



**2021 GUIDE**

**21**

**DAYS  
ONLY BY  
PRAYER +  
FASTING**

**JESUS  
SAID TO  
THEM,  
"THIS KIND  
CAN COME  
OUT BY  
NOTHING  
BUT  
PRAYER  
AND  
FASTING."**

**JESUS REPLIED, "HOWEVER, THIS KIND DOES NOT GO OUT EXCEPT BY PRAYER AND FASTING."**

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**PROMISE  CHURCH**



## 21 DAY JOURNEY

We are thrilled to have you come along with us on this 21 Day journey at Promise Church! This is the best way to begin your year. These 21 days will set your spiritual compass and bring clarity in every area of our lives! Our hope is that these 21 days will rejuvenate you personally and our church as we pursue God together!

As you prepare for the next 21 days, think about why you are praying. Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation or for a major decision? Ask the Lord to clarify His leading and objectives. Write these down in the space provided, and be open to hearing what God wants to show you in those areas.

The tools provided in this guide will help you navigate through your personal journey. We pray that you will experience the presence and power of God in an extraordinary way as you commit to the next 21 days. Remember there are things that will happen only by prayer and fasting!

*- Pastor Ryan*

# BELIEVING GOD FOR

(BE SPECIFIC)

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"However, this kind does not go out except by prayer and fasting."

Matthew 17:21

# BELIEVING GOD FOR

(BE SPECIFIC)

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"So He said to them, This kind can come out by nothing but  
prayer and fasting." Mark 9:29

# PREPARE

Ready to begin? As you prepare for this incredible 21 day journey of fasting and prayer, there are a few things I want to impart to you.

If you do not already have one, establish a place and time where you can pray. Prayer is critical during the fast to breakthrough and hear what the Lord is saying to you. Use the journal sections of this devotional to keep track of your journey. You will rejoice years from now to see what amazing things have come to pass.

How will you determine the level of fasting that you will do for 21 days? That is between you and God. And we will have a guideline for the church to follow but here are some things to consider.

For a portion of the time, you may feel left to go on a full fast in which you only drink liquids for a certain number of days, especially plenty of water. On that type of fast, you may also want to take in clear broth and 100% juices in order to maintain your strength.

Of the many fasts mentioned in Scripture, another commonly practiced fast is the partial fast. A partial fast can be interpreted many ways. It usually involves giving up particular foods and drink for an extended period of time. The most frequently used example of a partial fast is found in the book of Daniel, chapters 1 and 10. In the beginning of his captivity in Babylon, Daniel and three companions refused to eat the choice meats and sweets from the king's table, asking instead to only have vegetables and water.

## PREPARE

They did this for ten days to prove they would be just as healthy as the king's men.

Then in Daniel chapter 10, Daniel was grieved and burdened with the revelation he 'd received for Israel. He ate no choice breads or meats, drank no wine nor ate any sweet thing for 21 days. Then he described the angel which was sent to him but had been delayed by the prince of Persia for 21 days with the answers that he sought. His fast broke the power of the enemy and released the angels of God so that God's purposes could be revealed and delivered.

Although you will be abstaining from food as your sacrifice, do not let the legalistic aspects of a fast crowd out the relational aspects of closeness with the Lord. He knows your heart. Entering the Lord's presence in closer way is your goal and fasting is the method to reach your goal.

There are a few other things to focus on during this time that will help you draw nearer to the Lord. For example, consider limiting distractions to make room for time with the Lord. Make an extra effort in your church attendance. Carve out time every morning and every evening for prayer and devotion. Consider limiting TV intake, entertainment and other distractions as much possible. Your fast will be a time of sacrifice that puts God first in every way. The results will be amazing!

As a result, you will enjoy many spiritual rewards of fasting, like hearing the voice of God more clearly. Feeling the presence of the Lord in a greater way in times of prayer and worship.

# PREPARE

So think about this, why are you fasting? Be specific. Do you need direction, healing, blessing, restoration of marriage, family relationships, finances...?

Write it down in this journal. Keep this nearby at all times. Pray those requests multiple times a day. Remind yourself why you are sacrificing. God will hear your prayers.

As we begin these 21 days, remember if the level of sacrifice doesn't mean anything to you, it won't mean anything to God. Without being combined with prayer and the Word, fasting is little more than dieting. But remember something very important, fasting itself is a continual sacrifice and goes up as a prayer before God. There may be days when it seems as though heaven has opened up and you feel a strong sense of victory through the fast. But there may be other days when your energy is sapped and you just cannot seem to focus in prayer at all. Keep pressing in these times because God sees your sacrifice.

Daniel 1:12

“Please test your servants for ten days, and let them give us vegetables to eat and water to drink.”

Daniel 10:3

“I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”

## QUICK TIPS

**How to Begin:** Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Lord for guidance. Pray daily and read the Bible.

**Preparing Spiritually:** Confess your sins to God. Ask God to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2)

**Deciding What to Fast:** A Daniel's Fast is loosely defined as "No meats & no sweets." Eating fruits, vegetables, & grains. Some choose to do a Progressive Daniel's fast, cutting out sweets on the first week, meats on the second week and going to liquid fast, taking in juices and broths on the third week. Others will need to choose a custom fast to navigate their own dietary needs. Fasting should always be entered into considering those needs.

This path may not work for everyone, it is merely the suggested route to successfully accomplishing a 21 DayFast. Of course, how you fast is ultimately up to you. Determine in your mind how you are going to fast and stick to it. You can do it!



## QUICK TIPS

**What to Expect:** When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

**How to End:** Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

**Establish A Daily Devotional Time:**

1. Give the Lord the best time of your day. Morning is ideal, although that may not be for everyone. The amount of time is not the issue, but the quality of the time.
2. Begin with 15 minutes and build from there.
3. Begin with the simple daily Bible reading plan card provided in service.
4. Keep a journal. Write down what you feel like God is saying to you. This is a great way to help you comprehend & apply what you are reading each day.

## DAY 1: FASTING IS AN OFFERING

Fasting is one way you can offer your life as a sacrifice to God. You sacrifice food and drink as you pursue God through prayer and His Word. Giving of yourself is consistent in all our relationships. Friends give time, support, a listening ear, or a helping hand. Parents sacrifice time, money, and their own wants for their kids. A young man buys a ring as a token of his love when he asks a young lady to marry him. If we love God more than anything in this world, what should we sacrifice for Him?

A regular fast is giving up food to seek God's will but you can drink water in that fast. An absolute fast is giving up both food and drink but you shouldn't do that for more than 3 days. Moses didn't eat or drink for 40 days but that was a supernatural event. Daniel went 10 days eating only vegetables (Dan. 1:8). Then later he extended his fast to 21 days, known as the Daniel Fast. He also gave up pleasurable things (Dan. 10:3). Today, some give up modern pleasures when they fast like social media, entertainment, etc. But the sacrifices of a fast are not complete without a dedication to prayer, worship, reading God's Word, and pursuing the Lord.

As you begin this 21 day fast, ask what sacrifice you will make to the Lord. Some will do a 21 Day Daniel Fast, some will do a progressive fast, some will give up pleasurable things. Whatever you choose to do, do it unto the Lord. He will see your sacrifice in secret and reward you openly.

Begin your fast with a vow, use the commitment card to write it down, and sign it. Make that vow to the Lord. David said, "Nor will I offer burnt offerings to the Lord my God which costs me nothing." (2 Sam 24:24)

## DAY 2 : ONLY BY...

There are things that will only happen by prayer and fasting. There are things that we will never get through, maybe something that we won't break free from, or maybe something we will never attain until we pray and fast.

In the Gospels we're told a story about a father who brings his son to Jesus' disciples. The boy is possessed by a spirit that vexes him severely. It has thrown him into fire to burn him and into water to drown him. The spirit convulses him, makes him gnash his teeth and foam at the mouth.

However, the disciples cannot cast the evil spirit out. The father takes his son to Jesus and prays for help. Jesus commands the evil spirit to leave and to never come back to him again. The spirit cried out, convulsed one more time and left the boy.

Later the disciples asked the Lord privately, "why could we not cast the evil spirit out?" Jesus answered, "this kind can come out by nothing but prayer and fasting." (Mark 9)

When fasting is combined with prayer, we have a powerful weapon to defeat the enemy. I really believe there are miracles, answers to prayer, revival, passion, gifting, victories, and deliverance that will happen only by prayer and fasting.

## DAY 3: FAST WITH A TARGET

If you want to be successful on this fast, you must find your purpose. Start with a clear goal. Be specific. Why are you fasting? Why have you made this vow to fast for 21 days? Are you pursuing God on this fast through His Word and prayer to get closer to Him? Do you need direction, healing, restoration of marriage or family relationships? Are you praying for friends and family? Are you facing financial challenges? Are you praying for God to bless and prosper you in some areas of your life? Write it down.

Every time we see people fast in the Bible there was a purpose. There was something very specific they were targeting with their prayers and fasting. Ezra fasted for financial protection. Nineveh fasted for mercy and deliverance. Samuel fasted for a revival of God's presence and favor on His people. Elijah fasted and was delivered from negative emotions. Esther went on a fast for God's protection. Paul went on a three day fast for clarity and direction at the time of his conversion. Cornelius was on a fast and received the baptism of the Holy Spirit. I don't know what you are seeking from God but target whatever it is with prayer and fasting!

Have your purpose in mind. Write it down. Hold to it. Pray for it. Because when that candy bar, key lime pie or sizzling steak comes into your mind you'll need to be sure you're hungrier for the blessing than the temporary food!

## DAY 4 : LESS OF ME

The secret to the power of fasting is when we empty ourselves out, God fills us up. When we fast, we are denying our flesh of what it wants and at the same time, God fills us with what He wants. We are decreasing and He is increasing.

The story is told of a new Christian by a missionary to a Native American village. The young man described to his new pastor the battle between flesh and spirit inside him. He said, its like two hungry dogs fighting within me. The pastor said, which one wins? The new convert said the one that I feed the most wins! It's said so simply and yet it's so profound.

John the Baptist understood this principle when he introduced Jesus as the Messiah. John knew he had done his job as the "forerunner" to prepare people's hearts for Jesus. His ministry was to preach repentance, an emptying of the heart and removal of sin. He knew that in order for Jesus to fill them, they would first have to empty out. Once this happened, John introduced Jesus saying, "I baptized you with water for repentance but He will baptize you with the Holy Ghost." In other words, the emptying of the heart that repentance does had to happen before the filling of the Holy Spirit would happen.

John said it this way as he introduced Jesus, "I must decrease, and He must increase." (John 3:30) Today, on this fast, let's make that our prayer. I must decrease so He can increase!

## DAY 5 : SEEK FIRST

There is a key to life that is found over and over again in the Bible and it's simply this... put God first and He takes care of the rest! That's it. Make God your first priority and He takes care of the rest.

Jesus said it this way, "Seek first the kingdom of God and His righteousness and all these things shall be added to you." (Matthew 6:33) In other words, seek Jesus, His Kingdom, His ways, and the promise is He'll take care of the rest!

This principle of "seek first" is all through the Bible. God asks us to gather with other believers and worship in His house on the first day of the week. It's amazing how that sets the tone for the rest of your week! Your Monday, Wednesday and Friday will be blessed because Sunday was in God's House!

God asks us to give the first fruits of our harvest, also known as the tithe. This is the first 10 percent of our income and He will bless the rest. (Proverbs 3:9-10) If we'll do that He promises to bless everything our hands find to do. He will even protect our business and finances from the "devourer". (Malachi 3:10)

This is why at Promise, we start every year by giving God the first part, the first 21 days, of our year. It's amazing to see but it happens every year. We'll see God's hand in March, in June, in September working on things we prayed and fasted for back in January. The reason is that this "seek first" principle holds true. Give God the first and the rest is blessed!

## DAY 6: THERE IS MORE

There's a saying that if you're not growing, you're shrinking. If you're not getting stronger, you're getting weaker. If you're not moving forward, you're falling behind. The idea is that there's really no such thing as just maintaining. You will always be gaining or losing.

This is why God blesses people who are seeking more. God blesses people who are hungry for more. He is a God of abundance. He is not running out. He wants you to ask for more, because with Him, there is no lack. In fact, the Bible says where sin is in abundance, grace is in more abundance. If you need food, remember He feeds the birds of the air and He owns cattle on 1,000 hills. He wants you to ask and believe for more.

The story of an Italian man named Cornelius is found in Acts chapter 10. There we read he was a good man. It says he gave offerings and prayed often. However, Cornelius instinctively knew there was more. He knew God had more for him. He went on a fast. At the same time, God was dealing with Peter to go and visit a man's house he did not know. God was orchestrating this meeting because Cornelius believed for more. God gave Peter very specific instructions on how to find Cornelius. When Cornelius answered the door, he said I've been on a 3 day and I heard from the Lord that a man named Peter would come and speak to me from God. Peter shared the Word with Cornelius. Before the day was over Cornelius and his whole household was baptized in the Holy Spirit and in water!

When we fast, pray, and believe God for more, He will fill us, bless us, set up divine appointments... there is no telling what God can do! But here's what we do know, He has more for us because He is a God of abundance!

## DAY 7: BREAD OF LIFE

It's Day 7, I bet you've experienced a few food cravings by now! You may feel physically hungry, but I'd also bet you're feeling spiritually satisfied! On a fast, you're not eating a lot of physical food but you're feasting on spiritual food!

Jesus Himself experienced what you are experiencing right now. He was led by the Holy Spirit into the wilderness for a 40 day fast at the beginning of His earthly public ministry. The Bible tells us Satan meets Jesus out in the wilderness and brings him three temptations. The first temptation Satan brought to the Lord targeted Jesus' physical hunger. He said you could end your hunger right now and turn those stones into bread. Jesus answered the temptation by quoting Scripture. He said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'" (Matthew 4:4) In other words, Jesus was saying physical food is not everything. Spiritual food is really what we live on. Specifically, the Word of God.

At another time, Jesus was hungry and thirsty from traveling. Some believe He was on another fast although we do not know for sure. The disciples said to Jesus, "Rabbi, eat. You need to eat." They determined among each other to bring Him food. Jesus told them, "I have bread to eat that you don't know about" (John 4:32)

On this fast, make sure you eat spiritual food! That's what will sustain you. Take time to pray. Take time to worship. Spiritual food is really what we live on. You might not be eating a lot of physical food but there is a spiritual all-you-can-eat buffet in front of you!



## DAY 8: WORSHIP WHILE YOU FAST

It's the 2nd Sunday of our 21 Day journey! Today, as we gather in God's House with God's people, let's worship Him together! These 21 Days are more than just subtracting good food from our life. It's also about adding some things; prayer, the Word, and certainly worship!

The Bible describes David as a man after God's heart. One of the things that fasting does is it brings us closer to God's heart.

There are 10 chapters in the Bible that relate to the life of Abraham. The Father of Faith. God's man set apart for inheritance. There are 11 that relate to the life of Jacob. The man that wrestled with God. His name changed to Israel. There are 10 chapters dedicated to Elijah & Elisha. The two powerful miracle ministries of the Old Testament. But there are 66 chapters in the Bible that relate either mostly or completely to the life of David. Over 1200 references to his name are found in the Bible. And 59 times David is mentioned in the New Testament. Arguably, the most prominent Old Testament character is a man known for worship!

There must be a reason that the Bible focused on David. It's because David loved the presence of the Lord. And we know God inhabits the praises of His people.

On this fast, I believe it's important to know this isn't a diet. This isn't just a ritual, but it's to bring us to God's heart. Seek after God's heart. Get into His presence every day. Make sure that you are praising and worshiping on this fast.

## DAY 9 : TEACH US TO PRAY

Maybe at this point you, feel like, "I don't really know how to pray." Many people have felt this way. We can get into our prayer time, recite things we've heard other people say and quickly run out of steam.

I want to give you something today that will help you. Your prayer can be, "Lord teach me to pray." In fact, that's exactly what the disciples asked Jesus. The disciples figured out that when they woke up, Jesus had been up early and found a private place to pray. He would come back from that time of prayer with direction, anointing, and power for the day. They would go out for ministry that day experiencing great teaching, salvation, miracles, and healing!

The disciples began to connect prayer to power. Notice, they never ask Jesus, "how do we heal the sick?" They never asked, "how do we multiply fish and bread?" Or "how do we cleanse leprosy?" Or "how do we preach?" They never asked any of that. They asked, "Lord teach us to pray?" Jesus took time right then and there to teach them to pray. It's recorded for us too. He gave them a great example of prayer we call The Lord's Prayer.

I encourage you to read it today. Even if you can quote it, take time to read it and meditate on each line. You can find it in Matthew 6:7-13.

If you're learning to pray, I want to tell you, it's a lot like riding a bike. You learn by jumping on there and doing it. Prayer is the same way. Pray the Lord's prayer. Pray from your heart. Read and understand each line. Then pray though it and make it personal in your prayers today.

## DAY 10: MORE WE & LESS ME PRAYERS

Yesterday we focused on the Lord's Prayer and today I want to point out something that will help us. Notice that the Lord's prayer is full of "us", "our" and "we" but you won't find one "me". This shows us that one of the keys to prayer is to learn to pray for others as we pray for ourselves. Don't forget, you are included when you pray the "us", "our" and "we" prayers too!

Today, let's pray more 'we' and less 'me' prayers! This is called interceding or intercessory prayer.

The Bible gives us a great image of the ministry of intercession. "So Joshua fought the Amalekites...and Moses, Aaron, and Hur went to the top of the hill. As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. When Moses' hands grew tired...Aaron and Hur held his hands up...So Joshua overcame the Amalekite army" (Exodus 17:10-13). This story illustrates the power of intercessory prayer. Far from the crowd, but seen by the eye of God, are men and women who "hold up the hands" of people in prayer. And God is looking for more of them.

E.M. Bounds said, "Prayers outlive the lives of those who utter them." Job wrote, "My intercessor is my friend...on behalf of a man he pleads with God as a man pleads for his friend" (Job 16:20-21).

Who can you be a friend to today by calling their name in prayer? Who has God put on your heart? Pray for them. Call them by name. Intercede and pray for people who are too weak to pray for themselves. Pray for their situations. Lift up their arms in prayer.

## DAY 11: FOR CITY & COUNTRY

In the book of Esther, the Jews were on the verge of destruction because of the evil conspiracy of Haman, one of the king's advisors. Haman was "filled" with wrath against a Jew named Mordecai because he did not "bow or pay him homage" (Esther 3:5). "Haman sought to destroy all the Jews who were throughout the whole kingdom of Ahasuerus, the people of Mordecai" (Esther 3:6).

Mordecai sought help from Queen Esther, who was his niece. Mordecai's request meant Esther would have to literally risk her life for it was very dangerous for her to approach the king without being summoned first. So, Esther called a fast.

"Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law, and if I perish, I perish!" (Esther 4:16).

Those 72 hours of fasting changed the history of the nation. When Esther approached the king on behalf of her people, they became a nation not of defeat, annihilation, suffering and shame, but a nation of favor. They received honor and promotion, all because of three days of fasting and prayer!

You and I can help change the history of our own nation through prayer and fasting. Yes, we have become a world void of morality and truth. But we don't have to accept it! I want to challenge you to make a habit of regular prayer and fasting for our nation. Fast and pray for our leaders. Fast and pray for our religious freedoms. Fast and pray for the multitudes of souls in our city who need Jesus!

## DAY 1 2: HUNGER STRIKE

Many of you have heard the story of Jonah and the Whale, but have you heard the rest of the story? Once Jonah escaped the belly of the great fish, he obeyed God and went to Nineveh to preach.

Nineveh was in trouble. This city, which was full of wickedness, was headed for destruction (Jonah 3:4) but they were not without hope. When Jonah took this message of impending destruction to Nineveh, the people took God seriously. Their only hope was to cry out to God through prayer and fasting. And that is exactly what they did. “So the people of Nineveh believed God, proclaimed a fast, and put on sackcloth, from the greatest to the least of them” (Jonah 3:4).

As a nation, they repented before God and fasted. This is what the king of Nineveh decreed, “Let neither man nor beast, herd nor flock, taste anything; do not let them eat, or drink water . . . Who can tell if God will turn and relent, and turn away from His fierce anger, so that we may not perish?” (Jonah 3:7-9). They went on a hunger strike against the stronghold that the enemy held on their city! And it worked!

“Then God saw their works, that they turned from their evil way; and God relented from the disaster that He had said He would bring upon them, and He did not do it” (Jonah 3:10). The people of Nineveh found grace and mercy in their prayer and fasting! This corporate fast released God’s mercy and changed history! Keep fasting and keep praying. This fast could change everything in your life! It could even change history!

## DAY 13: WITHIN REACH

On this journey, you may feel closer to the Lord than you have in a while. Maybe even closer than you ever have before. That's because He is within reach!

We are told that we can touch Him. "For we have not an high priest which cannot be touched with the feeling of our infirmities" (Hebrews 4:15). In other words, He is within reach!

The Bible tells the story of a woman who touched Jesus: "A woman having an issue of blood twelve years, which had spent all her living upon physicians, neither could be healed of any, came behind him, and touched the border of his garment: and immediately her issue of blood stanch'd. And Jesus said, 'Who touched me?' When all denied, Peter and they that were with him said, 'Master, the multitude throng thee and press thee, and sayest thou, "Who touched me?"' And Jesus said, 'Somebody hath touched me: for I perceive that virtue (healing power) is gone out of me'...And he said unto her, 'Daughter, be of good comfort: thy faith hath made thee whole'" (Luke 8:43-48).

This woman had an issue that was draining the life out of her, one no doctor could cure. She is an example for us. She took her issue to Jesus, touched Him by faith, and was made whole. Think about what she had to overcome. Twelve years of suffering. A sense of hopelessness and despair. Then there was the crowd that surrounded Jesus and stood in her way. Nevertheless, the moment her faith made contact with Jesus, she was made whole.

So what's your biggest issue today? Is it a long-term one? Is it at home or on the job? Is it a health issue or a stubborn habit? Touch Jesus by faith today, and you too can be made whole.

## DAY 14: FAITH OVER FEAR

By now on this journey, you have probably noticed your faith is soaring! That's because faith comes by the Word of God, time spent in prayer, and feeding your spirit. When faith rises, fear falls. Faith is not denial. Faith is facing the problem, but focusing on God. The most important thing you can do right now is choose to have faith over fear.

Fear will cause denial, procrastination, and indecision; don't mistake faith for fear. Faith enables you to face your enemy, face your weakness, face your problems, and then fight them knowing that your God is bigger than anything standing in front of you.

So when you're fearful, what should you do? There's only one guaranteed course of action: Stand up to your fears - within and without.

David saw the same Giant everyone else did. But he chose faith over fear because he knew His God was greater and bigger than the Giant. And in that, he was able to choose faith over fear. We must do the same.

Here's a promise from God's Word that's as true today as it was when He first spoke it: "Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand." (Isaiah 41:10).

In Scripture, the term "God's right hand" speaks of His willingness and power to work on your behalf. Two chapters later in Isaiah, God told the same people, "Fear not, for I have redeemed you; I have called you by your name; you are Mine" (Isaiah 43:1). God takes care of His people.

## DAY 15: JOINING OTHERS

It's the 3rd Sunday of our 21 Day journey! Today, as we gather in God's House with God's people, let's join together in faith!

God responds when His people unite in prayer together. Jesus said, "Tarry in the city of Jerusalem until you are endued with power from on high" (Luke 24:49). What did they do? "These all continued with one accord in prayer" (Acts 1:14). In response, according to Acts 2:1-4, they were all filled with the Holy Spirit on the Day of Pentecost, and more than 3,000 people were saved, baptized, and added to the church.

God will do the supernatural in response to corporate prayer. "Peter was therefore kept in prison, but constant prayer was offered to God for him by the church." (Acts 12:5) As a result, an angel led Peter out of prison and he was delivered.

What can we learn from these Scriptures? First, you can join others who are fasting and praying for their requests. Second, if possible, join someone else in your family, or a close friend and pray together. There is power and faith in unity. Jesus said, "If two (or more) of you are agree on earth concerning anything that they ask, it will be done for them by My Father in heaven" (Matthew 18:19)

Today, take time to pray for someone else in need. Additionally, reach out to someone you trust and ask them to pray with you about something in your life. Know that God hears you and that there is power in worship and prayer unity!



## DAY 16: FASTING TO BE AT ONE

Every Old Testament believer was commanded to observe the Day of Atonement and participate in the fast (Leviticus 16:29). This verse has been translated "going without eating" but one calls it "affliction." The King James says, "Ye shall afflict your souls." The NLT says, "You must deny yourselves" and another says, "you are to practice self-denial." All in reference to the fast.

Fasting is not physically enjoyed but it is spiritually rewarded. Fasting is self-denial and affliction. Fasting brings repentance. It brings a change in direction from your normal course. In fasting, you give up pleasurable foods to gain a closer connection to God. We deny physical food to receive spiritual food. We are saying no to the physical flesh and weakening the voice of the old sinful nature. This is a powerful new direction that is charted through fasting.

Sometimes we're blinded to sin in our lives. Maybe we're controlled by an offense or a wrong attitude. Maybe we've gotten too relaxed in our Christian commitment or we've become hardened to the voice of the Holy Spirit. On this fast, you will weaken the voices of the flesh and tune into the voice of God!

So, on this 21 day fast are you saying no to something that is pleasurable? Perhaps you are only eating vegetables, or you've turned down sweets and your favorite snacks. But really you are saying yes to God and His will for your life!

## DAY 17: SEARCH ME

When you begin fasting and praying, there may be sin in your life that you didn't know about. A lengthy fast helps you find sin and deal with it by the blood of Jesus. There may be a sin hidden in your heart that even you are blinded to. Remember, "If I regard iniquity in my heart, the Lord will not hear" (Psalm 66:18). Because we justify some of our sin, we don't see the hidden sin in our hearts that hinder answers to prayer.

As you wait in God's presence, realize that "Your iniquities have separated you from your God; and your sins have hidden His face from you, so that He will not hear" (Isaiah 59:2).

Remember you have an enemy who opposes you. Satan doesn't want you to be holy and separated from sin. He doesn't want you to get answers to prayer. He doesn't want you to get close to God. Satan blinds you to the sin in your life so that you will not repent. "The god of this age has blinded those who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them" (2 Corinthians 4:4).

So on these 21 days, we need to pray with David, who said, "Search me, O God... and see if there is any wicked way in me" (Psalm 139:23-24). You can be sure that if you ask God to show you your sin, He will do it. "There is nothing covered that will not be revealed and hidden that will not be known" (Matthew 10:26).

## DAY 18 : RENEWED STRENGTH

When you're physically, emotionally, and spiritually drained, you are vulnerable to the enemy. When Samson grew tired, he laid down in Delilah's lap. Jesus called for 100 percent commitment, but He also knew the importance of recharging; of work and rest; of giving out and taking in. "Then Jesus said: 'Let's go off by ourselves to a quiet place and rest awhile.' He said this because there were so many people coming and going that Jesus and His disciples didn't even have time to eat. So they left by boat for a quiet place, where they could be alone" (Mark 6:31-32).

A good general will never commit all his soldiers to the battlefield at the same time. He keeps a reserve force to relieve the exhausted ones when they stagger back from the front lines. Yes, you may be succeeding right now, but unless you "keep a reserve" you're opening yourself up to potential danger. That's why setting aside time each day to be alone with God in prayer and Bible reading is so important. If Satan can't defeat you outright, he will settle for an exhausted, ineffective version of the person God wants you to be.

What's the answer? "Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint" (Isaiah 40:30-31). Wait upon the Lord. Meditate on His ability to renew your strength and passion. Simply rest in that promise. Pray, sing, read, listen in His presence and you will renew your strength.

## DAY 19: SAY AMEN

When we pray, it's important to mix prayer with faith. Someone said that faith is fuel for our prayers. I like the imagery of that. Have you ever sealed up a package or an envelope, sent it off but forgot to put postage on it? That's what it's like to pray without faith.

One way that we demonstrate our faith when we pray is we say "Amen." It may seem like just a ritual to say "Amen" at the end of a prayer but it's a vital element to our prayer because it sends it off with faith!

When we end our prayer with an "Amen" we are saying "so be it" or "be it unto me" to everything you just prayed. That's what Amen means. Amen is a Hebrew word that says "so be it" or "let it be."

As a result, whatever you prayed for, you're saying I believe it can be done if the Lord wills it. Maybe you're praying for a miracle, a healing, provision, blessing, a loved one, a situation, a problem, whatever it is when you say Amen you're saying I believe it can be done. So, I say "Amen!"

Say Amen when you pray today. Say it with faith believing! Say it with me, "Lord, everything I just prayed. I know You are able. I know You heard me. I know You are for me. I know You are my Heavenly Father. I know You have a plan. I know You are on the throne. So I say amen! Let it be. So be it unto me. Everything I prayed. I prayed for daily bread. I prayed for Your will to be done. I prayed for forgiveness and salvation. I prayed for freedom. I know You're able! I wait with expectation... And I say AMEN!"

## DAY 20 : THE TIME IS NOW

We may pray casually for a need in our life but when a deadline approaches (the end of the 21 days) our prayers move from casual to urgent! We cry out, "Lord do it now!" In this urgency, remember two things: "God is our refuge and strength, a very present help in trouble" (Psalm 46:1) and "Whenever I am afraid, I will trust in You" (Psalm 56:3).

We are told in the Bible about the power of the present time. There is power in recognizing our time is right now. "Now is the accepted time; behold, now is the day of salvation." (2 Corinthians 6:2) You don't have to wait for salvation, He's ready now. He's ready when you're ready.

When you're hungry, you sit at a table and eat in a civilized way. You use utensils and chew with your mouth closed. But if you were starving, those manners go out the window! So remember, there is a proper time to call out to the Lord in urgency and even desperation.

The Blind Man called out for Jesus' attention. The people tried to quiet him but he cried out all the louder, "Son of David, have mercy on me." He was desperate for the Lord to stop and not to pass him by. He knew this was his moment to be healed (Mark 10:48).

If you have an urgent need on this fast, cry out to the Lord. Cry out all the louder. Call on His name. He will hear you today!

## DAY 21: GREAT HARVEST

One of the most powerful principles in Scripture is the principle of sowing and reaping. These past 21 days have been about sowing. You may already have reaped a harvest in one area or another, but there is a great chance that your harvest has not yet come. Farmers sow in the spring, but they reap the harvest in fall. I believe that there have been many seeds sown in these last 21 days. They've been sown on your knees, sown with tears, sown in worship. And I know, beyond a shadow of a doubt, that these seeds will produce a great harvest in your life and in our church!

God told Moses to lift up his staff in faith, stand still and watch for the salvation of the Lord. This required faith because he and God's people were standing in front of the Red Sea. The Egyptian armies were approaching them. Moses lifted up his staff, the waters parted and they were delivered. There's something powerful about praising God before the answer comes.

And so, I want us to praise God today, both for what He has done and for what He is going to do. Praise him in advance for the harvest and the miracles that have yet to come. Praise Him for the lost loved one that is coming home. Praise Him for the financial breakthrough. Praise Him for the restored relationship. Praise Him for the miracles in our church. "For the Lord is great and greatly to be praised" (1 Chronicles 16:25).

In your own words thank the Lord for all He has done and all He is going to do. Lift up His name. Let worship and praise break forth. Express your gratitude.



JESUS  
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2021

PROMISE  CHURCH

JESUS REPLIED, "HOWEVER, THIS KIND DOES NOT GO OUT EXCEPT BY PRAYER AND FASTING."