# 21 DAY FAST

DAY ONE

### 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

#### **ABIDE**

John 15:7

7 If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.

#### ASK

Matthew 7:7-8

7 "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 8 For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.

*Matthew 21:22* 

22 And whatever things you ask in prayer, believing, you will receive."

James 1:5

5 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

John 14:13-14

13 And whatever you ask in My name, that I will do, that the Father may be glorified in the Son.

14 If you ask anything in My name, I will do it.

#### **ANSWER**

Jeremiah 33:3

3 'Call to Me, and I will answer you, and show you great and mighty things, which you do not know.'

#### Morning Prayer

#### *ACKNOWLEDGE*

*Psalms 32:5* 

5 I acknowledged my sin to You, And my iniquity I have not hidden. I said, "I will confess my transgressions to the Lord," And You forgave the iniquity of my sin.

1 John 1:9 (NKJV)

9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

#### **ANXIETY**

Philippians 4:6

6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God...

1 Peter 5:7

7 casting all your anxieties on him, because he cares for you.

Matthew 6:34

34 "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

#### **ABUNDANCE**

**Ephesians 3:20-21** 

20 Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, 21 to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

## DAILY READING John 1

## What Is This Chapter Saying To Me?

- \* The Word Brings Life and Light to Every Situation {I need more light...I need more Word}
  - ❖ Am I a Witness Like John... Am I talking About The Light to those In Darkness?
  - ❖ John's testimony about the Light caused others to walk in the light... {Am I doing this?}
    - ❖ Andrew brought Simon to see Jesus... {Am I doing this?}
    - ❖ Philip brought Nathaniel to see Jesus.... {Am I doing this?}

#### Which Crowd Do I Fall In?

The Rejection Crowd ~ vs. 11... He came to his own people, and they rejected him The Reception Crowd ~ vs. 12... All those who believed him, he gave them the right to become Children of God

#### Prayer

Lord, Use Me Like to lead people to Christ... Use me to be a witness of your goodness

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

Spend Time Hearing From God!!!!

## Evening Prayer

Philippians 4:6-8 (NLT)

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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