



**BREAD OF LIFE CHURCH**  
TRANSFORMING LIVES AND COMMUNITIES

# *Prayer and Fasting*

## *21-Day Fasting Guide*



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# BREAD OF LIFE CHURCH

## 21 DAYS OF PRAYING AND FASTING

As you pray about your involvement in the 21-Day Fast, we have put this Praying and Fasting document together for your education and preparation. Our fast starts on Sunday, March 27<sup>th</sup> 6AM and ends on Sunday, April 17<sup>th</sup> 6AM.

### ASKING FOR GOD'S HELP

2 Chronicles 20:3-9

3 And Jehoshaphat feared, and **set himself to seek the LORD, and proclaimed a fast throughout all Judah.**

4 And **Judah gathered themselves together, to ask help of the LORD:** even out of all the cities of Judah they came to seek the LORD.

5 And Jehoshaphat stood in the congregation of Judah and Jerusalem, **in the house of the LORD,** before the new court,

6 And said, O LORD God of our fathers, art not thou God in heaven? and rulest not thou over all the kingdoms of the heathen? and in thine hand is there not power and might, so that none is able to withstand thee?

7 Art not thou our God, who didst drive out the inhabitants of this land before thy people Israel, and gavest it to the seed of Abraham thy friend forever?

8 And they dwelt therein, and have built thee a sanctuary therein for thy name, saying,

9 If, when evil cometh upon us, as the sword, judgment, or pestilence, or famine, **we stand before this house, and in thy presence,** (for thy name is in this house,) **and cry unto thee in our affliction, then thou wilt hear and help.** KJV

## **The Need to Fast:**

1. It is a biblical way to truly humble oneself in the sight of God. *Ezra 8:21*
2. It brings revelation by the Holy Spirit of a person's true spiritual condition, resulting in brokenness, repentance and change.
3. It is a crucial means for personal revival because it brings the inner workings of the Holy Spirit into play in a most unusual, powerful way.
4. It helps us better understand the word of God by making it more meaningful, vital and practical.
5. It transforms prayer into a richer and more personal experience.
6. It can result in dynamic, personal revival; being filled with the Spirit and regaining a strong sense of spiritual determination.
7. It can restore the loss of one's first love for God.

## **Purpose of Fasting:**

We worship in fasting unto God not to gratify ourselves, but to become empowered to change the world! Fasting brings one into a deeper, more intimate, and powerful relationship with the Lord. When you eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God. God goes on to specify the kind of fast he chooses.

- a. In the Bible, we observe the people of God fasting for a variety of reasons:
  1. They were facing a crisis.
  2. They were seeking God's protection and deliverance.
  3. They had been called to repentance and renewal.
  4. They were asking God for guidance.
  5. They were humbling themselves in worship.
- b. *"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth; they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."* Matthew 6:16-18
  1. This passage comes right in the middle of Jesus' teaching on prayer and giving in Matthew 6. In this sermon, Jesus uses phrases like: "When you give" (v.2), "When you pray" (v.5), and "When you fast" (v.16).
  2. Jesus assumes that his audience will give, will pray, and will fast. Fasting is not an option. It is not an oddity. Fasting, according to Jesus, is a given.

c. In *Isaiah 58*, God's purposes are to:

1. Loosen the bonds of wickedness;
2. Undue heavy burdens;
3. Let the oppressed go free;
4. Break every yoke;
  5. Give bread to the hungry and provide the poor with housing;
  6. Allow the people light to break forth like the morning;
  7. Cause their health to spring forth speedily;
  8. Cause their righteousness to go before them
  9. Cause the glory of the Lord to be their reward (or rear guard).

d. Matthew 9:14-16 and Luke 18:9-14

### **Examples of Corporate Fasting:**

1. Judges 20:26 – Israel before battle against Benjamin
2. 2 Chron 20:34 – Judah
3. Jonah 3:5-9 – People of Nineveh
4. People of Judah (During the reign of Jehoiakim)
5. Luke 5:33 – Pharisees/Disciples of John the Baptist
6. Mark 8:2-3 – Multitudes following Jesus
7. I Samuel 7:5-6
8. Ezra 8:21-23
9. Nehemiah 9:1-3
10. Joel 2:15-16
11. Jonah 3:5-10
12. Acts 27:33-37

### **Examples of Individual Fasting:**

1. Jesus – Luke 4:1-2
2. Ahab – 1 Kings 21:4-5
3. Moses – Exodus 34:28
4. Nehemiah – Nehemiah 1:4
5. Cornelius – Luke 2:36-37
6. Daniel – Daniel 10:2-3
7. Elijah – 1 Kings 19:8

### **Relation to Prayer and Reading of the Word:**

1. I Samuel 1:6-8, 17-18
2. Nehemiah 1:4
3. Daniel 9:3, 20
4. Joel 2:12
5. Luke 2:37
6. Acts 10:30
7. Acts 13:2
8. I Cor. 7:5

### **Results of Fasting:**

1. Increased spiritual authority;
2. Receive divine affirmation of ministry;
3. Obtain new direction for ministry;
4. Gain new insight during bible study that becomes foundational truths for ministry;
5. Enhanced desire to pray;
6. Affirmation through “sense of destiny” experiences;
7. New power for spiritual warfare;
8. Guidance and liberty for workers in ministry;
9. Victory over satanic strongholds;
10. Assurance of divine protection;
11. An increased sense of God’s presence;
12. A breaking of attitudes and policies hindering progress in a new ministry;
13. Times when prayer becomes enhanced as a means of effectively wrestling with issues.
14. A renewed closeness with God and a greater sensitivity to spiritual things are usually the results of a fast. Do not be disappointed if you do not have a "mountaintop experience". Some who have completed extended fasts tell of feeling a nearness to God that they have never before known, but others who have honestly sought His will report no particular outward results at all. For others, their fast was physically, emotionally, and spiritually grueling, but they knew they had been called by God to fast, and they completed the fast unto Him as an act of worship. Despite your feeling, God will bring true revival to the body of Christ, Bread of Life Church, Greater Cincinnati, United States of America and the entire Universe will be impacted through our corporate prayer and fasting.
15. No two people will experience the same effects of a fast because no two people go into it in exactly the same condition or with the same needs. But if you sincerely humble yourself before the Lord in repentance, intercession, worship, and consistently meditate on His word, you will

experience a heightened awareness of His Presence. Your confidence and faith in God will be strengthened, and you will feel mentally, spiritually, and physically refreshed.

16. Our motive in fasting is to glorify God, not to have an emotional experience, and not to attain personal happiness. When our motives are right, God will honor our seeking hearts and bless our time with Him in a very special way.

### **When to Fast:**

Once you understand the purpose and benefits of fasting, you are free to proclaim a fast whenever you sense the desire to draw close to God in a dynamic way or feel the need to seek help from God. You should also fast when you are led or prompted by the Holy Spirit. Always remember *Philippians 2:13*. It is God who works in you to will and to act according to His good pleasure.

### **How to begin fast:**

1. Set an objective; the reason you are fasting will sustain you during your fast. *II Chronicles 7:14*
2. Lay a spiritual foundation. Prepare yourself spiritually. Confess your sins to God and ask for forgiveness. *1 John 1:9*
3. Make physical preparation. Do not rush into a fast (start eating smaller portions of food prior to going into a fast). Some suggest fruit, vegetables, and raw food prior to fasting. If you choose to participate in a **food fast**, do not eat late into the night.
4. Ask the Holy Spirit to reveal the kind of fast God wants you to undertake.
5. As you enter this time of heightened spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible reading time. When you realize the enemy is trying to discourage you, immediately go to God in prayer and ask Him to strengthen you in the face of difficulties and temptations. **If you fail, don't give in to condemnation.**
6. The **to fast or not to fast dilemma** can be a major tool of the enemy. Even though you may fail several times, God always extends grace.
7. Prepare for opposition from directions you would least expect it. During your fast, donuts may appear in the class room or office break room. Your favorite "food" commercials may pop up and all you can think about is getting the 21 days over. Your spouse or your mom may suddenly be inspired to cook your favorite meals. Press through. You may feel **more tension at home** – fasts are just as difficult for those around you as they are for you.

8. Satan tempted Jesus on the fast, and we must expect the same. Discouragement may come like a flood but recognize the source and take your stand in the victory of Jesus Christ.
9. The enemy makes you a target because he knows that fasting is a powerful Christian discipline and that God will have something very special to show you as you wait upon Him and seek His will for Revival. Satan does not want you to grow in your faith, and will do anything from making **you hungry and grumpy to bringing up trouble in your family or at work to stop you**. Make prayer your shield against such attacks.
10. Don't get so caught up in praying for yourself and others that you forget to reverence and praise God. **True spiritual fasting focuses on God**. Center your total being on Him, your attitudes, your actions, your motives, desires, and words. This can only take place if God and the Holy Spirit are at the center of our attention. Confess your sins as the Holy Spirit brings them to your attention and continue to focus on God and God alone so that your prayers may be powerful and effective.
11. Consider your medication; a doctor's guidance is a must.
12. Plan your prayer time; the more time you spend with Him to fellowship, worship and adoration, and the more you read and meditate on His word during your fast, the greater your effectiveness will be in prayer and the more meaningful your fast will be.
13. Change your routine during the fast period.
  - a. Spend time alone in a secluded place at work instead of going to lunch with your co-workers
  - b. Spend more time reading God's word and less time on telephone or Television.

### **Choosing your Fast:**

1. There are many types of fasts, and the option you choose depends upon your health, the length of the fast, and your preference:
  - a. **Daniel Fast:** Eat no meat, no sweets and no breads. Eat fruits and vegetables and drink only water.
  - b. **Full or Water Fast** – means to abstain from all food and juices. Drink only liquids; water, 100% juice and clear broth.
  - c. **A Partial Fast** – means to eliminate certain foods or specific meals. This fast is from 6:00 a.m. to 3 p.m. or from sun-up to sundown. A partial fast can be any type of fast.
  - d. **A "Juice" Fast** – means to drink only fruit or vegetable juices during mealtimes.

- e. **A Detox Fast:** You may go to your doctor or a reputable health store and look at various detox fasts to do during this time.
  - f. You may not be able to do any of the above fast due to health reasons or others. Pray about fasting from the
    - 1. **television, telephone, people** (discipline of solitude),
    - 2. **speech** (discipline of silence)
2. One of these types should fit most people. It is recommended that you not **chew gum** or **drink beverages with caffeine** during your fast.
  3. We suggest that you do not **drink milk** because it is a pure food and therefore a violation of the fast. Any product containing protein or fat, such as milk or soy-based drinks, should be avoided. These products will restart the digestion cycle and you will again feel hunger pangs.
  4. Also, for health reasons stay away from caffeinated beverages such as **coffee, tea, or cola**. Caffeine is a stimulant, and has a more powerful effect on your nervous system when you abstain from food. This works both against the physical and spiritual aspects of the fast.
  5. Another key factor in maintaining optimum health during a fast is to limit your **physical activity**. Exercise moderately. Walking a mile or two each day at a moderate pace is acceptable for a person in good health, and on a **juice fast**. However, when on water **fast** you should pray, use much caution and speak to a physician prior to exercising.
  6. Rest your body. Get plenty of rest. Try to get to bed by 10:00 each night or 8 hours of sleep.
  7. Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father. Be devoted in seeking God, even (and especially) during those times in which you feel weak, vulnerable, or irritable.
  8. When possible read His Word and pray during what were mealtimes. If you should awaken in the night, pray and meditate on Him. This may be a good time to practice "praying without ceasing" as you seek His presence. Consider doing a "**prayer walks**" in the evening.
  9. The prospect of going without food for an extended period of time may be of concern to some. But there are ways to ensure that your body is getting the nutrients it needs so you can remain safe and healthy during your fast.
  10. If you are beginning a **juice fast**, there are certain juices you may wish to avoid and certain ones that are especially beneficial. Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue. The best juices are made from fresh water-melon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. You may find the following daily schedule helpful during your fast:



**5:00 a.m. - 8:00 a.m.**

Fruit juices, preferably freshly squeezed or blended, diluted in 50 percent distilled water if the fruit is acid. Orange, apple, pear, grapefruit, papaya, grape, peach or other fruits are good. If you can not do your own juices buy juices without sugar or additives.

**10:30 a.m. - noon**

Fresh vegetable juice made from lettuce, celery, and carrots in three equal parts.

**2:30 p.m. - 4:00 p.m.**

Herb tea with a drop of honey. Make sure that it is not black tea or tea with caffeine.

**6:00 p.m. - 8:30 p.m.**

Broth from boiled potatoes, celery, and carrots (no salt). After boiling about half an hour, pour the water into a container and drink it.

**Put Yourself on a Schedule**

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

**Morning:**

1. Begin your day in praise and worship
2. Read and meditate on God's Word, preferably on your knees
3. Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13
4. 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.
5. Pray for His vision for your life and empowerment to do His will.

**Noon:**

1. Return to Prayer and God's Word.
2. Take a short prayer walk
3. Spend time in intercessory prayer for your community, nation leaders, for the lost, for your family or special needs.

**Evening:**

1. Get alone for an unhurried time of "seeking His Face"
2. If others are fasting with you, meet together for prayer
3. Avoid television or any other distractions 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.

## **Juice Fast Recipes**

### **10 Oz. of Lemonade Juice (some people drink the lemonade juice for an entire fast along with plenty of water.**

2 Tablespoon of Dark A 100% Maple Syrup  
2 Tablespoon of Fresh squeezed lemon juice  
Touch of Red Pepper or Cayenne Powder

\*In the evening take a non-caffeine detox tea like an “everyday detox tea”.

### **Carrot-Vegetable Juice**

A handful of dandelion leaves  
1 kale leaf  
4 carrots  
Fresh mint, basil or coriander leaves  
4-5 cube ice  
Wash with filtered or distilled water, cut and put in juicer.

### **Peach Juice**

2 or 3 peaches  
4-5 cube ice  
Wash with filtered or distilled water, cut and put in juicer

### **Carrot-Apple Juice**

2-3 Green Apples  
1 carrot  
Fresh basil leaves  
4-5 cube ice  
Wash with filtered or distilled water, cut and put in juicer.

4-5 cube ice  
Peel the grapefruit and orange and put through your juicer.

### **Citrus Wakeup Juice**

1 grapefruit  
1 orange  
4-5 cube ice  
Peel the grapefruit and orange and put through your juicer.

## **Partial Fast (Daniel Fast) Recipes**

### **Home Made Tomato Soup**

#### **Ingredients:**

- 2 lbs. whole tomatoes
- 4 cups soy milk
- 1/2 teaspoon salt and pepper to taste

#### **Preparations:**

1. Place diced tomatoes on a pan.
2. Put soy milk in separate pan, begin heating both--do not boil.
3. When tomatoes are hot, but not boiling, stir in 1/8 teaspoon salt and pepper and stir.
4. Pour into milk and stir.
5. Remove from heat.
6. More salt and pepper can be added to improve taste

Tomato Soup Recipe prep time: 10 minutes

Tomato Soup Recipe cook time: 10 minutes

#### **Websites for Juice Fast recipes and Partial (Daniel Fast) Recipes:**

1. <https://ultimatedanielfast.com/recipes/>
2. <https://danielfast.wordpress.com/2007/12/13/types-of-fasting/>

#### **How to break your fast:**

- a. Depending on the length of your fast, different precautions must be taken. Rushing back into solid food on your digestive tract can create problems.
- b. It is wise to start with a little soup or something thin and nourishing, such as vegetable broth or fresh fruit. As your body accepts these foods, advance to tablespoons of solid foods, such as raw fruits and vegetables, or a raw salad and baked potatoes.
- c. Suggested approach to breakfast:
  1. First Day: Add a raw salad
  2. Second Day; Add baked or boiled potato, no butter or seasoning
  3. Third Day: Add a steam vegetable
  4. Thereafter: Begin to reintroduce your normal diet. If you are not eating healthy then I recommend that you consider changing your diet to a healthier one.

**On your first few days of fasting, remember:**

1. Drink lots of water
2. Keep your focus and avoid temptation
3. Remember your fast and its purpose
4. Get with an accountability partner or group

**Physical Challenges:**

1. You will experience hunger pains and cravings.
2. You may experience headaches. If you do, it very likely that your body is getting rid of toxins that have built up over a period of time.

*“Fasting is like spring cleaning for your whole digestive system a break, and, medically speaking, that is very healthy. If you experience a headache while fasting, it is a sign that you needed to fast. The headaches are a result of the impurities and poisons the body is burning for energy. After three days the headaches usually disappear.”- Jentezen Franklin*

## **Week One: Purification/Consecration {1 Peter 1:16, NKJV}**

### **Day One: Self-examination – Scripture References- {Psalms 26:2, Lamentation 3:40-42, Galatians 6:3, 4}**

*Examine me, O Lord, and prove me; Try my mind and my heart. And according to your word Father cleanse me. Father let us search out and examine our ways, And turn back to the Lord; Let us lift our hearts and hands to God in heaven. We have transgressed and rebelled; you have not pardoned. Father forgive me of any thing that is in my life that has caused me not to walk up right in your sight. For if anyone thinks himself to be something, when he is nothing, he deceives himself. But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. For each one shall bear his own load. In Jesus name I pray, Amen.*

Today's Quote:

“Tragically, precious little in this hurried and hassled age promotes such intimacy. We have become a body of people who look more like a herd of cattle in a stampede than a flock of God beside green pastures and still waters.”-Charles Swindoll “*Intimacy with the Almighty*”

### **Day Two: Unconfessed Sins - Scripture References- {Psalms 32:5, Psalms 139:23-24, I John 1:9-10}**

*Lord, today I acknowledge my sin to You, and my iniquity I have not hidden. I said, “I will confess my transgressions to the Lord and you forgave the iniquity of my sin. I ask you Lord to search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the way everlasting. For Your word Lord says that if I confess my sins (confess all of your sins now, such as, unforgiveness, worry, lying, backbiting, lust of the eye, lust of the flesh, pride, manipulation, anything that separates you from a relationship with Jesus, etc.) You are faithful and just to forgive us our sins and to cleanse us from all unrighteousness. Therefore, God if we say that we have not sinned, we make you a liar, and your word is not in us. And Father I know that your word is truth. In Jesus name I pray, Amen.*

Today's Quote:

“Our forefathers knew, it seems, how to communicate with the Almighty...but do we? We must learn anew to think deeply, to worship meaningfully, to meditate unhurriedly.” – Charles Swindoll “*Intimacy with the Almighty*”

### **Day Three: Removing of Idols – Scripture Reference- {I John 5:21}**

*Father I ask that You show me anything that has become an idol (something you have put above your relationship with God, your wife, husband, children, your material possessions, your job) in my life. Things God that I have made*

*to be my god. I confess them to you Lord (say what they are) and say that I will keep myself from idols, and learn to put Jesus above anything or anyone that has become more to me than you Lord. In Jesus name I pray, Amen.*

Today's Quote:

“Jesus, while being a very public figure, was actually a very private person. You do not see Him praying in public nearly as much as you see Him praying in private. In fact, our Savior was so committed to prayer that He would often pray for hours on end, even all through the night. He seemed to crave intimate moments alone with His father in Heaven.” – Jentezen Franklin

**Day Four: Clarity of Mind – Scripture References - {Isaiah 26:3, Romans 12:2, Philippians 2:5, Colossians 3:2}**

*Father, thank You that as I keep my mind stayed on You, You will keep me in perfect peace. Because I will trust in you. Father I will not be conformed to this world, but I will be transformed by the renewing of my mind, that I may prove what is that good and acceptable and perfect will of God. Thank You Lord that because I have the mind of Christ I will understand and know when the Holy Spirit is speaking to my heart. I will purpose in my heart to set my mind on things above, and not on things on the earth. In Jesus name, Amen!*

Today Quote:

“I have seen people who have never fasted before experience marvelous breakthroughs in their lives. If you are ready to bring supernatural blessings into your life and release the power of God to overcome any situation, begin today making the discipline of fasting a part of your life. God is no respecter of persons...what He has done in our church, in the lives of our members; He will do for you when you set your heart to seek Him through fasting.” - Jentezen Franklin

**Day Five: Worshipping God – Scripture Reference- {John 4:23-24}**

*Father according to Your word the hour is coming, and now is when the true worshipers will worship the Father in spirit and in truth; for You, Father are seeking such to worship You. Help me Father to become that true worshiper that you are seeking. God, You are Spirit, and those who worship must worship in spirit and truth. Amen.*

Today's Quote:

“As important and intriguing as divine depths might be, they defy discovery by the natural means of our minds. He reserves these things for those whose hearts are completely His...for those who take the time to wait before Him. Only in that way can there be intimacy with the Almighty.”

- Charles Swindoll “Intimacy with the Almighty”

**Day Six: Intimacy with God {Psalm 63:1-8} Pray this Psalm back to God make it a personal confession all day.**

Today’s Quote: “*Intimacy with God is not experienced through monolog prayers but through reflective listening as well as earnest petitioning.*” — Gary Rohrmaye

**Day Seven: Commitment to Fast – Scripture References- {Psalms 37:4, Psalms 119:89-91, TLB; Proverbs 16:1-3, NIV; Isaiah 58:6-8, TLB; Matthew 6:17,18, TLB; I Thessalonians 5:23, I John 5:14,15}**

*Father, I consecrate this fast to You and set my mind to gain understanding in these matters for which I am concerned. (Write your concerns out and keep them before your eyes. Do not lose sight of the reason for your fast.) I humble myself before You, Most High God. In accordance with Daniel 10:1-3, I will eat no (whatever you have chosen to abstain from) for the period of twenty one days. I obey the words of Jesus by putting on festive clothing, so that no one will suspect that I am fasting. Father, You know every secret, and I look to you for my reward. I am assured that you hear me when I pray according to your will, and I know that I shall have the petitions that I desire of you. Father, I delight myself in You, and You cause my desire to be agreeable with your will. I choose the fast you have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke. I share my food with the hungry and provide the poor wanderer with shelter. When I see the naked, I will clothe him, and I will turn away from my own flesh and blood. Then my light will break forth like the dawn, and my healing will quickly appear; then my righteousness will go before me, and your glory, Lord, will be my rear guard. Father, thank You for cleansing me- spirit, soul, and body. All my ways seem innocent to me, but my motives are weighed by you, my Lord and my Master. I commit this fast to you, and my plans will succeed. I thank you that it is you who gives wise answer of the tongue. Forever, O Lord, Your Word stands firm in heaven. Your faithfulness extends to every generation, like the earth you created; it endures by your decree, for everything serves your plans. In Jesus name, amen.*

Today’s Quote:

“I have not departed from the commandment of His lips; I have treasured the words of His mouth more than necessary food.”- Job 23:12 (NKJV)

## **Week 2: Healing and Deliverance**

### **Day Eight: Spiritual Healing – Scripture References –{ 2Corinthians 5:17, Philippians 3:13, Ephesians 6:10-13}**

*Today Lord I commit myself to you for healing in every area of my life. I ask that whatever wounds or offence I may have received through any other ministry, or false beliefs about the body of Christ, is OVER! Your word says that therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. Father I desire to have the new in my life and the ministry you have placed me in. I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead. Finally, I will be strong in the Lord and in the power of His might. I will put on the whole armor of God, that I may be able to stand against the wiles of the devil. For I do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of darkness of this age, against spiritual hosts of wickedness in the heavenly places. I will take up the whole armor of God that I may be able to withstand in the evil day, and having done all, to stand. In the name of Jesus I pray and believe it to be done! Amen!*

Remember, Paul was fasting when God called him and shared the assignment for his life, and Peter was fasting on the rooftop when God gave him a new revelation and called him to take the gospel to the Gentiles. What will God reveal to you during your Fast?

Are you listening? Every assignment God gives you has a birthplace. What is He saying to you today?

Today's Quote:

“Do you want to hear the voice of the Creator? Do you want to know Jesus more deeply? Do you want to know the direction He desires you to take? I do. I am convinced that we will never walk in the perfect will of God until we seek Him through fasting. God knows your hunger...but He also knows that what you need is living Water and the Bread of Life. Taste and see that the Lord is good!” – Jentezen Franklin



**Day Nine and Ten: The Body of Christ – Scripture References-  
{Ephesians 1:22-23NKJV, Ephesians 4:4-6,15-16,6:18-19 MESSAGE,  
Hebrews 10:23-25 MESSAGE, Colossians 3:12-15NKJV}**

*Father, You put all things under the feet of Jesus and gave Him to be head over all things to the Church, which is His Body, the fullness of Him who fills all in all. We were dead in trespasses and sins, but you made us alive! Christ is our Peace, and we are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God. Jesus is our Cornerstone. Father, You want us to grow up, to know the whole truth and to tell it in love- like Christ in everything. We take our lead from Christ, Who is the source of everything we do. He keeps us in step with each other. His every breath and blood flow through us, nourishing us so that we will grow up healthy in God, robust in love. May we be filled with the knowledge of your will in all wisdom and spiritual understanding. As the elect of God, holy and beloved, we put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another and forgiving one another. If we have a complaint against another, even as Christ forgave us, so we must also do. Above all things, we put on love, which is the bond of perfection, and let the peace of God rule in our hearts, to which also we were called in one Body and we are thankful. Full of belief, confident that we're presentable inside and out, we keep a firm grip on the promises that keep us going. Father, you always keep your word. Now we will see how inventive we can be in encouraging love and helping out, not avoiding worshipping together as some do, but spurring each other on, especially as we see the big day approaching. Since we are called to travel on the same road and in the same direction, we will stay together, both outwardly and inwardly. We have one Master, one faith, one baptism, one God and Father of all, who rules over all, works through all, and is present in all. Everything we are and think and do is permeated with oneness. Father, we commit to pray for one another, keeping our eyes open and keeping each other's spirits up, so that no one falls behind or drops out. Also, we pray for our spiritual leaders that they will know what to say and have the courage to say it at the right time. We are one in the bond of love, in the name of Jesus.*

God will not allow you to give in to temptation! Remember your dream to complete the fast and keep your feet on the path of righteousness.

Today's Quote:

“Hold on to your dream, and let it hold on to you. Joseph knew terror in the pit and frustration in the prison, but he never lost his dream. – Mark Rutland

Dream

**Day Eleven: Healing the Nations – Scripture References-  
{Luke21:11,25,26 ,Matthew 5:5, 16:3, 26:41, James 4:10, 5:16, 1Peter 3:4,  
Psalm 51:7NIV, 139:23, Isaiah 6:6-7NIV, 1Timothy 2:1, John 7:38,  
Revelation 22:1-2}**

*Father, in the name of Jesus, we come before You to claim Your promise in 2 Chronicles 7:14 AMP; “If My people who are called by My name shall humble themselves, pray, seek, crave, and require of necessity My face and turn from their wicked ways, then will I hear from heaven, forgive their sin, and heal their land.” We are your people called by your name. Thank You for hearing our prayers and moving by your spirit in our land. There are famines, earthquakes, floods, natural disasters, and violence occurring. Men’s hearts are failing them because of fear. Lord, Your Son, Jesus, spoke of discerning the signs of the times. With the Holy Spirit as our Helper, we are watching and praying. We desire to humble ourselves before you, asking that a spirit of humility be released in us. Thank you for quiet and meek spirits, for we know that the meek shall inherit the earth. Search us, O God, and know our hearts; try us, and know our thoughts today. See if there be any wicked way in us, and lead us in the way of everlasting. Forgive us our sins of judging inappropriately, complaining about, and criticizing our leaders. Cleanse us with hyssop, and we will be clean; wash us, and we will be whiter than snow. Touch our lips with coals from your altar that we may pray prayers that avail much for all men and women everywhere. Lord, we desire to release rivers of living water for the healing of the nations. In the name of Jesus, amen.*

*“If my people who are called by 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 heal their land.” 2Chronicles 7:14 (NKJV)*

Today’s Quote:

“Fasting and praying will provide the perspective of God that can only be described as magnification as His perfect will, His presence and His power come into focus with greater clarity than ever thought possible.” – Jentezen Franklin

**Day Twelve: Breaking Generational Curses - Scripture References-**

*Behold, I give you the authority to trample on serpents and scorpions, and over ALL the power of the enemy, and nothing shall by any means hurt you." (Luke 10:19)*

*Father, Your Word has told us in Matthew 10:1 and Mark 6:7 that we would have your power and your authority to be able to cast out all demons and unclean spirits.*

*Father, in Jesus name, I now want to take the authority You have given to us from the above three verses to trample over all of the power of my enemies, and to cast out any demons and unclean spirits that are attempting to come against me in these demonic attacks.*

*Father, in the name of Jesus, operating under your full power and under your full authority - I now take full authority over curse line and break every single part of them that these demons may be feeding and operating on.*

*Father, in the name of Jesus - I now break each and every part of any curse line in my family. In the name of Jesus - I command it to be fully broken right now - now and forevermore! I repeat - I now command every single inch of this curse line to be completely broken and completely severed in the name of Jesus Christ!*

***What was your reason for starting this fast? Have you had a spiritual awakening? God is rejoicing in your dedication – thank Him for His strength.***

Today's Quote:

"If you are in a rut or a routine where your worship just isn't cutting it...if you have not heard God speak to you in a long time...if your circumstances seem to be the biggest obstacle in your life...stop everything and begin a fast." – Jentezen Franklin

**Day Thirteen: Salvation for the Unsaved – Scripture References-**

**1Timothy 2:1,2 AMP, 2 Timothy 2:26 AMP, Romans 2:4, Romans 15:21 AMP, 2 Corinthians 10:3-5 NLT, Matthew 9:38**

*Father, it is written in Your Word, "First of all, then, I admonish and urge that petitions, prayers, intercessions, and thanksgivings be offered on behalf of all men". Therefore, Father, we bring the lost of the world this day – every man, woman, and child from here to the farthest corner of the earth- before you. As we intercede, we use our faith, believing that thousands this day have*

*the opportunity to make Jesus their Lord. Father, we know that Satan would prevent these from hearing truth, if possible. We are human, but we don't wage war with human plans and methods. We use God's mighty weapons to knock down the devils strongholds. With these weapons we break down every proud argument that keeps people from knowing God. With these weapons we conquer their rebellious ideas and teach them to obey Christ. We ask the Lord of the harvest to thrust the perfect laborers across these lives this day to share the good ness of the Gospel in a special way so that they will listen and understand it. We believe that they will not be able to resist the wooing of the Holy Spirit, for You, Father, bring them to repentance by your goodness and love. We confess that they shall see who have never been told of Jesus. They shall understand who have never heard of Jesus. And they shall come out of the snare of the devil that has held them captive. They shall open their eyes and turn from darkness to light from the power of Satan to You, God! In Jesus name, Amen!*

“Proclaim this among the nations: Prepare for war! Wake up the mighty men, Let all men of war draw near, Let them come up...Multitudes...multitudes in the valley of decision! For the day of the Lord is near in the valley of decision.”- Joel 3:9-14

**Day Fourteen: Guidance and Deliverance. – Scripture References - 1Corinthians 10:13, James 1:2-3, James1:13AMP, Galatians 1:4-5, Ephesians 3:20, Matthew 26:41 AMP**

*There is no temptation taken me but is such as is common to man: But God is faithful, Who will not suffer me to be tempted above that which I am able; but with the temptation also make a way to escape, that I may be able to bear it. I count it all joy when I fall into various temptations; knowing this- that the trying of my faith worketh patience. I will not say when I am tempted, “I am tempted from God”; for God is incapable of being tempted by (what is) evil, and He Himself tempts no one. Thank You, Jesus, for giving Yourself for my sins, that You might deliver me from this evil present world, according to the will of God and our Father: to Whom be glory for ever and ever. Father in the name of Jesus, and according to power that is at work in me, I will keep awake (give strict attention, be cautious) and watch and pray that I may not come into temptation. In Jesus name, Amen.*

## **Week 3: Bread of Life Church**

### **Day Fifteen: Bread of Life Church**

Pray for God to raise up new ministries; pray according to **Ephesians 1:15-23** that we will know what God wants us to know and impart to others. Pray according to **Ephesians 3:14-21** that we will know what God wants to have and experience. Pray according to **Philippians 1:9-11**; what God wants us to be and, **Colossians 1:9-12**, what God wants us to do.

**Bread of Life Members:** God, place in the body faithful, servant-hearted members that will serve in the ministry – that will do their part in order to feel a part. They will identify their God-given gifts and talents to serve the ministry and membership. They will be both ministers and missionaries.

### **Unity of our Tongue in the Bread of Life Family**

**Pray that we speak the same thing and there is no division among us, but we are perfectly joined together in the same mind and the same judgment.**

### **Psalm 141:1-4 A Psalm of David.**

1LORD, I call upon You; hasten to me. Give ear to my voice when I cry to You. 2Let my prayer be set forth as incense before You, the lifting up of my hands as the evening sacrifice. 3Set a guard, O Lord, before my mouth; keep watch at the door of my lips. 4Incline my heart not to submit or consent to any evil thing or to be occupied in deeds of wickedness with men who work iniquity; and let me not eat of their dainties.

You arise God, and you have mercy upon Bread of Life Church, for this is your set time to favor us. **Psalms 102:13 KJV.** Thou shalt arise, and have mercy upon Zion, for the time to favour her, yea, the set time is come.

At Bread of Life we are encouraged in heart and united in love, so that we now have the full riches of complete understanding, so that we are knowing the mystery of God, namely You, Jesus. **Reference: Colossians 2:2 NIV**

The membership at Bread of Life Church is glad to say, “Let us go to house of the Lord.” **Reference: Psalm 122: 1 KJV.**

Thank you, God you have made Bread of Life Church the head and not the tail. We are above and not beneath, having the upper hand in every situation. **Reference: Deut. 28:13 KJV**

O Lord, remember Bread of Life Church with the favor You give unto Your people. You visit us with your salvation. We now share with your chosen ones' prosperity and rejoice in all their joys, and receive the glory of your inheritance that You have for us.

**Reference: Psalm 106: 4-5 KJV**

**Day Sixteen: Our Pastor and Their Family – Scripture References- {Jeremiah 3:15, Matthew 13:8, 2Timothy 1:6, Proverbs 3:9-10, Isaiah 59:19, Ephesians 3:20, 1Samuel 16:18, Proverbs 3:15 }**

*Father, thank You for sending Pastor Marc and Sarah Starks to us. Father, You said in Your word that You would give us Shepherd's according to Your heart, who would feed us with knowledge and understanding.*

*Father let the words that you place in Pastors Marc and Sarah mouths fall on good ground and yield a crop. He who has ears to hear will hear. Father stir up the gifts you placed inside them. Thank You Lord, that as they honor You with their possessions, And with the first fruits of all their increase; So their barns will be filled with plenty, And their vats will overflow with new wine. Father, protect them from the plans of the enemy, You said when the enemy rushes in like a flood, You, Father will lift up a standard against him. Father, let everything you have placed in their hands or given them watch over be blessed. Surround them with people who will honor and pray for them according to your word. Father do exceedingly, abundantly, above all that they may ask or think, according to the power that is at work in them. Thank You Lord that Pastor Marc is a mighty man of valor and First Lady Sarah's value is more precious than rubies. Bless them Father and their children. In Jesus name we pray Amen and Amen!*

**Day Seventeen: Family/Children/Singles –Scripture Reference – Isaiah 32:15-18AMP**

***Families** - Father, in the name of Jesus, we thank you that you have poured your spirit upon our families from on high. Our wilderness has become a fruitful field, and we value our fruitful fields as a forest. Justice dwells in our wilderness and righteousness (religious and moral rectitude in every area and relation) abides in our fruitful field. The effect of righteousness, quietness, and confident trust forever. Our family dwells in a peaceable habitation, (there is no turmoil or strife in or around our homes), in safe dwellings, and in quiet resting place. And there is stability in our times, abundance of salvation, wisdom, and knowledge. There, reverent fear and worship of the Lord is our treasure and yours. In Jesus name we pray, Amen.*

**Children – Scripture References- Isaiah 54:13, 55:11, Psalm 91:9,11, Proverbs 22:6, Ephesians 6:1-3, 1Peter 5:7**

*Father in the name of Jesus, we thank you that our children obey us, their parents, in the Lord, for this is right. We thank you Lord that our children honor their father and mother, which is the first commandment with a promise, that it may go well with them and that they may enjoy long life on the earth. Thank You Lord that all of our sons and daughters are taught by the Lord, and great will be our children's peace. Father we cast all of the cares of our children (their ability to learn, their health, future and their protection) over on you because you care for us as parents. We believe and confess that you give your angels charge over our children to accompany, defend, and preserve them in all their ways. You, Lord, are their Refuge and Fortress. You are their Glory and the Lifter of their heads. We will train them in the way they should go and when they are old they will not depart from it. Thank You Lord that as we speak Your word over the lives of our children it shall not return to You void, but it shall accomplish what You please, And it shall prosper in the thing (the life's of our children) for which You sent it. In Jesus name, Amen.*

**Singles – Scripture References – {Psalm 37:4, Hebrews 13:4, Genesis 2:18, Mark 10:9, Psalm 103:4-5, Philippians 4:6-7, Psalm 37:35}**

*Father while I serve you as a single person, I will look to you alone to be my companion and best friend. You are the one who redeems my life from the pit, who crowns me with love and compassion, being married is not the answer to me fulfilling in my life what you have for me. Lord God, Your Word declares that if I delight myself in you, if I enjoy and seek your pleasure above mine you will give me the desires of my heart. Desiring a husband or wife is neither evil nor selfish because marriage is honorable. At beginning of creation you proclaimed that it is not good for man to be alone. And then You Father created Eve to be a suitable partner for Adam. In the name of Jesus I ask You Father to protect the husband or wife you have chosen for me. Because the covenant of marriage is sacred. I ask for a man or woman of God.*

**(Single Woman pray this) - Father give me a husband whose love for me is only outmatched by his love for You; a man who will cherish me and build me up, a man who will honor me, and our marriage vows; a man who will love me as Christ loves the church.**

**(Single Men Pray) - Father give me a wife who will reverence me, who will be my help meet, and I ask that the fruit of her womb be blessed. Let her price be far above rubies. And, most of all Lord, let the law of kindness be on her tongue. In Jesus name, we pray and wait on You Lord patiently for our spouse. Amen!**

**Day Eighteen: Marriages – Scripture References - {Romans 5:5, Matthew 19:6 NIV, Matthew 18:19 NKJV, 1Corinthians 13:4-8 NIV, James 1:21 NKJV}**

*Father, in the name of Jesus, the love of God is shed abroad in our hearts by the Holy Spirit who indwells us. Therefore, my spouse and I are learning to endure long and are patient and kind. Because we love each other our love is patient, our love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self seeking, it is not easily angered, and it keeps no record of wrongs. Therefore we lay aside all filthiness (adultery, lust, pornography, lying, pride, unforgiveness, and anger) and overflow of wickedness (manipulation - which is a form of witchcraft, abusive treatment, and tormenting of each others emotions) and receive with meekness the implanted word, which is able to save our souls. We thank You, Jesus that your word says that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. And because we walk in agreement our prayers are not hindered. Thank You Lord that we are no longer two, but one. Therefore what God has joined together, let no man separate. Whoa be it to any man or woman who tries to separate this union which God has joined together, In Jesus name we pray, Amen!*

**Day Nineteen: Breakthrough / Answered Prayer - Scripture References – {John 15:7, Mark 11:24, Isaiah 65:24, Jeremiah 33:3}**

*O God, how we praise you how we magnify and exalt your name. You have done mighty acts. There is none like the Lord. Who are like the Lord, who is worthy to be praised, our Lord and Savior Jesus Christ is the One who heals, who delivers, who sets us free! Praise You O God, Praise You. Father as we continue to abide in you and your word abide in us we will ask what we will and it will be given. Therefore all things for which we pray and ask, we believe that we receive them. And they shall be granted to us. And it shall come to pass, that before we call, you Lord will answer, and while we are yet speaking, you will hear! Thank You Father that when we call on You, You will answer and show us great and mighty things we do know. HALLELUJAH!!!! In Jesus name, amen.*



**Day Twenty: Finances / Debt management - Scripture References – {2 Corinthians 9:10, Galatians 6:7, 2Corinthians 9:6-8}**

*Father Your word declares that You supply seed to the sower, and bread for food, supply and multiply the seed I have sown and increase the fruits of my righteousness. Lord I will not be deceived, because God is not mocked; for whatever I sow, that will I also reap. He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. So let each one of us give as we purpose in our heart, not grudgingly or of necessity; for God loves a cheerful giver. And God is able to make all grace abound toward us, that we, always having all sufficiency in all things, may have abundance for every good work. Father help me to put my trust in you and you only where my finances are concerned. I cast the whole of my cares over on You, Father because you care for me. Forgive me Lord of buying things that I can not afford and for not giving what you have asked me to give. Father help me to manage my finances better. I desire to help build the Kingdom of God and see the Gospel of Jesus Christ preached all over the world. Thank You Father for blessing me to be a blessing. In Jesus name I pray Amen.*

**Day Twenty-one: Favor with God and man – Scripture References- Psalm 5:12, Proverbs 3:4, Proverbs 12:2**

*Thank You, Father, that today You will bless the righteous; With favor You will surround him as with a shield. Mercy and truth will not forsake me; I will bind them around my neck, I will write them on the tablet of my heart, and so, will find favor and high esteem in the sight of God and man. A good man obtains favor from the Lord, but a man of wicked intentions He will condemn. In Jesus name, Lord let your favor forever be in my life, on my children, in my marriage, in my church, on my job, and wherever I go, Amen.*

Today's Quote:

“Jesus said to His followers, ‘whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock’ (Matt. 7:24). You have heard His Word, you have obeyed. And you are victorious!” – Jentezen Franklin

Praise God!

1. On this final day, ask the Lord to reveal to you if there is any unforgiveness, bitterness or other hindrances that you have yet to lay fully before your Lord
2. Prepare for blessing, harvest and an anointing like you have never experienced before.
3. Get ready because the rest of this year will not be like any other before it!

## **21 Day Fast Journal Questions**

### **Day 1 Questions**

1. What are your own personal reasons for fasting?
2. Do you desire sensitivity to the things of God?

### **Day 2 Questions**

1. Do you need a deeper, more intimate and powerful relationship with the Lord?
2. Do you need a fresh encounter with God?

### **Day 3 Question**

1. What is that dream inside you that only He can make possible?
2. What are other people's goals in your accountability group?
3. How can you obtain these goals with God's help?

### **Day 4 Questions**

1. Why do you think fasting is important in order to achieve your greatest breakthroughs?
2. Jesus fasted, and He intimately related to His Father in heaven. How has this experience so far helped you to relate to your Heavenly Father?

### **Day 5 Questions**

1. How is experiencing fasting as a private discipline bringing you closer to God?
2. Has God revealed anything to you since the Fast has begun?

### **Day 6 Questions**

1. How do you keep from resisting the temptation of hunger?
2. How can resisting hunger relate to avoiding other temptations in your life?

### **Day 7 Questions**

1. How can this fast give you supernatural insight?
2. Reflect on how there is great power and supernatural blessing that awaits the man or woman who forsakes all flesh for the chance to know their Savior and hear His voice. Ask God for guidance in what is best for your life.

### **Day 8 Questions**

1. Think about the mental, physical and spiritual battle you encounter as you combat the hunger pangs.
2. Reflect on the battle that ensues between the carnal man and the spirit.
3. How has God's presence become clearer through this experience?

### **Day 9 Questions**

1. What do you think the specific assignments are that God has for your life?
2. What do you currently desire in your life? Remember to pray about your dreams and ask God for guidance in what is best for your life.

### **Day 10 Questions**

Humility is a discipline and not something that just comes naturally. Fasting places one truly in the hands of God, dependent upon Him for spiritual nourishment in the absence of physical nourishment. Journal how this experience has humbled you and made you trust God more.

### **Day 11 Questions**

1. Has God revealed anything to you personally?
2. Reflect on what it means to present your body as a living sacrifice through your time of fasting.

### **Day 12 Questions**

1. What are the various ways you can experience guidance from God?
2. Reflect on how you can resist more temptation in these next days as the hunger pangs continue.

### **Day 13 Questions**

Praise God for bringing you this far and thank Him for His steadfast presence.

### **Day 14 Questions**

1. Reflect on how worship and obedience has provided you with the opportunity for God to reveal Himself and His purposes to you, His special servant.
2. Write down the details that were a concern in the beginning of the Fast that no longer seem as of great concern.

### **Day 15 Questions**

1. Remember to stay the course. Write out your thoughts on how you can continue to present your body as a living sacrifice and see if the Lord does not open up the windows of heaven to you and shower you with His presence
2. Fasting is a form of worship that will humble you. Remind yourself of your dependency on God.

### **Day 16 Questions**

Reflect on comments of encouragement that others have expressed throughout your Fast. Thank God for people in your life that has touched your heart.

### **Day 17 Questions**

1. Do you have a friend or loved one that is in need of Salvation?
2. Is there any healing that you need physically?
3. What are the needs in your family right now?

### **Day 18 Questions**

Examine any areas of un-forgiveness and bitterness that the Lord is asking you to surrender to Him.

### **Day 19 Questions**

Consider what you would be willing to share with others today, and how you will articulate your experience and what it has meant to you in terms of your relationship with God.

### **Day 20 Questions**

1. Take some time today and go back to read your journal entries from the start of the fast to this 20th day.
2. What do your journal entries tell you about your own personal journey these last three weeks?
3. Take a moment and journal about the breakthroughs you have experienced or key things the Lord has shown you during the fast. Spend time in Prayer and Thanksgiving.

## **Day 21 Questions**

1. Find someone and share your experience with them.
2. Replenish yourself with liquids, and prepare to ease back into solid food on the 22nd day
3. Go to your prayer place and praise God
4. Be thankful and rejoice
5. Write your feelings in your prayer journal

### Physical Effects:

1. You continue to lose weight
2. You become exhilarated as you cross the finish line
3. Bad breath will begin to dissipate upon completion of the fast
4. Cravings will be strong the first few days after the fast...be careful to ease back into hard foods over the next few days to a week

**Prayer and Fasting Corporate Assembling**  
**Bread of Life – 1125 Towne St (Bond Hill)**

Saturday, April 2 <sup>nd</sup>	Corporate Gathering	10 a.m. – 11 a.m.
Saturday, April 9 <sup>th</sup>	Corporate Gathering	10 a.m. – 11 a.m.
Saturday, April 17 <sup>th</sup>	Corporate Gathering	10 a.m. – 11 a.m.

*\* Identify a personal prayer partner to connect and agree with each day by phone.*

As a result of this fast I am going to: \_\_\_\_\_

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