



## 21 Days of Prayer & Fasting in 2022

We are so glad that you have decided to join us this year with our church-wide prayer & fasting! We want to begin our new year with a clear focus on “drawing close to Him”. You will not regret your decision to keep this commitment and discipline yourself with prayer & fasting.

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present **a level of challenge**, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

**So we fasted and pleaded with our God about this, and he was receptive to our prayer.”  
Ezra 8:23 CSB**

### Why should I fast

- Are you in need of healing or a miracle?
- Are you in need of a fresh encounter?
- Do you desire a deeper, more intimate, and powerful relationship with the Lord?
- Are you ready to have heightened sensitivity to the desires of God?
- Do you need to break away from bondages that have been holding you hostage?
- Is there a friend or loved one that needs Salvation?
- Do you desire to know God’s will for your life?

**Dr. Bill Bright- founder of Cru (Campus Crusade for Christ - College Ministry) shares these valuable insights for fasting:**

If you do not already know of the power and importance of fasting, here are some very important facts:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, “when you fast,” not if you fast.
- Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, “I humble myself through fasting.”
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.



- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your **prayer life** into a richer and more personal experience.
- Fasting can result in a dynamic **personal revival** in your own life—and make you a channel of revival to others.
- Fasting and prayer are the only disciplines that fulfill the requirements of **II Chronicles 7:14**: “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”

## Types of Fasts

### 1. Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

### 2. Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the **Daniel Fast**, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

### 3. Partial Fast

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

### 4. Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

**ROMANS 12:1** I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service.

**MATTHEW 6:33** But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

**ISAIAH 58:6** not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

**Mark 9:29** And he said unto them, this kind can come forth by nothing, but by prayer and fasting.



## PREPARING YOUR FAST

If this is your first fast- start out simple and choose why you are fasting, make your commitment, then place yourself on a schedule.

### Morning - Before work

- Begin your day in praise and worship.
- Read and meditate on God's Word.
- Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.
- Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.
- Pray for His vision for your life and empowerment to do His will.
- **Receive daily texts from our staff** to encourage you through this process.

### Noon - Lunch break

- Return to prayer and God's Word.
- Take a short prayer walk.
- Spend time in intercessory prayer for your church, community's, and nation's leaders, for the world's unreached millions, for your family or special needs.

### Evening

- Get alone for an unhurried time of "seeking His face."
- If others are fasting with you, meet for prayer.
- Avoid television or any other distraction that may dampen your spiritual focus.
- When possible, begin and end each day on your knees with your spouse for a brief time of praise and thanksgiving to God.
- Longer periods of time with our Lord in prayer and study of His Word are often better spent alone.

We, as your church family, want to encourage you to seek the Lord in prayer and let your decisions about your biblical fasting **come from Him**. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

Your Corinth Family

*Video resources for* participating in 21 Days of Prayer & Fasting can be found on the websites of:  
Church of The Highlands  
Free Chapel Church