

Seeking the Lord for Encounter and Breakthrough: 21 Days of Fasting *(September 29–October 19, 2011)*

I. DANIEL'S 21 DAY FAST (DAN. 10): NATIONAL AND INTERNATIONAL CRISIS

²*I, Daniel, was mourning three full weeks. ³I ate no pleasant food, no meat or wine came into my mouth...till three whole weeks were fulfilled...* ¹¹*He said to me, "O Daniel, man greatly beloved"...* ¹²*He said to me, " Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. ¹³But the prince [demonic principality] of the kingdom of Persia [Iran] withstood me twenty-one days; and behold, Michael, one of the chief princes [archangel] , came to help me...* ¹⁴*I have come to make you understand what will happen to your people in the latter days...* ²⁰*I must return to fight with the prince of Persia; and when I have gone forth...the prince of Greece will come. (Dan. 10:2-20)*

II. DANIEL'S FAST (DAN. 9): FOR SUPERNATURAL UNDERSTANDING

³*I set my face toward the Lord God...by prayer and supplications, with fasting...* ²¹*While I was speaking in prayer, the man Gabriel...²²talked with me, and said, "O Daniel, I have now come forth to give you skill to understand. ²³At the beginning of your supplications the command went out, and I have come to tell you, for you are greatly beloved; therefore...understand the vision: (Dan. 9:3-23)*

III. PRACTICAL DETAILS

- A. **When:** It starts on Thursday (Sept. 29) at 12am and ends on Wednesday (Oct 19) at 6pm
Who: We invite all to join the IHOP-KC leadership team in this 21-day fast.
- B. **Why:** For personal encounter with Jesus, to receive revelation of God's heart and will, the release of power in ministry, national crises, and for family members. We will seek the Lord with extended times of sitting at the feet of Jesus to pray and study Scripture. We encourage all to set aside as many regular meetings (ministry, social, leadership, etc.) as possible for this 21-day fast.
- C. **Corporate times:** We will use the two weekend evening services (Friday and Saturday) as our rally times to share "what the Lord is saying" to us as a leadership team throughout this fast. I will share parts of the prophetic history during these two meetings each weekend. We will use the Sunday FCF services to summarize some of what is shared on Friday and Saturday nights.
- D. **What:** Attend any 3 prayer meetings each day (or any six hours). The majority of the IHOP-KC leadership team committed to spend at least 6 hours each day in the prayer room for 21 days. Pick any six hours that you want. We realize that this will not be possible for all of our leaders. *(We consider our time in the EGS and FCF services as part of our 6-hour-a-day commitment).*

- E. **How:** Fast in the way the Lord leads in the areas of food, media and entertainment, etc. "Feeble fasting" has significant results. Daniel abstained from pleasant food, meat, and wine (Dan. 10:3).

³*I ate no pleasant food, no meat or wine came into my mouth... (Dan. 10:3)*

IV. THE PURPOSES OF THIS FAST

- A. To set our heart to seek the Lord: Daniel intentionally set aside seasons to seek God.
³I set my face toward the Lord God to make request by prayer... (Dan. 9:3)
¹²You set your heart to understand, and to humble yourself before your God... (Dan. 10:12)
- B. To confess our sin: To recommit our heart to 100-fold obedience and agreement with Jesus.
²⁰I was speaking, praying, and confessing my sin... (Dan. 9:20)
- C. To encounter God's love: An angel visited Daniel to tell him that he was God's beloved.
²³I have come to tell you, for you are greatly beloved...understand the vision... (Dan. 9:23)
¹¹And he said to me, "O Daniel, man greatly beloved, understand the words that I speak to you"... ¹⁸Then again... ¹⁹he said, "O man greatly beloved, fear not!" (Dan. 10:11-19)
¹⁵Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast. (Mt. 9:15)
- D. For a greater release of power: For healing, family members, and national and international crisis
¹⁵Lord, have mercy on my son, for he is an epileptic... ¹⁶I brought him to Your disciples, but they could not cure him. ¹⁹The disciples said, "Why could we not cast him out?"... ²⁰Jesus said, "Because of your unbelief... ²¹This kind does not go out except by prayer and fasting." (Mt. 17:15-21)
- E. For an open heaven: Angels are released by prayer with fasting for personal and national issues.
¹²Your words were heard; and I have come because of your words. (Dan. 10:12)
²³At the beginning of your supplications the command went out, and I have come... (Dan 9:23)
- F. For grace to understand: To receive more insight into God, His Word, and end-time plans.
²²O Daniel, I have now come forth to give you skill to understand. (Dan 9:22)
¹⁴I have come to make you understand what will happen to your people in the latter days... (Dan. 10:14)
- G. God promises to give His people grace to understand His heart and end-time plans.
³³And those of the people who understand shall instruct many... ³⁵And some of those of understanding shall fall [martyrdom], to refine them, purify them, and make them white, until the time of the end; because it is still for the appointed time. (Dan 11:33-35)
²⁰In the latter days you will understand it perfectly. (Jer. 23:20)