



Day 1

Return to me

“Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.”

Joel 2:12 NIV

We don't have to fast for forgiveness. Every wrong we have done and will do was forgiven at the cross.

Bible Reading Psalms 1 and 2

Prayer focus: As we begin this time of prayer and fasting, let's turn our hearts toward God. Make a commitment to seek Him daily. Pray that your love for Christ will be increased and your passion for Him be reignited over the next twenty one days.

Day 2

Tune In

“My sheep hear My voice, and I know them, and they follow Me.”

John 10: 27

Fasting enables us to tune out of the world's distractions and tune in to God.

Bible Reading Luke 1

Prayer focus: In this time of fasting, what distractions do you need to remove to focus on God? Prepare your heart to hear the voice of God, and ask Him to help you remove distractions that keep you from focusing on Him and hearing His voice clearly.

Day 3

Fasting Removes Unbelief

“Jesus rebuked the demon, and it came out of hi; and the child was cured from that very hour. Then the disciples came to Jesus privately and said, “Why could we not cast it out?” So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say t this mountain, ‘Move from here to there.’ and it will move; and nothing will be impossible for you. However this kind does not go out except by prayer and fasting.”

Matthew 17: 18—21

When we pray and fast, we don't do so to change God or His will; by praying and fasting, we are the ones changed.

Bible Reading Luke 2

Prayer focus: What do you need faith to believe for? Align yourself with God's Word and will during this fast . Release your unbelief. Pray with confidence, knowing “nothing will be impossible” for you.

Day 4

Agreement with the Will of God

“Can two walk together, unless they agree.”

Amos 3 : 3

The level of our agreement with God will determine the degree of closeness in our walk with Him.

Bible Reading Luke 3

Prayer focus: Pray today that you can walk in agreement with God and enjoy the life He desires you to have in Christ.

Day 5

When Grace Comes Down

“For the law was given through Moses, but grace and truth came through Jesus Christ.”

John1 : 17

It is from a state of grace, not legalism, that we find real and lasting transformation.

Bible Reading Plan : Luke 4

Prayer focus: Have you been looking at God through the veil of legalism and religion? In Jesus we see the full revelation of the nature of God: His love and holiness, mercy and justice, compassion and power all perfectly and beautifully expressed. Pray that the Holy Spirit will help you see God through the eyes of grace and truth given to us in Jesus Christ.

Day 6

The Spirit is Willing

“And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can’t. I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway. But if I do what I don’t want to do, I am really the one doing wrong; it is sin living in me that does it.”

Romans 7:18—20, NLT

When we’re facing struggles, we must rely on God’s power alive within us through the Holy Spirit.

Bible Reading Plan : Proverbs 1

Prayer focus: Are there areas in your life causing an internal struggle? Make a decision today to yield to the holy Spirit and lean on His strength, not your own, to overcome obstacles of sin and selfishness in your life. Surrender and release those areas to God, knowing He will help you.

Day 7

Fervent Prayer

“The effective , fervent prayer of a righteous man avails much.”

James 5 : 1

Many times we can lose our passion in prayer or stop praying for certain things altogether because we lose heart or give up. But God invites us to keep them before Him and trust Him for an answer in His time.

Bible Reading Plan : Psalms 3—5

Prayer focus: As you close out this first week, continue to pray fervently for the main areas of concern in your life. Trust God to bring an answer as you journal your thoughts and inspirations through this time.

Week Two of your Fast

During the second week it is important to remind yourself why you are doing this. This is when we truly realize how weak we really are, how much we need God's strength and grace, and not only physically to keep us from eating. We need His grace to be more compassionate, slow t anger, less judgemental, more pliable, more forgiving, and more generous.

Over the next couple of days, if you stick to your fast, here's what will happen to your body:

- 1. Your metabolism will slow down. In other words, it will shift to a mode of operation where it requires less energy—or calories—to function.***
- 2. A cycle of internal consumption will begin to use your energy stores in the form of fat—and some muscle. To minimize muscle breakdown, drink two glasses of whey protein a day.***
- 3. Because toxins that we consume and don't eliminate are stored mostly in fat, you will also hit a new level of detox as your body starts using up your fat reserves.***

Hang in there! The best is yet to come.

Fasting Tip

On day 8 you might experience

- Fatigue—let yourself have extra rest if you need it***
- Achiness and a headache***
- Irritability***
- Fogginess***

All these symptoms are normal and will pass. Make sure you keep your water intake up.

More than ever this is the time you have to be vigilant about your spiritual focus. Great days are ahead, and you will be so glad you pushed through this day and didn't give up!

Day 8

Hear Him

“This is my dearly loved son, who brings me great joy. Listen to Him.”And when they looked up, Moses and Elijah were gone, and they saw only Jesus.

Matthew 17 : 5 , 8

You cannot earn God's pleasure, but you can experience it to a greater degree as you follow Jesus Christ.

Bible Reading Plan : Luke 5

Prayer focus: How does understanding the New covenant of grace change the focus of your fast? As you pray and seek after God, let Him be the loudest voice you hear.

Day 9

Clean House

“For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be casually minded in death, but to be spiritually minded is life and peace.

Romans 8 : 5 –6

Fasting is the deep cleansing that helps us take our mind off the things of this world and instead have a refreshed focus on the things of the Spirit.

Bible Reading Luke 6

Prayer focus: As you pray and fast today, ask God to show you any areas where you could use a refreshed spiritual focus. Pray as David did in Psalm 51: 10 –12 that God will cleanse your heart, renew your spirit, and restore the joy of your salvation. Pray with confidence, knowing that He wants to fill you with His life and peace.

Day 10

Unwavering Faith

“But let him ask in faith, nothing wavering.”

James 1:6 KJV

The most earnest prayers come from us when we recognize our need for God.

Bible Reading Luke 7

Prayer focus: What are you trusting God for in this season? How can you line up your expectations with the Word of God when you pray? Find promises in His Word that answer your need and write them down today.

Day 11

Pray and the Process

“Seven times Elijah told him to go and look. Finally the seventh time, his servant told him, “I saw a little cloud about the size of a man’s hand rising from the sea.” Then Elijah shouted, “Hurry to Ahab and tell him, “Climb into your chariot and go back home. If you don’t hurry, the Rain will stop you!”

1 Kings 18 ; 43—44 NLT

Prayer is not just about the answer; it’s also about glorifying God in the process of waiting for the answer.

Bible Reading Luke 8

Prayer focus: What prayers of yours are still awaiting an answer? Throughout this fast, thank God for His process at work in you..... And trust Him.

Day 12

Pray Boldly

“And it came to pass, at the time of the offering of the evening sacrifice, that Elijah the prophet came near and said, “Lord God of Abraham, Isaac, and Israel, let it be known this day that You are God in Israel and I am Your servant.”

1 Kings 18 : 36

We can come to the throne in such outrageous boldness because Jesus was outrageously righteous.! When we pry, we come to God in the authority of Jesus’ name, we can be confident that we will find grace, mercy and perfectly timed help.

Bible Reading Luke 9

Prayer focus: Do you approach God with timidity or confidence? Seek God Boldly today knowing you are fully forgiven and Jesus has made you righteous. When you approach God in prayer, seek a fresh revelation of who He is in your life.

Day 13

Cultivating Spiritual Hunger

“Immediately the Spirit drove Him into the wilderness. And He was there in the wilderness forty days, tempted by Satan, and was with the wild beast; and the angels ministered to Him.”

Mark 1 : 12 –13

Fasting is a means of disconnecting from the distractions of daily life and consciously choosing to bring God into greater focus.

Bible Reading Psalms 6 and 7

Prayer focus: During this time, you will find that being still before the Lord will set you in a place of increased strength, peace, and hunger for God. Are you disconnected from things that nourish your body and soul? What do you need to deny yourself to make this a powerful time in your life?

Day 14

Alignment with Heaven

“Thy kingdom come, Thy will be done in earth, as it is in heaven.”

Matthew 6: 10 KJV

The purest motivation for our prayers is that God will be glorified and that His will would reign supreme in our lives, just as it does in heaven.

Bible Reading Luke 10

Prayer focus: What does God’s will “on earth as it is in heaven” look like in your life? Do the desires of your heart line up with the will of God? As we seek God together, let’s pray as

Jesus taught us, “Thy kingdom come, Thy will be done.”

Questions Along the Way

What if I stumble, what if I fall?

What if I mess up and eat something not on my plan?

What if I just can't go without something—like caffeine—as I had planned to do?

Will God still honour my fast?

Proverbs 24:16 says, For though a righteous man falls seven times, he rises again, but the wicked are brought down by calamity”

What matters is not that we stumble, but that we get back up! True failure only occurs when we let adversity keep us down.

Don't be discouraged by looking at the times you gave in to hunger or messed up. But be encouraged by this: when we draw near to God, He draws near to us (James 4 : 8) He wants to draw near to you, so keep it up! I am confident that you will be rewarded and blessed for your perseverance.

Fasting Tip

For many, week three feels like a breakthrough week! By now your body should be thoroughly detoxified, and if you successfully navigated that metabolic shift that has happened in week two, you're likely to find yourself coasting until day twenty one.

As your body has become used to less food, you are more than likely experiencing fewer hunger pangs. Since your body has detoxified, you are most likely also experiencing less achiness and headaches. Because your body is not using as much energy to digest food, it can devote more energy into the restorative processes. During this last week you may also find you are sleeping better too.

Spiritually speaking, this week can be really powerful as you find yourself in your Fast Zone and your mind has made the leap to focusing more on God.

Day 15

The Spoken Word

“When he had said this, Jesus called in a loud voice, “Lazarus, come out!”

John 1 : 43 NIV

While prayer is our declaration of our dependence on God, our spoken words can be the manifestation of what's happening in our hearts.

Bible Reading Luke 11

Prayer focus: As God continues to fill you through this season of prayer and fasting. He wants to take what is in your heart and share it with others. How can you use the power of your spoken words to speak God's truth in the lives of others.

Day 16

Taking off the Grave Clothes

“Jesus said to them, “Take off the grave clothes and let him go.”
John 11 : 44 NIV

When it comes to the transforming power of God working in someone's life, God often uses people to bring about divine life change.

Bible Reading Luke 12

Prayer focus: Who in your world is still walking around in grave clothes? Think about friends and family or those you know may not know God. What part has God called you to play in the life change He wants to bring about in them?

Day 17

Humility

“And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, “Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. So I brought him to Your disciples, but they could not cure him.”

Matthew 17 : 14—16

Approaching God with a heart of humility will always position you to find relief in Jesus.

Bible Reading Proverbs 2

Prayer focus: Prayer is a posture of humility. Humble yourself before the Lord each day and bring your cares to Him. He wants to meet you where you are and answer your every need. Pray, too, that God will help you with the disappointment and

discouragement that we all face along the way. Is there discouragement in your heart today? Write it down and release it to our perfect God.

Day 18

Pray Instead

“Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. It’s wonderful what happens when Christ displaces worry at the centre of your life.”

Philippians 4 : 6 = 7 MSG

Our timeless God owns the future. He knows exactly what is going to happen, and He promises to be with us every step of the journey.

Bible Reading Luke 13

Prayer focus: What consistently causes you to worry? Today, recapture each worried thought and send it to God as a prayer. See how dramatically your outlook improves when the peace of God is activated through prayer!

Day 19

Walking in the Power of the Holy Spirit.

“Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region.”

Luke 4: 14

Jesus was so powerful in public because He was so prayerful in private.

Bible Reading Luke 14

Prayer focus: Today as you worship God in prayer, let Him know that you refuse to go into the future without His power and that you want all the spiritual resources He has for you.

Day 20

A New Wineskin

“And no one puts new wine into old wineskins. For the new wine would burst the wineskins, spilling the wine and ruining the skins. New wine must be stored in new wineskins.”

Luke 5 : 37—38, NLT

God’s new wine always changes us by expanding our faith, enlarging our purpose, and bringing renewed vision.

Bible Reading Psalms 8—9

Prayer focus: What has caused you to shrink back in your expectation of what God wants you to do in your life? Are you ready to be expanded beyond recognition? That’s what God’s new wine will do in and through you. Pray that the Lord will expand your life to glorify Him, giving you boldness to step out and be used by Him.

Day 21

What’s Your Assignment?

“Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the desert, where for forty days He was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry..... Jesus returned to Galilee in the power of the Spirit, and news about Him spread throughout the whole countryside. He taught in their synagogues , and everyone praised him..”

Luke 4 : 1—2, 14—15 , NIV

Fasting and prayer are essential to receiving a clear vision of God’s specific path for our lives.

Bible Reading Luke 15

Prayer focus: Are there areas of your life that need more clarity. Are you walking in the power of the Spirit and living in God’s purpose for your life? Write down those things God is speaking to you. As you conclude your fast, pray that God continually reveals His purpose and gives you ever-increasing clarity and strength to walk it out.