



21
**DAYS OF
PRAYER**

 **Story Church**

Guide to Fasting

How good and how pleasant it is for brothers and sisters to come together in unity. When we get together in community and synergize, God will command His blessing. As we enter this time of consecration, fasting and praying for the will of God to be done, we can expect to reap the benefits and promises that our obedience to His word produces. Such as doors opening, miraculous provision, favor, healing and supernatural breakthrough.

Let's write a NEW Story this year!

1. WHAT IS FASTING?

1. Fasting is intentionally abstaining from food (not fluids) for spiritual purposes; it is humbling your soul (Reference- Psalm 35:13, Matthew 23:12). Fasting brings you into a deeper, more intimate, and powerful relationship with the Lord.
2. Fasting is an act of humility before God to seek His divine intervention in the events of our physical world.
3. It brings revelation by the Holy Spirit of our true spiritual condition, leading to brokenness, repentance, and change, and allows the Holy Spirit to work in a most unusual, powerful way.
4. It transforms prayer into a richer, more personal experience and draws you closer to God. (Reference James 4:8)

2. WHAT IS THE PURPOSE OF FASTING?

TO SEEK ANSWERS FROM GOD	TO PRAY ON BEHALF OF OTHERS	TO SEE BREAKTHROUGH IN DIFFICULT SITUATIONS
<p>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"</p>	<p>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."</p>	<p>Isaiah 58:6-8 NLT "6 No, this is the kind of fasting I want: Free those who are wrongly imprisoned; 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."</p>

3. HOW DO I FAST?

1. DISCREETLY

- (Matthew 6:17-18 NLT) "17 But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you."

2. WITH FAITH

- (Hebrews 11:6 NLT) "6 And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him."

4. HOW DO I PRAY?

1. By faith with expectation (Mark 11:22-24)
 2. Using the Word (Isaiah 55:6-11, Hebrews 4:12)
 3. In the Spirit (Romans 8:26-27)
 4. In Agreement (Matthew 18:19)
 5. Continuously (1 Thessalonians 5:17)
-

5. WHAT ARE THE TYPES OF FASTS?

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

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 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 or have health issues; 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.

The secret to staying free lies within the Word. The Scriptures are living and active, and they will show you how to live in freedom every single day as they strengthen your spirit. In dark times, the Word will illuminate your path; in trials, it will guide you through; and in temptation, it will help you overcome. Ask the Lord to inscribe these truths on your heart, and they will become a part of you and all you do.

No longer will old ways govern your decisions; instead, you will be transformed into a new creation that radiates the hope of heaven in joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control.



WEEK ONE

**Theme for the week:
Fight for Freedom + God is with You**

Monday

Reading:

It is God who arms me with strength and makes my way perfect.
2 SAMUEL 22:33

"Not by might nor by power, but by My Spirit," says the Lord of hosts.
ZECHARIAH 4:6

Journal:



Tuesday

Reading:

For we know that our old self was crucified with Him so that the body of sin might be done away with, that we should no longer be slaves to sin.

ROMANS 6:6

For sin shall not be your master, because you are not under law, but under grace.

ROMANS 6:14

Journal:



Wednesday

Reading:

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we, who with unveiled faces all reflect the Lord's glory, are being transformed into His likeness with ever increasing glory, which comes from the Lord, who is the Spirit.

2 CORINTHIANS 3:17-18

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

GALATIANS 2:20

Journal:



Thursday

Reading:

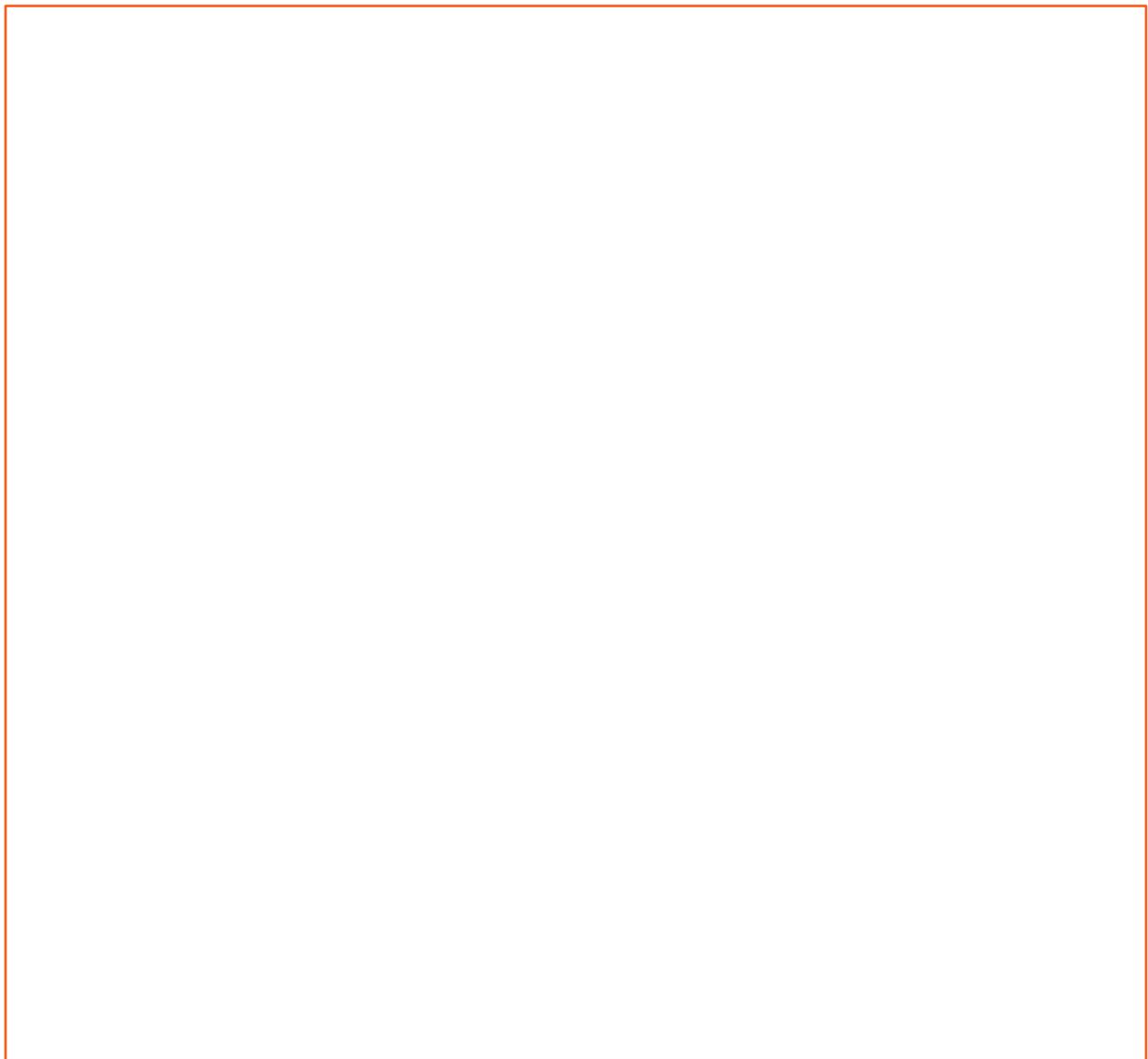
It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

GALATIANS 5:1

Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.

GALATIANS 5:24

Journal:



Friday

Reading:

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

EPHESIANS 6:13

I can do all things through Christ who strengthens me.

PHILIPPIANS 4:13

Journal:



Saturday

Reading:

The Lord replied, "My Presence will go with you, and I will give you rest."
EXODUS 33:14

God is our refuge and strength, an ever-present help in trouble.
PSALM 46:1

Journal:



Sunday

Reading:

But now, thus says the Lord, your Creator, "Do not fear, for I have redeemed you; I have called you by name; you are Mine! When you pass through the waters, I will be with you; and through the rivers, they will not overflow you when you walk through them, you will not be scorched, nor will the flame burn you. Do not fear, for I am with you; I will bring you a spring of water from the east, and gather you from the west."
ISAIAH 43:1-2

5 Never will I leave you; never will I forsake you.
HEBREWS 13:5

Journal:





WEEK TWO

**Theme for the week:
When you feel Ashamed + Condemned**

Monday

Reading:

Count yourself lucky, how happy you must be—you get a fresh start, your slate’s wiped clean.
PSALM 32:1

He does not treat us as our sins deserve or repay us according to our iniquities.
PSALM 103:10

Journal:



Tuesday

Reading:

As far as the east is from the west, so far has he removed our transgressions from us.
PSALM 103:12

Journal:



Wednesday

Reading:

You are already clean because of the word I have spoken to you.
JOHN 15:3

For He chose us in him before the creation of the world to be holy and blameless in His sight. In love He predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves. In Him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace.
EPHESIANS 1:4–7

Journal:



Thursday

Reading:

For I will forgive their wickedness and will remember their sins no more.
HEBREWS 8:12

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.
1 JOHN 1:9

Journal:



Friday

Reading:

If anybody does sin, we have one who speaks to the Father in our defense—Jesus Christ, the Righteous One.

1 JOHN 2:1

They looked to Him and were radiant; their faces were not ashamed.

PSALM 34:5

Journal:



Saturday

Reading:

Do not be afraid, you will not suffer shame. Do not fear disgrace; you will not be humiliated; you will forget the shame of your youth.

ISAIAH 54:4

Instead of your shame you shall have double honor.

ISAIAH 61:7

Journal:



Sunday

Reading:

For God did not send his Son into the world to condemn the world, but to save the world through Him.
JOHN 3:17

But Jesus bent down and started to write on the ground with his anger. When they kept on questioning him, He straightened up and said to them, "If any one of you is without sin, let him be the first to throw a stone at her . . ." Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?" "No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."
JOHN 8:7, 10-11

Therefore, there is now no condemnation for those who are in Christ Jesus.
ROMANS 8:1

Journal:



3

WEEK THREE

**Theme for the week:
Have Peace + Rejoice**

Monday

Reading:

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

JOHN 14:27

...and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

PHILIPPIANS 4:7

Journal:



Tuesday

Reading:

ENDURING THROUGH TRIALS Do not sorrow, for the joy of the Lord is your strength.
NEHEMIAH 8:10

For His anger is but for a moment, His favor is for life; weeping may endure for a night, but joy comes in the morning.
PSALM 30:5

Journal:



Wednesday

Reading:

My tears have been my food day and night, while men say to me all day long, "Where is your God? "Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.

PSALM 42:3, 5

Restore to me the joy of Your salvation, and uphold me by Your generous Spirit.

PSALM 51:12

Journal:



Thursday

Reading:

Those who sow in tears shall reap in joy. PSALM 126:5 I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

ROMANS 8:18

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

JAMES 1:2-3

Journal:



Friday

Reading:

You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore.

PSALM 16:11

This is the day the Lord has made; we will rejoice and be glad in it.

PSALM 118:24

Journal:



Saturday

Reading:

Likewise, I say to you, there is joy in the presence of the angels of God over one sinner who repents.
LUKE 15:10

These things I have spoken to you, that My joy may remain in you, and that your joy may be full.
JOHN 15:11

Journal:



Sunday

Reading:

Now may the God of hope all you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

ROMANS 15:13

Rejoice in the Lord always. Again I will say, rejoice!

PHILIPPIANS 4:4

Journal:



**If you have further questions
regarding prayer and fasting,
please contact our Prayer Pastors,
Spencer and Sarah Green
office@storychurchfl.com**

