



21 Days of Prayer And Fasting

SCRIPTURE PRAYER FOCUS

Week 1: Detox

- Day 1:** Detox my heart.
Psalm 51:10; Hebrews 10:22
- Day 2:** Detox my mind.
Ephesians 4:23; Romans 12:1,2
- Day 3:** Detox my will.
Luke 22:42; Proverbs 11:2
- Day 4:** Detox my emotions.
Psalm 19:7; Matthew 11:28-30
- Day 5:** Detox my schedule.
Psalm 39:4-7; Luke 9:57-62
- Day 6:** Detox my relationships.
1 Corinthians 15:33; 2 Corinth. 6:14-16
- Day 7:** Detox my attitude.
Luke 6:34; Ephesians 4:23

Week 2: Refocus

- Day 1:** Refocus my vision.
Psalm 119:1-18; Hebrews 12:1-2
- Day 2:** Refocus my foundation.
Luke 6:46-49; Hebrews 6:1-3
- Day 3:** Refocus my soul.
Colossians 3:1-17
- Day 4:** Refocus my relationships.
Acts 2:42-47; 2 Timothy 2:22
- Day 5:** Refocus my priorities.
Matthew 6:33; Ephesians 1:19-23
- Day 6:** Refocus my worship.
Psalm 5:7; 29:2; 66:4; 96:9; 138:2
- Day 7:** Refocus my generosity..
Isaiah 32:8

Week 3: Pursue

- Day 1:** Pursue Jesus at the center.
Ephesians 1:19-23
- Day 2:** Pursue Kingdom abundance.
Matthew 6:33; 2 Corinthians 9:1-15
- Day 3:** Pursue a generous life.
Luke 6:38; Isaiah 32:8
- Day 4:** Pursue spiritual gifts.
Romans 12:6-14; 1 Corinthians 12:1-11
- Day 5:** Pursue growing faith.
Ephesians 4:14-16; Colossians 1:9-10
- Day 6:** Pursue faithfully gathering at church.
Acts 2:42-27; Hebrews 10:24,25
- Day 7:** Pursue **LEGACY**.
Psalm 22:30-31; 145:4; Matthew 16:18

WHAT IS FASTING?

: Abstaining from food, drink, or activity for a designated period of consecrated time for the purpose of seeking God and dedicated prayer.

“Announce a time of fasting; call the people together for a solemn meeting. Bring the leaders and all the people of the land into the Temple of the Lord your God, and cry out to him there.”
Joel 1:14 (NLT)

WHY FASTING

- : To draw closer to God
- : To be unified with the heart and soul of your church community.
- : To seek God for breakthrough and direction.
- : To prepare yourself for a focused time of prayer, dedication, and giving.

TYPES OF FASTS

- 1) Complete Fast**
drink only liquids; typically water, coffee, and/or natural juice
- 2) Selective Fast**
removing certain foods from your diet for a period of time. example: removing meat, dairy, sugar, and processed foods.
- 3) Partial Fast**
or intermittent fasting. involves fasting during morning and afternoon; no eating between sun up and sun down.
- 4) Soul Fast**
removing things from your life such as tv, extra work, phone usage, sleeping in, gaming, watching news

HOW TO FAST

- Once you identify your type of fast. . .
- : Share with someone who can hold you accountable and encourage you.
- : Spend time in prayer and bible reading during the time you'd normally be doing what you are fasting.
- : Journal what you hear from God or from scripture in those times.

WHAT IF I MESS UP?

- : Do not beat yourself up.
- : Tell your friend/accountability partner.
- : Get back up and keep going.
- : If you need to adjust your fast due to health reasons, then do so and stick to it.
- : Remember you are not alone. Others are sacrificing also.
- : We are in it together.

MAXIMIZE THE FAST

- : Do not quit.
- : Be at church every week.
- : Be at CREW and share your wins and struggles with them.
- : Replace what you are fasting with prayer, bible reading, and worship.
- : Share experiences with others also fasting.
- : Treat the fast with faith and anticipation; not with dread and sadness.