:1-10; 2 Chron 5:12-7:3, 12-15; Ps 139:13-18; Heb 4:14-16*

Pray for ways to become a better leader and difference maker in your family, your work, your neighborhood, and your church. Pray for God to give you the passion and focus you need to serve Him by serving others. Ask Him to show you ways that you can step up and increase the way that you impact the lives of others.

Today focus on the **PRECIUOUSNESS of Prayer**

Of all the things we treasure, is there anything so valuable as prayer? It is so precious to Christ that He continues even now, from His heavenly home, to devote Himself to pray for you. Shouldn't prayer be the most precious thing in your life? Doesn't it deserve to be number one on your To-Do list?

## **DAY 20 – Saturday, January 22**

*Deut 29:24-30:3; Isa 26:1-13; Phil 4:4-9; Rom 8:6-17*

Take today to write out some reflections of what God has spoken to you during this emphasis of focusing on the Lord. What has He shown you about distractions? What have you learned about your relationship with Him? How has He blessed you? How has He stretched you? Going forward how will this change your life? Write this out and then pray about implementing a new relationship and commitment with God in the future.

Today focus on the **PEACE of Prayer.**

Outside of your mother's womb, can there be a place of greater peace than prayer? Is there anything more restful than to snuggle down into the arms of the One who loves your soul? He accepts you like you are. Won't you lay down your striving, tune out the world, and come into the peaceful embrace of your heavenly Father's arms?



## **DAY 21 – Sunday, January 23**

Ps 33:1-22; Isa 53:1-12; Eph 5:15-24; 1 Thes 5:12-24

Today is the final day of our emphasis. Whenever you complete a major Accomplishment it's always time to celebrate. So today is a day of praise. Shout to God and Sing to Him and call out the praises He so rightly deserves. Celebrate with Him the changes you've experienced and the blessings He's provided.

I pray that these 21 days has infused your faith with a renewed passion to celebrate the Lordship of Jesus Christ and to worship Him with transforming thanks for His incredible sacrifice.

Rejoice in the reality of your New Beginning and Spiritual **BREAKTHROUGH 2022 "Turn the Page and Move Forward."**

# Twentyone

*Fasting for breakthrough*

**What is the Lord saying to YOU?**

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