

NOTES

HOW DID GOD MOVE IN YOUR LIFE DURING YOUR FAST?

WHAT ARE SOME OF THE THINGS YOU PRAYED FOR?

21 DAYS OF
PRAYER
and
FASTING
FASTING GUIDE

DAILY PRAYER FOCUS

Each day we must, humbly, come before our Father, asking for forgiveness; seeking him in every area of our lives. We must continuously pray for revival and invite the presence of God in our church, in our lives, and believe in Him for every answered prayer.

To do this, we have incorporated a daily prayer focus for you to follow.

SCRIPTURE REFERENCES

Matthew 6:16-18 NIV ¹⁶ When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 9:14-15 NIV ¹⁴ Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?" ¹⁵ Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."

Luke 18:9-14 NIV ⁹ To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable: ¹⁰"Two men went up to the temple to pray, one a Pharisee and the other a tax collector. ¹¹ The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. ¹² I fast twice a week and give a tenth of all I get. ¹³ "But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.' ¹⁴ "I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted."

Acts 27:33-37 NIV ³³ Just before dawn Paul urged them all to eat. "For the last fourteen days," he said, "you have been in constant suspense and have gone without food—you haven't eaten anything. ³⁴ Now I urge you to take some food. You need it to survive. Not one of you will lose a single hair from his head." ³⁵ After he said this, he took some bread and gave thanks to God in front of them all. Then he broke it and began to eat. ³⁶ They were all encouraged and ate some food themselves. ³⁷ Altogether there were 276 of us on board.

Nehemiah 9:1-3 NIV ¹On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads. ² Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors. ³ They stood where they were and read from the Book of the Law of the Lord their God for a quarter of the day, and spent another quarter in confession and in worshipping the Lord their God.

TYPES OF FASTS

COMPLETE FAST

This fast calls for drinking 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, or 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 common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast, and then choose to carefully bring that element back into their life in an orderly fashion at the conclusion of the fast.

TIMING OF A FAST

At CLC Church, we encourage fasting for 21 days. This is part of a season of focused prayer as a church family. You may also choose to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on Him as you fast.

Day 1	Pray for CHURH LEADERSHIP
Day 2	Pray for our LEADERS – Nation, State, and City
Day 3	Pray for the FIRST RESPONDERS
Day 4	Pray for our CITY
Day 5	Pray for DEPRESSION / ANXIETY & FEAR
Day 6	Pray for our MARRIAGES
Day 7	Pray for the LOST
Day 8	Pray for UNITY
Day 9	Pray for HEALING (body, soul, mind)
Day 10	Pray for JUSTICE
Day 11	Pray for our NEXT GENERATION
Day 12	Pray for our WIDOWS / ORPHANS
Day 13	Pray for our FAMILIES and COMMUNITY
Day 14	Pray for our CHURCHES
Day 15	Pray for the WORLD
Day 16	Pray for FREEDOM / DELIVERANCE
Day 17	Pray for personal/church VISION
Day 18	Pray for RESTORATION
Day 19	Pray for WORSHIP
Day 20	Pray for FINANCES
Day 21	Pray for increased FAITH

DAILY PRAYER GUIDE

† LEADERS OF OUR COUNTRY

† LEADERS OF OUR STATE

† LEADERS OF OUR CHURCH

† MINISTRIES

ARC Association of Related Churches

GROW Network

Administrative Staff

Salvations and Baptisms

CLC Kids

Facilities

First Impressions

Growth Track

Life Group Leadership

Service Production

Student Ministries

† OUR VISION

To Know God, Find Freedom, Discover Your Purpose, so that you can Make a Difference.

How do we do that?

Know God *Weekend Services*

Pray for the lost to be saved.

Find Freedom *Life Groups*

Pray for leaders, groups, men, women, students, marriage, prayer, freedom, outreach, and finances.

Discover Purpose *Growth Track*

Pray for people to take next steps.

Make a Difference *Dream Team*

Pray for all who serve others.

FASTING GUIDE

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 for all the good things God desires to bring into our lives.

Remember, 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.

Fasting is one of the least known disciplines in the church. Not only is it a practice mentioned both in the Old and New Testament of the Bible and by Jesus Himself, it has incredible power for our lives today.

FASTING DISCONNECTS US FROM THE WORLD

Fasting isn't about punishing yourself because God wants you to suffer, rather - it's about intentionally disconnecting from worldly things for a season, so you can hear from God and experience the full life He has for you.