

Experience Life Church - 21 Days of Fasting & Prayer
January 9th to 29th 2023

The goal of fasting is to draw near to God. It hits the reset button of our soul and renews us from the inside out.

Fasting enables us to celebrate the goodness and mercy of God. It prepares our hearts for all the good things God desires to bring into our lives.

When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do.

Scripture References About Fasting:

- Matthew 6:16-18
- Matthew 9:14-15
- Luke 18:9-14
- Acts 27:33-37
- Nehemiah 9:1-3

The table below reflects a type of fasting known as the “Daniel Fast”, which is a partial fast. The Daniel Fast focuses on removing meat, sweets, and bread from your diet, and rather consume only water or juice for fluids, and eat fruits and vegetables for food. The most important task in these 21 days is to focus on what God wants from you as He strengthens you during your fast. In fact, seek the Lord on how or what you are too fast (“get rid of”) during these 21 days, as this is a guide and there are many other types of fast.

NOTE: Health is your number one priority, therefore if you are taking medication, please refer to your doctor’s orders and pray for healing as you fast and pray. To God be the Glory!

| Week # (Days): | What You Can Eat: | Daily Prayer Focus: <i>(Use Four Square Guide)</i> |
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| <p>Week 1 Jan. 9th - 15th</p> <p style="background-color: yellow;">Mainly 1 Sensible Meal per Day</p> <ul style="list-style-type: none"> • Ease off the protein • No Sweets | <ul style="list-style-type: none"> • Hot Cereal (Oatmeal) • 1/2-1 cup of nuts (any kind) • 12oz 100% Juice • Plenty of Water!! • Herbal Tea • Sensible Meal (Protein, Vegetable, & Starch) • Soup &/or Salad • Sugar free (gum, mints, & Jello) • Fruit <p>*Fruit and vegetable smoothies (can be substituted for your hot cereals, soup, salad, or sensible meal) Clear Dressing (Vinaigrette) **With the option of a sensible meal, crackers will not be added for week 1**</p> | <p>Monday – Jesus is God</p> <p>Tuesday – Jesus is Lord</p> <p>Wednesday – Jesus is the Creator</p> <p>Thursday – Jesus is our Savior</p> <p>Friday – Made alive in Jesus</p> <p>Saturday – Forgiven by Jesus</p> <p>Sunday – Unity in Jesus</p> |

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| <p>Week 2: Jan 16th - 22nd</p> <p>Mainly Soup/Salad</p> <ul style="list-style-type: none"> with egg or small portion of protein (1 portion per day) No Sweets | <ul style="list-style-type: none"> Hot Cereal (Oatmeal) 1/2-1 cup of nuts (any kind) 12oz 100% Juice Plenty of Water!! Tea Soup &/or Salad** Sugar free (gum, mints & jello) Fruit <p>*Fruit and vegetable smoothies (can be substituted for your hot cereals, soup, salad, or sensible meal)</p> <p>** - Clear Dressing (Vinaigrette)</p> <ul style="list-style-type: none"> (2) Boiled Eggs...Whites ONLY Crackers or Croutons | <p>Monday – Jesus is Healer</p> <p>Tuesday – Jesus is a miracle-worker</p> <p>Wednesday – Jesus our Deliverer</p> <p>Thursday – Jesus is the Baptizer with the Holy Spirit</p> <p>Friday – Abiding in Jesus</p> <p>Saturday – Jesus is the Soon-Coming King</p> <p>Sunday – Jesus is our present and future Hope</p> |
| <p>Week 3 Jan 23rd - 29th</p> <p>Mainly Soup/Salad (Vegetable Only)</p> <ul style="list-style-type: none"> No Protein No Sweets | <ul style="list-style-type: none"> Hot Cereal (Oatmeal) Fruit and vegetable smoothies 12oz 100% Juice 1/2-1 cup of nuts Plenty of Water!! Soup &/or Salad Sugar free (gum, mints & jello) <p>*Clear Dressing (Vinaigrette)</p> | <p>Monday – Jesus is our refuge in suffering</p> <p>Tuesday – Jesus is our Peace</p> <p>Wednesday – The priority of knowing and loving Jesus</p> <p>Thursday – Praise the name of Jesus</p> <p>Friday – Praying in Jesus’ name</p> <p>Saturday – The light of Jesus to a dark world</p> <p>Sunday – Obeying the commission of Jesus</p> |

Last 24 hour full fast (Water Only): For those who choose, submit to the Lord a 24hr water only fast from 6am Saturday, January 28th to 6am Sunday, January 29th

Fasting is essentially giving up food (or something else) for a period to focus your thoughts on God. Seek God more intimately by reading His word, praying, and worshiping Him closer in this time.

In Psalm 35:13, David humbled himself with fasting. In the New Testament it was a means to grow closer to God through mediating and focusing on Him. In Matthew 4:1-2, Jesus went to the wilderness too fast for 40 days. In Matthew 6:16-18 we learn that we aren't to look somber while fasting so that it's not obvious to others when we are fasting. Throughout the New Testament fasting and prayer are often mentioned together. In Acts 13:3, 'they had fasted and prayed.' In Luke 2:37 a widow worshiped day and night fasting and praying."

- Fasting and prayer can **help us hear from God.**
- Fasting and prayer can **reveal our hidden sin.**
- Fasting and prayer can **strengthen intimacy with God.**
- Fasting and prayer can **teach us to pray with right motives.**
- Fasting and prayer can **build our faith.**

Overall, be wise in this act of faith practice to pray and fast. Simply be humble and submit your time, as you seek the Lord's strength to put down your flesh and give back control to our creator. Do what you can and stay focus in dedicated prayer during these 21 days. To God be the Glory!