

# **21 DAY FAST**

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***DAY FOUR***



# *FASTING FOCUS*

*Philippians 4:6-8 (NLT)*

6 *DON'T WORRY ABOUT ANYTHING; INSTEAD, PRAY ABOUT EVERYTHING. TELL GOD WHAT YOU NEED and THANK HIM FOR ALL HE HAS DONE.*

7 *THEN you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

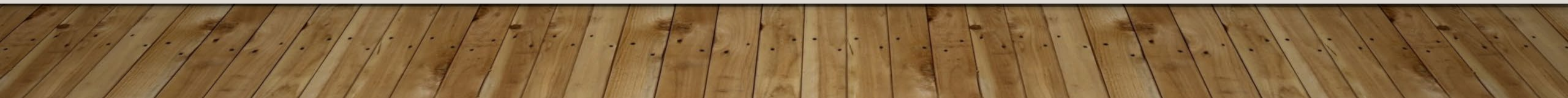
8 *And now, dear brothers and sisters, one final thing. FIX YOUR THOUGHTS on what is true, and honorable, and right, and pure, and lovely, and admirable. THINK ABOUT THINGS THAT ARE EXCELLENT AND WORTHY OF PRAISE.*

*TODAY I WILL NOT WORRY ABOUT IT...*

*TODAY I WILL PRAY ABOUT IT...*

*TODAY I WILL HAVE PEACE IN IT...*

*TODAY I WILL ONLY THINK ABOUT THE GOODNESS OF GOD!!!*



# Morning Prayer

## **DIRECTION**

**Proverbs 3:5-6**

*5 Trust in the Lord with all your heart, And lean not on your own understanding;  
6 In all your ways acknowledge Him, And He shall direct your paths.*

**Psalms 32:8**

*8 I will instruct you and teach you in the way you should go; I will counsel you and watch over you.*

**Psalms 139:23-24**

*23 Search me, O God, and know my heart; test me and know my anxious thoughts.  
24 See if there is any offensive way in me, and lead me in the way everlasting.*

## **DELIVERANCE**

**Psalms 34:17**

*When the righteous cry for help, the Lord hears and delivers them out of all their troubles.*

**Psalms 50:15**

*And call upon me in the day of trouble; I will deliver you, and you shall glorify me.*

**Psalms 107:20**

*He sent out his word and healed them and delivered them from their destruction.*





# Morning Prayer

## DELIGHT/DESIRES

*Psalms 37:4*

*4 Delight yourself in the Lord and he will give you the desires of your heart.*

*Psalms 37:11*

*11 But the meek shall inherit the land and delight themselves in abundant peace.*

*Psalms 20:4*

*4 May he grant you your heart's desire and fulfill all your plans!*

## DUE TIME

*1 Peter 5:6*

*6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.*

*Galatians 6:9*

*9 And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.*

## DOMINION

*Romans 6:14*

*14 For sin shall not have dominion over you, for you are not under law but under grace.*



# *Morning Prayer*

*Remind Yourself*

## *You Must Wait On God*

*Psalms 27:14*

*14 Wait on the Lord; Be of good courage, And He shall strengthen your heart; Wait, I say, on the Lord!*

*Isaiah 40:31*

*31 But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.*

## *You Must Trust God*

*Psalms 20:7*

*7 Some trust in chariots and some in horses, but we trust in the name of the Lord our God.*

## *You Must Believe That God Is Able*

*Ephesians 3:20-21*

*20 Now to him who is able to do immeasurably more than all we ask or imagine,  
according to his power that is at work within us,*

*21 to him be glory in the church and in Christ Jesus throughout all generations,  
for ever and ever! Amen.*



# *DAILY READING*

## *John 4*

### *What Is This Chapter Saying To Me?*

- ❖ *The Woman At The Well Knew Religion But Failed To Recognize Jesus*
  - ❖ *Jesus Knows Our History And Still Comes Into Our Lives*
  - ❖ *We Can Have An Impact On Others... Just Tell Your Story*
- ❖ *Vs. 34 ~ “My Food Is To Do The Will Of Him Who Sent Me” ~ That’s Our Assignment*
- ❖ *The Believed Because Of The Woman’s Testimony... After Spending Time With Jesus, Themselves They Came To Know Him Personally*
  - ❖ *Learn To Take Jesus At His Word!!!*

#### *Prayer*

*Lord, Use Me To Make An Impact On My Community  
I Do Not Need To Hide My History... You Already Know  
And Still Loves Me Unconditionally*

*DAILY MEDITATION  
THE WORD FOR MY WHY...*

*Spend Time Hearing From God!!!!*



# Evening Prayer

*Philippians 4:6-8 (NLT)*

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TELL GOD WHAT YOU NEED and THANK HIM FOR ALL HE HAS DONE.*

7 *THEN you will experience God's peace, which exceeds anything we can understand.  
His peace will guard your hearts and minds as you live in Christ Jesus.*

8 *And now, dear brothers and sisters, one final thing. FIX YOUR THOUGHTS on what is true,  
and honorable, and right, and pure, and lovely, and admirable.  
THINK ABOUT THINGS THAT ARE EXCELLENT AND WORTHY OF PRAISE.*

*What Caused You To Worry Today?*

*Pray About It Tonight!!!*

*Thank God For The Great Things That Happened Today!!!*

*Let Your Request Be Made Known For Tomorrow*

*What Are Expecting God To Do*

*What Are Experiencing That You Can't Handle*

