

TWENTY ONE DAYS

OF PRAYER AND FASTING

FEBRUARY 01 - 21, 2022



"PRAY LIKE NEVER BEFORE"

Continue steadfastly in prayer, being watchful in it with thanksgiving.

COLOSSIANS 4:2 [ESV]

FASTING

Fasting is one of the most powerful spiritual and the most neglected disciplines of all the Christian disciplines. It is a way to align our hearts with the psalmist: "My soul thirsts for God, the living God" (Psalm 42:2). Through fasting and prayer, the Holy Spirit can transform your life.

Why do we need to fast and pray?

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts. Remember, your personal fast is challenging, 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. According to Scripture, personal experience and observation, fasting and prayer can also effect change on a much grander scale. Fasting and prayer can bring about a change in the direction of our nation, the nations of the earth and the fulfillment of the Great Commission. This is a powerful motivation in today's unsettled world.

For those who desire both inward and outward impact, humbling yourself before God through fasting is a good place to start. His power can be released in and through you by the enabling of the Holy Spirit.

TWENTY ONE DAYS

OF PRAYER AND FASTING

FEBRUARY 01 - 21, 2022



"PRAY LIKE NEVER BEFORE"

Continue steadfastly in prayer, being watchful in it with thanksgiving.

COLOSSIANS 4:2 [ESV]

FASTING

How to fast and pray?

If you have never fasted before, We applaud your present interest!

- Receiving God's best blessing from a fast requires solid commitment.
- Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father.
- You must devote yourself to seeking God's face, even (and especially) during those times in which you feel weak, vulnerable, or irritable.
- Read His Word and pray during the times you used for the things you have decided to fast.
- Meditate on Him when you awake in the night. (Psalm 119:62)
- Sing praises to Him whenever you please.
- Focus on your Heavenly Father and make every act one of praise and worship.

God will enable you to experience His command to "pray without ceasing" as you seek His presence.

What type of fasting can I do?

There is nothing like "formula fast" that is the only "right" way. Fasting is about the condition of the heart, not the number of days. When it comes to making your final decision about what type of fast is right for you, the best advice is to follow the leading of the Holy Spirit. He will guide your heart and mind as to what is best for you. Remember, the most important consideration in fasting is your motive. Why are you fasting? To seek something personally from God's hand or to seek His face in worship, praise and thanksgiving?

TWENTY ONE DAYS

OF PRAYER AND FASTING

FEBRUARY 01 - 21, 2022



"PRAY LIKE NEVER BEFORE"

Continue steadfastly in prayer, being watchful in it with thanksgiving.

COLOSSIANS 4:2 [ESV]

FASTING

1. Daniel Fast

Daniel 10:3 *All that time I had eaten no rich food. No meat or wine crossed my lips*

A fast is described in the book of Daniel. Although the water fast seemed to be the custom of the prophet, there was a three-week period in which he only abstained from “delicacies”(food that you love and cherish), meat, and wine (Daniel 10:3). This is called Daniel Fast.

2. Food Fast

Luke 4:2 *Jesus ate nothing all that time and became very hungry.*

This fast is with no solid food to chew but consuming only water and juice. This type of fast will provide you with more energy than absolute or water-only fasts and still lead you into the humbling experience of denying your desire for solid food that you can chew. Intake at regular intervals is very necessary because this can lead to bad health if there is no regular intake.

3. Mobile Phone Fast

2 Corinthians 2:11 *Lest Satan should get an advantage of us: for we are not ignorant of his devices.*

This sounds challenging. This does not mean that you totally shun off your mobile phone and not using at all which is impossible instead reducing the hours spent on it. And use that time period to sit at God's presence, talking and connecting with Him.

TWENTY ONE DAYS

OF PRAYER AND FASTING

FEBRUARY 01 - 21, 2022



"PRAY LIKE NEVER BEFORE"

Continue steadfastly in prayer, being watchful in it with thanksgiving.

COLOSSIANS 4:2 [ESV]

FASTING

4. Social Media Fast

Psalm 119:37 Turn my eyes from worthless things, and give me life through your word.

This type of fast involves uninstalling some applications like Facebook, Twitter, Instagram, etc. from your gadgets. This makes it easier to spend time in prayer and God's word. It is guaranteed that you will find a lot of time to do so as social media is eating up most part of our day.

5. Entertainment Fast

Psalm 1:2 But they delight in the law of the Lord, meditating on it day and night.

Television and other entertainment applications like Netflix, Hotstar and Prime must be kept aside. The hours you used to spend on these must be solely dedicated to prayer and worship in the presence of God. This will help you in building self-control and also cleansing of mind and its thoughts.