

# THE WAY CHURCH

ARLINGTON TEXAS



February 7 – February 28, 2021

**We're Expecting Great Things**

God will do GREAT things in this year and years to come.



# 21:21

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## A WAY TO PRAY:

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### What is the ACTS Prayer Model?

ACTS is an acronym meant to help you focus your prayers. It is loosely based on the Lord's Prayer (Matthew 6), and has been around for at least a couple hundred years. Let's look at each step of how to pray using the ACTS prayer model. I'll break down what each letter stands for, why it's important, and how to use it.

### So, what does the acronym ACTS stand for?

ACTS stands for **Adoration, Confession, Thanksgiving, and Supplication**. Let's start at the beginning with Adoration.

#### Adoration

**A** is for Adoration. Adoration is the act of worshipping, praising and honoring God. So, to begin our ACTS prayer outline we will praise God for who He IS. We can look to the Psalms for some excellent examples of praise to God.

#### Examples of Adoration Prayers in the Bible

##### The Lord's Greatness is Unsearchable

Psalm 145:1-3 (ESV) "I will extol you, my God and King, and bless your name forever and ever. Every day I will bless you and praise your name forever and ever. Great is the Lord, and greatly to be praised, and his greatness is unsearchable."

##### The Lord is Merciful and Gracious

Psalm 103:1, 8 (ESV) "Bless the Lord, O my soul, and all that is within me, bless his holy name! ... The Lord is merciful and gracious, slow to anger and abounding in steadfast love."

##### The Lord is Clothed with Splendor and Majesty

Psalm 104:1-2, 5-6 (ESV) "Bless the Lord, O my soul! O Lord my God, you are very great! You are clothed with splendor and majesty, covering yourself with light as with a garment, stretching out the heavens like a tent. ... He set the earth on its foundations, so that it should never be moved. You covered it with the deep as with a garment; the waters stood above the mountains."

#### Who God Is

To praise God for who He is requires knowledge of who He is. Every time you read your Bible, keep your eyes open for verses that tell you who He is. You can then incorporate that knowledge into praising God in prayer.

God is Light. 1 John 1:5  
God is Good. 1 Chronicles 16:34  
God is Unchanging. Malachi 3:6

God is The Creator. Genesis 1:1  
God is Righteous. Psalm 50:6  
God is Merciful. Deuteronomy 4:31

#### Confession

**C** is for Confession. Confession is the act of laying bare your sins before God. As 1 John 1:9 tells us, "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." So, step 2 of praying ACTS is bringing your sins before God, and asking for and accepting His forgiveness.

## 21 Days of Praying and Fasting



# 21:21

While a simple, “please forgive me of my sins” is perfectly fine, it is good and helpful to be specific. Let’s look at some examples.

## Prayers of Confession in the Bible

### David’s Prayer of Confession after He Sinned with Bathsheba

Psalm 51:1-4 (ESV) “Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me. Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment.”

### Daniel Confesses the Sins of His People

Daniel 9:4-6, 18-19 “O Lord, the great and awesome God, who keeps covenant and steadfast love with those who love him and keep his commandments, we have sinned and done wrong and acted wickedly and rebelled, turning aside from your commandments and rules. We have not listened to your servants the prophets, who spoke in your name to our kings, our princes, and our fathers, and to all the people of the land. ... O my God, incline your ear and hear. Open your eyes and see our desolations, and the city that is called by your name. For we do not present our pleas before you because of our righteousness, but because of your great mercy. O Lord, hear; O Lord, forgive. O Lord, pay attention and act. Delay not, for your own sake, O my God, because your city and your people are called by your name.”

## Bible Verses about the Importance of Confessing Sins

*Something amazing happens when we confess. God forgives us!!*

**Proverbs 28:13 (ESV)** “Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.”

**Psalm 32:1-5 (ESV)** “Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit. For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. I acknowledged my sin to you, and I did not cover my iniquity; I said, “I will confess my transgressions to the Lord,” and you forgave the iniquity of my sin.”

**Psalm 38:18 (ESV)** “I confess my iniquity; I am sorry for my sin.”

**1 John 1:8-10 (ESV)** “If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us.”

## Thanksgiving

T is for Thanksgiving. After receiving God’s forgiveness, it’s time to express your gratefulness. At the beginning of our ACTS prayer, we praised God for who He is. Now, we thank God for what He has DONE. Once again, we can look to the Bible for some excellent examples of thanksgiving to God.

## Prayers of Thanks in the Bible

Psalm 9:1 (ESV) “I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds.”

Psalm 86:12-13 (ESV) “I give thanks to you, O Lord my God, with my whole heart, and I will glorify your name forever. For great is your steadfast love toward me; you have delivered my soul from the depths of Sheol.”

## 21 Days of Praying and Fasting



# 21:21

Psalm 107:8-9 (ESV) “Let them thank the Lord for his steadfast love, for his wondrous works to the children of man! For he satisfies the longing soul, and the hungry soul he fills with good things.”

1 Corinthians 1:4 (ESV) “I give thanks to my God always for you because of the grace of God that was given you in Christ Jesus.”

## **What God Has Done**

To thank God for what He has done requires knowledge of what He has done. Every time you read your Bible, keep your eyes open for verses that tell you what God has done for you and for the world.

God has done great things for us. Psalm 126:3  
God gave us His only Son. John 3:16  
God saved us. Ephesians 2:8

God gave us His Word. 2 Timothy 3:16  
God strengthens us. Philippians 4:13  
God loves us. Romans 5:5

*God has done amazing things for the whole world, and it is good to thank Him for that. You can also think about your life. What has God done specifically for you?*

This can be simple, basic things like food and shelter. Or big things like salvation and eternity. Personally, I often thank God for things like indoor plumbing, the internet, and a loving group of family and friends.

## **Supplication**

**S** is for Supplication. Supplication is asking for something earnestly and humbly. Jesus told His disciples “whatever you ask in prayer, you will receive, if you have faith.” (Matthew 21:22). So, in supplication, we ask God for our needs and the needs of others.

Be careful here. James tells us, “You ask and do not receive, because you ask wrongly, to spend it on your passions.” (James 4:3). So, before you ask of God, look inwardly and ask yourself: is my will aligned with God’s will?

*Let’s look at some Biblical examples of supplication to complete the ACTS prayer structure.*

## **Prayers of Supplication in the Bible**

### **Hannah Asks for a Son**

1 Samuel 1:10-11 (ESV) “She was deeply distressed and prayed to the Lord and wept bitterly. And she vowed a vow and said, ‘O Lord of hosts, if you will indeed look on the affliction of your servant and remember me and not forget your servant, but will give to your servant a son, then I will give him to the Lord all the days of his life, and no razor shall touch his head.’”

### **Jesus Asks for Believers to Be as One**

John 17:20-21 (ESV) “I do not ask for these only, but also for those who will believe in me through their word, that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me.”

### **Paul Asks for Spiritual Strength for the Ephesians**

Ephesians 3:14-19 (ESV) “For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all

## **21 Days of Praying and Fasting**



# 21:21

the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.”

## **Bible Verses about God Answering Prayers**

*When we come to God with honest and humble hearts, God hears us & He answers us!*

1 John 5:14-15 (ESV) “And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.”

John 15:7 (ESV) “If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.”

Philippians 4:6-7 (ESV) “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Matthew 7:7-11 (ESV) “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. Or which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!”

## **Jesus Prays with ACTS**

As I mentioned at the beginning, the ACTS prayer model is loosely based on the Lord’s Prayer in Matthew 6. The only element missing is thanksgiving, though we do see Jesus offer prayers of thanksgiving in other places. Let’s see Jesus model Adoration, Confession, Thanksgiving and Supplication.

### **Adoration**

**“Our Father in heaven, hallowed be your name.” Matthew 6:9**

### **Confession**

**“Forgive us our debts as we also have forgiven our debtors.” Matthew 6:12**

### **Thanksgiving**

**“I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will.” Matthew 11:25-26**

### **Supplication**

**“Your kingdom come, your will be done, on earth as it is in heaven.” Matthew 6:10 And “Give us this day our daily bread.” Matthew 6:11 And “Lead us not into temptation, but deliver us from evil.” Matthew 6:13**

## **21 Days of Praying and Fasting**



# 21:21

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## WHAT IS FASTING?

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To fast simply means to voluntarily abstain from eating and/or drinking for an extended period of time.

Biblical fasting is a discipline of voluntarily denying one's self of the basics of eating in order to be available for prayer and communion with the Lord. Since it is an ultimate act of self-denial, you are simply entering into an intense training in righteousness. You can fast for one day, one week, or just one meal. You can fast from one type of food or from all foods. You can fast or abstain from solid foods or all foods and liquids. It is during this time of abstinence from food that you are to spend time seeking the Lord in Bible study, prayer and meditation.

In today's world we are also distracted and blocked from hearing God's voice because of our constant activity (busyness). We are distracted by our access to media, from television, to social media, to online entertainment. Another form of fasting for today's generation is a "distraction" fast.

The discipline of fasting is designed to separate you from your perceived life support so you can focus exclusively on the Lord, your actual life support. Fasting is the one discipline Jesus promised would bring about supernatural results.

Fasting just one time will be equivalent to having one good workout in the gym. You may feel great for a while, but you will experience new lasting effects in the long term. I would encourage you to view fasting as a discipline that you will learn and improve upon your whole life.

### Why Fast?

Listed below are some of the reasons why people in the Bible fasted:

In times of war: Judges 20:26

Repentance: Jonah 3:5 and Daniel 6:18

When facing danger: Ezra 8:21, 23

Courage and wisdom: Esther 4:3, 16 and 9:31

In times of grief: 1 Samuel 31:13 and 1 Chronicles 10:12

In times of distress: 2 Samuel 1:12

Ultimate denial of the flesh: Matthew 4:2

Spiritual power: Mark 9:29

Wisdom: Acts 14:23

Set aside self for holiness: 1 Corinthians 7:5

Answered prayer: Acts 10:30-31

Mourning: Daniel 10:1-3

Special revelation: Exodus 34:27-28

Spiritual recuperation: 1 Kings 19:1-9

As you can see, there are many reasons why people fast, and all of them were good ones. Some wanted wisdom and power, while others were repenting of their sins. But there was one aspect of the fasting experience that each had in common: A personal encounter with the living God. As you begin to consider reasons for your fast, you will come up with several, but there is one that will over ride all the other reasons: to have a powerful, life-changing encounter with the living God. Never confuse your fasting goals with the most foundational reason to fast – to meet with God. All other reasons could cause you to miss the biggest blessing of your fasting experience.

### Preparing For Your Fast

Take time to confess your sins, before and during your fast, knowing that He is faithful and just to forgive you and cleanse you of all unrighteousness (1John 1:9). Remember, fasting is a time for cleansing. The Bible says in 2 Chronicles 7:14, "If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land."

## 21 Days of Praying and Fasting



# 21:21

It will also be important to establish proper spiritual goals. I have already stated that, having a life-changing encounter with God should be the number one goal of your fast. It will be very important that you keep this in the forefront of - 5 - your mind throughout the fast. But, as you pursue Christ-likeness, there will be specific milestones that you might need to achieve.

Therefore, it will be helpful to develop a list of prayer requests along with Bible verses that you will offer to God throughout your fast.

## Important Steps to Take During Your Fast

1. *Establish THE PLACE And Time: To Meet With God* In 1 Samuel 3:1-9, when Samuel first heard the word of the Lord, he did not understand it. Three times God called him and three times Samuel ran to Eli, his spiritual mentor. Finally, after the third time, Eli realized that it was God calling Samuel. It was at that time that Eli told him to go to THE PLACE where he previously heard God's voice and say "speak Lord, your servant listens." THE PLACE is more than a physical location where you will go to sit and listen for the voice of God. It is THE PLACE of rest and peace of mind. It is THE PLACE where your mind can be renewed, your heart changed, your emotions prepared, and your spirit behind. It need to be THE PLACE where there is no phone to ring; THE PLACE where neither friends nor family will come and disturb you. Be equipped with your Bible, paper and pen when you go to THE PLACE. In Habakkuk 2:4, the Lord tells Habakkuk to write the vision down and write it plainly, that he who reads can run with it. He told him to write it in plain and simple language. If you can't write down what you believe God is saying, you really don't know what He is saying.
2. *Keep A Journal – Plan Ahead – Be Consistent:* Be sure to always be prepared to take notes in a journal where you can keep a record of what the Lord has said to you. It would be a shame to enter into this intensely close fellowship with the Lord, hear His voice, then forget what He said. Your fast is a special time set aside for the Creator of the universe. Be prepared to keep your appointments with Him. Plan ahead and cancel whatever you need to in order to be there with Him.
3. *Preparation Of Your Physical Body:* It is important to prepare your physical body for your fast. You will begin by decreasing the size of your food intake as you prepare to abstain from food. This will help your body adjust more readily. Outlined in the appendix are additional ideas on how to prepare your body for the fast. A fast also has a cleansing effect on your physical body. Your body will gradually rid itself of toxins as you prepare for and go through the fast.
4. *What To Expect:* During this period of preparation, you will realize that, in most cases, your hunger pains go away as quickly as they come. Because you are eating fruit and vegetables, which are made up of mostly water, you will not feel full as though you had a big meal. This is the beginning of your new diet. You will also begin to sense a stronger presence of the Lord. You will find yourself moving slower, speaking less, and you will become more reflective. As the Bible says in James 1:19, "You will be slower to speak, quicker to listen and slower to anger."
5. *Check Yourself Before You Wreck Yourself:* Your motives for conducting a fast will play a large role in the goals you establish. I have talked to several people who have expressed a hesitation to fast because they thought they would be doing it for selfish reasons. Some wanted to lose weight to become more attractive or they wanted to fast just to get a blessing.
6. *Selfish Or Blessing?* Using this same logic, ask yourself this question: "Why do you pray, read your Bible or go to church?" It's to be obedient to what God calls us to do and to be blessed! The Lord has been graciously dealing with you since your sinful beginning. The only reason "you love Him is because He first loved you" (1 John 4:10). Your fasting will not and cannot make Him love you any more than He already does. You are not going to trick or force Him into blessing you against His will. Ephesians 1:3 tells us there are blessings in heaven with your name on them, waiting to be claimed. You are foolish not to claim them. God will bless you into submission. If you are still worried about having your selfish motives, take time to pray and surrender your motives to Him. You can fake spirituality sitting in the pew, singing in the choir or reading your Bible, but it is very difficult to fake it during a fast. The entire purpose of fasting is to perfect your attitude and heart thus purifying your motives. –

## 21 Days of Praying and Fasting



# 21:21

7. The Bible calls Satan the “Deceiver,” “liar” and “father of lies.” He has an incredible ability to disguise his deceptions in what appears to be well thought out logic, common sense or biblical truth. These excuses can also be a form of hypocrisy couched in a disguise of false humility. Think about it. The last thing Satan wants you to do is fast and seek God. He will tell you your motives to fast and pray are wrong. What would be the greatest sin? To allow Satan to successfully use reverse psychology on you by tricking you into not seeking God, and at the same time secure a body that you are not happy with? Or is it better to seek God, lose weight, look and feel better all at the same time?

## After Your Fast

Ending your fast properly is just as important as beginning your fast properly. Just as you prepared yourself to begin a fast, you must prepare yourself to stop or break your fast, here are a few questions you can ask yourself as you end your fast:

- What are the key lessons learned?
- What new habits or disciplines do you want to keep?
- What new dietary rules will you follow?
- What foods will you begin eating and not eat anymore?
- What dreams and visions have you seen pertaining to your personal walk with the Lord or your ministry?

## Get In the “Fast Lane”

Before you end your fast and establish a regular eating schedule, it will be important to set aside time to get in the “Fast Lane” on a regular basis. This is vital if you are going to apply and live out the lessons learned during your fast.

1 Corinthians 11:24-28 says that Paul “fasted often.” But why? You must view fasting as a new way of life, not just a vacation from the old way. 2 Corinthians 5:17 says “The old is gone and the new has come.”

Fasting regularly will help you maintain a level of discipline and spirituality that is necessary to hold the ground surrendered by Satan. Regular fasts will keep the flesh in submission and serve as a reminder as to who is in charge of your life. I encourage you to choose a regular fasting schedule to follow.

There are those who have chosen to fast one 24 hour period per week. Others fast sun up to sun down, one day per week. You must pray and design a format that you feel God wants for you, a system that you can be faithful to and consistent with.

### *Physically*

Controlling your eating habits when you end your fast will be important. After you fast, you will feel good about yourself, that you deserve “a break today”, tomorrow and the next day. Remember, the abuse of food, not food itself, was the root of many evils. If you allow food to take its place back on the throne of your heart, you are allowing bad habits to take root and push God father from the center of your heart than He was before you began your fast.

Once you begin to eat again, if you are not careful, you will feel uncomfortable. Your stomach will feel bloated and full. Introduce solid food slowly. There is a very good chance you will experience stomach aches and diarrhea from the shock on the digestive system.

### *Emotionally*

Satan will be working to take back the ground he has surrendered over to the Lord and he will use your emotional vulnerability to accomplish his goals.

This reminds me of the story in 1Kings 18-19, when Elijah is challenged by the 450 prophets of Baal who all followed Jezebel in a most vile and immoral religion. God confronts and defeats them through one man, Elijah. But after this great

## 21 Days of Praying and Fasting



# 21:21

spiritual victory, Elijah finds himself running for his life from one woman, Jezebel. She had threatened his life and he felt all alone. He became incredibly discouraged and asked God to end his life. Elijah experienced a supernatural and spiritual high, followed by an emotional low. You very well could experience this same type of roller coaster ride.

## Ending Your Fast

When breaking your fast, continue to drink the usual fruit and vegetable juices and broth everyday, along with 64 ounces of water. Remember to chew your food slowly and completely.

Day One – Consume only fruit juice and vegetable broth in portions smaller than usual.

Days Two and Three – Begin to eat raw cooked vegetables, soups and salads. Eat apples for between meal snacks.

Day Four – Add boiled or baked potatoes.

Day Five – Consume two meals with grain and starches.

Day Six – Add one meat source (chicken, turkey or fish) to grain, starch and vegetables.

Days Seven and Eight – Add another meat portion, but no red meat.

Day Nine – This can be your first day of regular eating. Now that you have experienced both spiritual and physical cleaning, you should now follow a proper diet that will provide new levels of energy with minimal stress to your body.

## Types of Fast

The Bible describes four major types of fasting:

**A Regular Fast** -Traditionally, a regular fast means refraining from eating all food. Most people still drink water or juice during a regular fast. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, he was hungry." This verse does not mention Jesus being thirsty.

**A Partial Fast** -This type of fast generally refers to omitting a specific meal from your diet or refraining from certain types of foods. Daniel 10:2-3 says, "At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over." In Daniel 1:12, they restricted their diet to vegetables and water: "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink."

**A Full Fast** -These fasts are complete - no food and no drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus: "For three days he was blind, and did not eat or drink anything." Esther also called for this type of fast in Esther 4:15-16: "Then Esther sent this reply to Mordecai: 'Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.'" It is recommended that this type of fast be done with extreme caution and not for extended periods of time.

**The Daniel Fast** Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

Steps to complete the Daniel Fast

### Step 1: Be Specific

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

The king's food was against dietary laws.

Daniel and his friends had vowed against wine.

The king's food had been offered up to idols/demons.

### Step 2: Fast as a Spiritual Commitment

## 21 Days of Praying and Fasting



# 21:21

The Daniel Fast involves a spiritual commitment to God. “Daniel proposed in his heart that he would not defile himself” (Daniel 1:8).

### **Step 3: Reflect Inner Desire by Outer Discipline**

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors:  
Your food choices.

The level of your spiritual commitment as reflected in constant prayer during the fast.

Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.

Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Daniel Fast.

### **Step 4: Pray to Perceive Sin's Role in Poor Health**

Notice James 5:13-16:

Sin is something related to the cause of sickness.  
Lack of health/healing may be the result of spiritual rebellion.  
Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.

Repentance is linked to health according to James.  
Elders have a role in healing both spiritual and physical health.  
Sick people must desire to be well

The anointing oil could mean  
Medicine for healing,  
Symbolic of the Holy Spirit, or  
It could be baptism

Prayer alone may not gain healing, faith is the major factor.

In Greek there are several words for “sick”. James uses “Kanino”, which not only includes disease, but also means weak or weary.

Attitude is important. James said, “are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.”

### **Step 5: Fast as a Statement of Faith to Others**

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

### **Step 6: Learn the Effects of the Food You Eat**

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

## **21 Days of Praying and Fasting**



# 21:21

## **Step 7: Yield All Results to God**

Daniel said, “as you see fit, deal with your servants” (Dan. 1:13).

### FOOD GUIDELINES FOR A DANIEL FAST

#### **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 KJV**

“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.”

When going on a Daniel fast, or any type of fast, if you have questions outside of what Scripture says, prayerfully seek the Lord and be led by the Spirit for the specifics for your personal fast.



# 21:21

|       | Scripture Focus  | PRAYER + REFLECTION   |
|-------|--|---|
| Day 1 | Jeremiah 29:11 - For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.                   | Thank You, Lord, for the good plans You have purposed for me and for all Your children. Enlarge my vision of You and enable me to trust Your Word of truth through all the circumstances of my life, knowing that Your thoughts towards me are only good continually. Thank You, Father, that all things work together for good, for those that love You and are fitting into Your plans and purposes. Continue to keep and protect Your people, Israel, and I pray that many would come to trust in Jesus, their Messiah and King. This I ask in Jesus' precious name and for his greater glory and joy, <b>AMEN</b> .   |
| Day 2 | Proverbs 10:28 - The hope of those who are right with God is joy, but the hope of the sinful comes to nothing.   | Thank you, dear Father, for the promise of victory and of glorious blessings that lie ahead. Please help me keep my eyes on your victory. In Jesus' name. <b>Amen</b> .   |
| Day 3 | Proverbs 23:18 - For surely there is an end; and thine expectation shall not be cut off.   | Father God, I come before you today and I know that you love me and that you have a plan for my future. This is a plan of hope and goodness because you are a good God. As I wait expectantly upon you, may I never envy the sinner. May I never be jealous of how you are blessing others around me because I know that I am next. My time is coming! I will continue to walk in a worshipful fear of you daily. Even though things may not look the way that I want them to in the natural, I believe that you have a beautiful future and reward for me. May my hope and expectation grow more and more each day as I look to your salvation and deliverance. Continue to direct my mind, heart and soul into the things that please you. May my feet ever walk in your path. I love you Lord and I wait in expectation on the fulfillment of your promises and ALL the prayers that I have prayed, in Jesus Name, <b>Amen</b> . |
| Day 4 | Psalms 62:5 - My soul, wait thou only upon God; for my expectation [is] from him.  | Loving Father, what a thrill to know that ALL my hope comes from You – all my security and all my love – all my joy and all my delight is founded in the Lord Jesus Christ. Thank You Father, that I have security to rest in You, every moment of the day and night, from this time forward - for ALL my hope comes from You. Thank You Father, in Jesus name I pray, <b>AMEN</b> .  |
| Day 5 | Acts 3:4-5 - 4 Peter looked straight at him, as did John. Then Peter said, "Look at us!" 5 So the man gave them his attention, expecting to get something from them. | Father, just as the lame man looked at Peter and John in expectation, I am looking to you. For you are the supplier not only of my needs but also the desires of my heart. I look to you in expectation. Expecting you to heal, to deliver, to set free, to restore, to renew, to revive, to do what only you can do in my life. Father, I believe that you alone have the power to perform the impossible and to work beyond my expectations. I say thanks unto you Father God because I know you will come through for me. You have never forsaken me and you have proven to be faithful. In Jesus' name, <b>AMEN</b> .   |

## 21 Days of Praying and Fasting



# 21:21

|        | Scripture Focus  | PRAYER + REFLECTION  |
|--------|--|--|
| Day 6  | Philippians 1:20 - According to my earnest expectation and [my] hope, that in nothing I shall be ashamed, but [that] with all boldness, as always, [so] now also Christ shall be magnified in my body, whether [it be] by life, or by death. | Father, how I praise Your holy name for all Your loving kindness to me and all Your children. Give me boldness to be your faithful servant all the days of my life, for my earnest expectation and hope is that in nothing I shall be ashamed but rather honor You in every area of my life - this I pray in Jesus name, <b>AMEN</b>   |
| Day 7  | Proverbs 24:14 - So [shall] the knowledge of wisdom [be] unto thy soul: when thou hast found [it], then there shall be a reward, and thy expectation shall not be cut off.   | Father, wisdom is my desire and the wisdom that I need only you can give. This wisdom will allow me to see through my spiritual eyes the great plan you have for my life. Father allow me the wisdom that brings about spiritual rewards in my life and builds my faith in you. Father allow my expectation to be without ANY limits and do not cut off, but my expectations go beyond my imagination and thought limitations. In Jesus's name, <b>AMEN.</b>   |
| Day 8  | Philippians 4:6 - Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.  | Dear Lord, thank You that You know all things and that You know everything about me. Thank You that You hold today in Your hand and my future is secure in You. Thank You that I can cast all my cares upon You - for You care for me. Keep me from anxious thoughts and help me to train my mind on Jesus for I want to depend on You in all things, not only today but in the days that lie ahead. This I pray in Jesus' name, <b>AMEN.</b>  |
| Day 9  | Matthew 11:28 - Come unto me, all [ye] that labour and are heavy laden, and I will give you rest.  | Dear Father, thank You that I can come close to You, knowing that the barrier of sin has been removed. Thank You that You give me true rest for my soul and perfect peace in my heart - and that in the midst of any storm Your peace that passes human understanding remains. Look with mercy on those who have not yet come to you for salvation and convict their hearts of their need to come to You and trust in Your redemptive blood for the forgiveness of sin. Thank You in Jesus' name, <b>AMEN.</b> |
| Day 10 | Micah 6:8 - He hath shewed thee, O man, what [is] good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?  | Loving Lord it is my desire to walk humbly before You all the days of my life. Thank You for sending the Lord Jesus to live a perfect life so that He would die as the perfect sacrifice – so that I could be imputed with His perfect righteousness... enabling me, in His power, to walk humbly before You, in Jesus, name I pray, <b>AMEN.</b>  |
| Day 11 | 2 Corinthians 9:8 - And God [is] able to make all grace abound toward you; that ye, always having all sufficiency in all [things], may abound to every good work:  | Heavenly Father, thank You for the free gift of Salvation and all that You have lavishly bestowed on me freely, by Your grace. Give me a willing heart – a generous heart – a cheerful heart that gives willingly to others as a product of my love for You. May You be glorified in all I say and do... and all I give to others and to You, in Jesus name I pray, <b>AMEN.</b>   |

## 21 Days of Praying and Fasting



# 21:21

|        | Scripture Focus   | PRAYER + REFLECTION  |
|--------|---|--|
| Day 12 | Hebrews 4:12 - For the word of God [is] quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discernor of the thoughts and intents of the heart. | Thank You, Father, for the living, powerful Word of God. I pray that whatever it takes, Your Holy Spirit would continue to convict, convert, comfort, and conform me into the image of the lovely Lord Jesus, so that I become the person You want me to be. May I never hinder the work of Your Holy Spirit within, as He continues to divide my born-again spirit from my sin-sick soul. Root out all that is not of Christ and use me I pray, as a conduit through Whom You can flow, unhindered, into the lives of those around me. Thank You that You loved us so much that You purposed to change all who believe, into the image and likeness of Christ Jesus, in Whose name I pray, <b>AMEN.</b>   |
| Day 13 | Jeremiah 33:3 - Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not.  | Heavenly Father, thank You that You are a good and faithful God, Whose word stand fast for ever and ever. Thank You that all Your promises remain "YES" and "AMEN" in Christ Jesus my Lord. Thank You that You are a listening God Who hears the calls and cries of Your people and thank You for the many precious promises that will never fail - because You are faithful and true to Your word. It is wonderful to know that faithful men of God, like Jeremiah, were prepared to endure mocking; loneliness; imprisonment and rejection so we might have the holy Scriptures which guide us into all truth - and thank You that Jesus came to be our substitute for sin and endure pain and suffering of the cross, so that we might live and reign with Him forever - praise Your holy name. <b>AMEN.</b>  |
| Day 14 | Mark 9:23 - And Jesus said to him, "If you can! All things are possible for one who believes."  | Heavenly Father, thank You for the lessons we can learn from the man, who cried out to the Lord Jesus for help, and was reminded that, 'all things are possible to him who believes'. May I never forget that You are the same yesterday, today and forever and that Your power to heal and help in every situation, is as sure today as it was when You healed the sick and turned water into wine. Thank You that by grace through faith in Jesus I can come to the throne of grace for mercy to find help in time of need. Keep me from doubting Your word; increase my faith in the days ahead and prevent me from being adversely influence by the mountainous situations I seem to be facing and the difficulties and dangers that are looming ahead. Lord I do believe - increase my love and trust for You - this I ask in Jesus' name, <b>AMEN.</b> |



# 21:21

|        | Scripture Focus  | PRAYER + REFLECTION   |
|--------|--|---|
| Day 15 | Mark 11:23 - For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. | Heavenly Father, you said that whosoever shall speak to the mountain (the obstacles in our way) to be removed that they would be thrown into the sea. You said if we do not doubt in our heart and that we believe those things which we say it shall come to pass. You said in your word that we shall have whatever we speak. Father, I pray that you help my unbelief and that you will strength my faith in you. Father remove any fear or doubt that I may come to you with child like faith and belief in you. In Jesus's name, <b>AMEN!</b>  |
| Day 16 | Matthew 24:35 - Heaven and earth shall pass away, but my words shall not pass away.  | Heavenly Father, Thank You that Jesus is the risen ascended and glorified Word of God, Whose words will never fail. Thank You that Jesus is the living Word of God, Whose promises stand fast for ever and ever. Thank You that no matter what happens in this world and no matter what trials and tribulations I may face - I pray that I may hold fast to Your Word of truth which can never fail. Thank You in Jesus name, <b>AMEN!</b>  |
| Day 17 | Romans 8:28 - And we know that for those who love God all things work together for good, for those who are called according to his purpose.  | Heavenly Father, thank You that I have been called according to Your plan and purpose, for it is not Your will that any should perish but that all should come to faith in Christ Jesus our Lord. Thank You that in Him there is no condemnation and no separation from You, for we are one with Christ, by grace through faith in His finished work at Calvary. Thank You, Lord, that You are causing all things to work together to finally achieve Your great redemptive plan and purpose for mankind - and thank You Lord that so often I see Your gracious hand working in my life and in the lives of all Your children, as You gently transform us into the lovely image of the Lord Jesus Christ, in Whose name we pray, <b>AMEN.</b> |
| Day 18 | Ephesians 3:20 - Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,   | Heavenly Father, thank You that You are able to do exceedingly abundantly above all that we ask or think. Thank You that I have the power of the Holy Spirit working in my inner man. I pray that I willingly yield to Your child-training and transforming work in my life and that I am ever open to Your chastening rod and Your guiding hand - this I ask in Jesus name, <b>AMEN.</b>   |
| Day 19 | Philippians 4:19 - But my God shall supply all your need according to his riches in glory by Christ Jesus  | Loving Father, I stand amazed at Your gracious bounty, knowing that You care about both the little things that I need today, as well as the eternal blessings that are being laid up for me in heaven, for which I praise Your holy name, in Christ Jesus I pray, <b>AMEN.</b>  |

## 21 Days of Praying and Fasting



# 21:21

|        | Scripture Focus  | PRAYER + REFLECTION   |
|--------|--|---|
| Day 20 | Matthew 6:33 - "But seek first the kingdom of God and His righteousness, and all these things will be provided for you.                        | Loving Father, I know that too often a lack of faith in Your promises of provision have caused me to seek after the things of this world by myself. I confess this is a lack of faith in You and pray that the eyes of my heart would be focussed on You, from this day forward. In Jesus' name I pray, <b>AMEN</b> .   |
| Day 21 | Hebrews 4:16 - Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. | Thank You, Father, for the grace and mercy that streams from Your throne of grace to me through Jesus Christ, my great High Priest and heavenly Saviour. I praise and thank You for the goodness and grace You have extended to me. Were I to spend the rest of my days in grateful thanks and reverential praise, I could not express my love for You. Thank You, in Christ's name I pray, <b>AMEN</b> . |







