21-DAY FASTING FORMARD

21 Days of Prayer and Fasting Guide

PLEASE CONSULT YOUR PHYSICIAN

- Message: Before starting your fast, talk to your doctor, especially if you have health concerns. Make a plan for the foods you'll eat, considering your health needs.
- How-To: Outline your weekly meal plan, focusing on health and safety.

FOCUS YOUR FAST (Daniel 10:12)

- Message: Fasting means to abstain from specific things like meats, sweets, and alcohol for 21 days. It's a time for seeking God's direction, not a diet or a tool to gain favor. It's about self-denial and focusing on Christ.
- How-To: Set your intention for fasting. Dedicate time each day for prayer and reading the Bible.

WHAT NOT TO DO (Isaiah 58)

- Message: During the fast, be mindful of others' needs, keep your spirit and mind in check, and avoid approaching God with only personal desires. If you miss a day of prayer or Bible study, don't be hard on yourself. Support each other in this journey and limit distractions like social media.
- How-To: Create a supportive fasting community. Schedule daily prayer and meditation times. Consider a digital detox.

LIMIT DISTRACTIONS (Proverbs 4:24-27)

- Message: Be mindful of what you consume, including TV, social media, and conversations. Speak positively and protect your heart by monitoring your relationships.
- How-To: Set limits on screen time. Use your extra time for reflection, family, and community.

PRAY (Isaiah 30:21; 2 Chronicles 7:14; Matthew 17:21)

- Message: Prayer is essential. Replace meal times with prayer and meditation.
 Listen for God's voice during these quiet moments.
- How-To: Find times throughout the day for prayer, such as during your commute or on breaks.

FOOD FOR THE FAST (Jeremiah 15:16; Matthew 4:4; 2 Timothy 3:16-17)

- Message: While fasting from food, nourish your spirit with Scripture. The Bible is your source of spiritual sustenance.
- How-To: Plan daily Bible readings. Reflect on how each passage speaks to your life.

THE BLESSING OF PRESSING (Mark 1:13; James 1:12-14)

- Message: Fasting can be challenging, but stay committed. Seek strength in prayer,
 God's word, and your community.
- How-To: When tempted, turn to prayer and Scripture. Share your struggles and victories with your fasting community for support.

FASTING FORWARD 2024 21 Days of Prayer and Fasting

WEEK 1: Trust and Assurance

1/14 - Architect | Jeremiah 29:11 | 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. SONG: "He's In Control"

1/15 - Guide | Isaiah 58:11 | The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. SONG: Big

1/16 - Anchor | 1 Peter 5:7 | Cast all your anxiety on him because he cares for you. SONG: All In His Hands

1/17 - Partner | Isaiah 41:10 | So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. SONG: I Am Not Alone

1/18 - Defender | 2 Chronicles 20:17 | You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you, Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you. SONG: This Is How I Fight My Battle (Surrounded) 1/19 - Provider | Psalm 23:1 | The Lord is my shepherd; I shall not want. SONG: Psalm 23 (| Shall Not Want)

1/20 - Sustainer | Psalm 121:1-2 | I lift up my eyes to the mountains-where does my help come from? My help comes from the Lord, the Maker of heaven and earth. SONG: My Help

WEEK 2: Promise and Protection

- 1/21 Defense | Psalm 93:4 | Mightier than the thunder of the great waters, mightier than the breakers of the sea —the Lord on high is mighty. SONG: Lord You're Mighty
- 1/22 Strength | Psalm 18:1-2 | I love you, O Lord, my strength. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold. SONG: You Are My Strength
- 1/23 Grace | 2 Corinthians 12:9 | But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. SONG: Grace
- 1/24 Restorer | 2 Corinthians 4:8-9 | We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. SONG: The Corinthian Song
- 1/25 Shield | Psalm 28:7 | The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. SONG: God Is
- 1/26 Ever-present Help | Psalm 46:1 | God is our refuge and strength, an everpresent help in trouble. SONG: Total Praise
- 1/27 Covenant Keeper | Deuteronomy 7:9 | Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments. SONG: Covenant Keeping God

WEEK 3: Faith and Victory

work within us. SONG: He's able.

- 1/28 Navigator | Proverbs 3:5-6 | Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. SONG: I Trust You
- 1/29 Atmosphere Shifter | Exodus 14:21-22 | Then Moses stretched out his hand over the sea, and all that night the Lord drove the sea back with a strong east wind and turned it into dry land. The waters were divided, and the Israelites went through the sea on dry ground, with a wall of water on their right and on their left. SONG: Wind of God
- 1/30 Promise Keeper | 2 Corinthians 1:20 | For no matter how many promises God has made, they are 'Yes' in Christ. And so through him the 'Amen' is spoken by us to the glory of God. SONG: I Agree
- 1/31 Encourager | Joshua 1:9 | Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. SONG: No Reason To Fear
- 2/1 Dwelling Place | Matthew 6:33 | But seek first his kingdom and his righteousness, and all these things will be given to you as well. SONG: Chasing After You
- 2/2 Conqueror | 1 Corinthians 15:57 | But thanks be to God! He gives us the victory through our Lord Jesus Christ. SONG: Victory Belongs to Jesus 2/3 More Than Enough | Ephesians 3:20-21 | Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at