

21 Days of Prayer & fasting Jan 11-31, 2021

Fasting is a spiritual discipline in which we abstain from things in our lives so we can focus our minds and hearts totally on God. In other words, we deny the flesh to feed the spirit. In the Bible, fasting typically involved going without food and often took place when there was a major decision or situation where someone needed clear guidance from or intervention by God. At other times, people fasted as a way to grow closer to God. Jesus Himself fasted (see Matthew 4). Regardless of "the why," a fast is a special time of self-sacrifice, prayer and devotion when we give up those things we think we "can't live without" to discover that what we truly cannot live without is a closer, more personal relationship with God.

What will you abstain from to seek God?

Food/Drink

The Biblical standard

TV/Netflix/Hulu

Secular Music

Social Media

Sex

mutually agreed upon between husband and wife

How will you be intentional in your time with God?

Prayer

Bible Reading

Choose a certain book, character or story to focus on

Bible Study

choose a topic and find as many verses about it as you can

Scripture Memorization

Keep a Prayer Journal

remember to go back and record God's answers

Some verses about FASTING

Ezra 8:21-23**Esther 4:16**Daniel 6:18**Daniel 9**Matthew 4**Matthew 6:16-18

PRAYER from Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication (petition, asking God for what you need), with thanksgiving let your requests be made known to God.

And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.
(NASB version)

Don't worry about anything; instead, pray about everything. Tell God what you need and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand.

His peace will guard your hearts and minds
as you live in Christ Jesus.
(NLT version)

A-Adoration (1 Chronicles 29:11)

Praise. Recognizing God for Who He is and how much He loves and cares for us. Praise and adoration remind us that God is in control of all things and always at work in our lives.

C-Confession (1 John 1:9)

Because sin creates a wall between us and God, we realize that we need a Savior (Jesus). Believing that Jesus took our sins upon himself (took our punishment) on the cross, when we confess our mistakes to Him (repent) we can know that we are forgiven

T-Thanksgiving (Ephesians 5:20)

Thanking God for everything He has already done in our lives.

S-Supplication (Matthew 7:7)

Asking God for what we need (petition) and talking to Him about any situation we may need His guidance and direction about. Nothing is too big or too small to bring before God in prayer. Supplication includes praying for the needs of others or those who may not be believers (intercession).



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