

# **21 DAY FAST**

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***DAY EIGHTEEN***



# *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.*

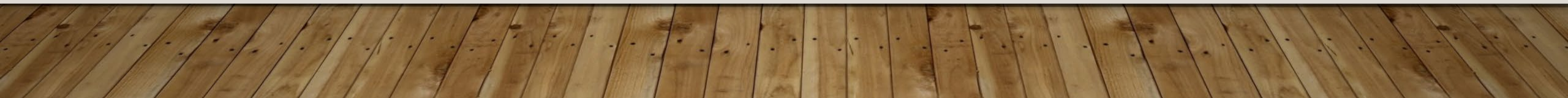
8 *And now, dear brothers and sisters, one final thing. FIX YOUR THOUGHTS on what  
is true, and honorable, and right, and pure, and lovely, and admirable.  
THINK ABOUT THINGS THAT ARE EXCELLENT AND WORTHY OF PRAISE.*

*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

## TRUST

### 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 56:3-4

3 Whenever I am afraid, I will trust in You. 4 In God (I will praise His word),  
In God I have put my trust; I will not fear. What can flesh do to me?

### Psalms 37:5

5 Commit your way to the Lord, Trust also in Him, And He shall bring it to pass.

### Isaiah 26:4

4 Trust in the Lord forever, for the Lord God is an everlasting rock.

### Psalms 40:4

4 Blessed is the man who makes the Lord his trust, who does not turn to the proud,  
to those who go astray after a lie!

### Psalms 118:8

8 It is better to take refuge in the Lord than to trust in man.



# Morning Prayer

## TRUST

*Psalms 28:6-7*

*6 Praise the Lord! For he has heard my cry for mercy. 7 The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.*

*Psalms 20:7*

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

*Job 13:15*

*15 Though He slay me, yet will I trust Him.*

## TEMPTATION

*1 Corinthians 10:13*

*13 No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape...*

*Matthew 26:41*

*41 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.”*

*Hebrews 2:18*

*18 For because he himself has suffered when tempted, he is able to help those who are being tempted.*



# *Morning Prayer*

*Remind Yourself*

## *I Was Created For A Purpose*

*Ephesians 2:10*

*10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*

*Proverbs 16:4*

*4 The Lord has made everything for its purpose, even the wicked for the day of trouble.*

*Psalms 138:8*

*8 The Lord will fulfill his purpose for me; your steadfast love, O Lord, endures forever. Do not forsake the work of your hands.*

*Proverbs 19:21*

*21 Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand.*

*Jeremiah 29:11*

*11 For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.*



# *DAILY READING*

## *John 18*

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

- ❖ *When You Face Adversity In Your Chapter 18 ~ Look Back At Your Chapter 17*
- ❖ *Jesus spent time in Prayer ~ Therefore He Was Prepared For Adversity*
- ❖ *Jesus made Prayer A Priority ~ This Prepared Him For Upcoming Problems*
- ❖ *Peter Operated In The Flesh, Because He Was Not Filled With The Holy Spirit*
- ❖ *Those With A Kingdom Mindset Respond To Adversity Differently Than The World*
  - ❖ *People Rejected Jesus Then.... And Are Still Rejecting Him Today!!!*

#### *Prayer*

*Lord, Give Me The Discipline I Need To Face Adversity With A Kingdom Mindset*

*Lord, In The Midst Of Adversity, Give Me The Power To Stand On Your Word*

*Lord, When Given A Choice..... I Choose You Every Time!!!!*

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

*Spend Time Hearing From God!!!!*

# Evening Prayer

*Philippians 4:6-8 (NLT)*

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His peace will guard your hearts and minds as you live in Christ Jesus.*

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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*

