

A 21-DAY SEASON OF FASTING & PRAYING

DRAWING CLOSE TO JESUS THROUGH THE WORD, FAITH AND PRAYER

JANUARY 4 - 24, 2021

THE WORD

- **Read the Book of Ephesians**
 - Read one chapter of Ephesians a day for the duration of the fast, beginning with chapter one and reading sequentially. Once you complete chapter six, start the letter again with chapter one and repeat the cycle until the fast is complete.
 - Follow along with our Sunday teaching series on Ephesians in January.
- **Read the Gospel of John**
 - Read one chapter of the Gospel of John each day for the duration of the fast, beginning with chapter one and reading sequentially.
 - Follow along with our Wednesday Noon Bible Study Series on the Gospel of John in January.



FAITH

- **We are fasting for 21-days to increase our trust in Jesus and to free us from the idolatry of trusting in anything besides Him.**
- **Fast from both food and media.**
- **Please consult with your doctor about the severity of your fast. You are not expected to violate common sense health practices. There are plenty of fasting options from which to choose to support your health needs. If necessary, consider doing a media fast only.**
- **Commit to a fast of your choice. We list some recommendations below, but you are free to select something not listed:**
 - Do a **Daniel Fast**.
 - Do sundown fasting (No solid foods until sundown—or until dinner time).
 - Eliminate favorite go-to snacks, particularly ones with caffeine or sugar.
 - Skip one major meal a day.
 - Avoid social media.
 - Limit engagement with media to only what is necessary for work and safety.
 - Limit media engagement until sundown.
 - Eliminate media engagement after 12 Noon.
 - Pick certain days of the week to fast each week for the duration of the fast.
 - Pick a mixture of the options listed above, perhaps choosing a different kind of food fast each week.

FAITH *continued*

- The idea is to focus on Jesus, not the restrictions. Pick something you'll actually do, but also something that is sacrificial enough to foster spiritual growth.
 - Substitute food and/or media intake with prayer, Bible reading, spiritually-related media (e.g. Bible teaching/preaching), and other spiritual activities.
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PRAYER

- Commit to a scheduled time with God (at least 30 minutes) a day for the duration of the fast.
- The focus of your time with God should be prayer, but you are welcome to also spend that time in the Word. The two actually go together. Spending time in the Word is one of the ways we spend time with Jesus.
- Remember that prayer is as much about listening as it is about talking. Times of silence can be part of your devotion.
- Purchase a copy of *21 Days of Breakthrough Prayer: The Power of Agreement* ([on Amazon.com](https://www.amazon.com)).
 - Read the 21 devotions in the book, one for each day of the fast (about 3-4 minutes each).
 - Listen to the prayers connected to each devotion at www.acts413.net/21days or www.strategicrenewal.com/21days.
- Pray the prayers Paul prayed for the church in Ephesians 1:16-20; 3:14-20 (The following prayers are adapted from these versions of Scripture: ESV, NLT, AMP, MSG)
 - That God would give us the spirit of wisdom and revelation, a deep, personal and intimate insight into the true knowledge of Him.
 - That the eyes of our hearts, the very centers and cores of our beings, be flooded with light by the Holy Spirit.
 - That we see, know and cherish exactly what it is He is calling us to do in all of its hope.
 - That we understand the incredible greatness of God's power for us who believe—which is the same power that raised Jesus from the dead and seated Him in the place of honor at God's right hand in the heavenly realms.
 - That God, from His glorious, unlimited resources, empower us with inner strength through His Spirit.
 - That Christ makes His home in our hearts as we trust in Him.
 - That our roots grow down into God's love and keep us strong.
 - That we understand, as all God's people should, how wide, how long, how high, and how deep God's love is.
 - That we know and experience the love of Christ, though it is beyond our understanding.
 - That we are complete with all the fullness of life and power that comes from God.
 - All praise be to God who is able to carry out His purpose and do superabundantly more than all that we dare ask or think—infinately beyond our greatest prayers, hopes, or dreams—according to His power that is at work within us.
- Pray what Jesus prayed for the church in John 17:11, 17-18, 21 (The following prayers are adapted from these versions of Scripture: ESV, NLT, AMP, MSG)
 - That we are one as Jesus and the Father are one.
 - That we are of one heart and mind with Jesus and the Father (as they are with each other).
 - That the world may know that Jesus was sent by the Father.
 - That God keep and protect us from the evil one.
 - That God sanctify us (set us apart) in the truth.
 - That we are faithful to complete everything Jesus sent us in the world to do.