



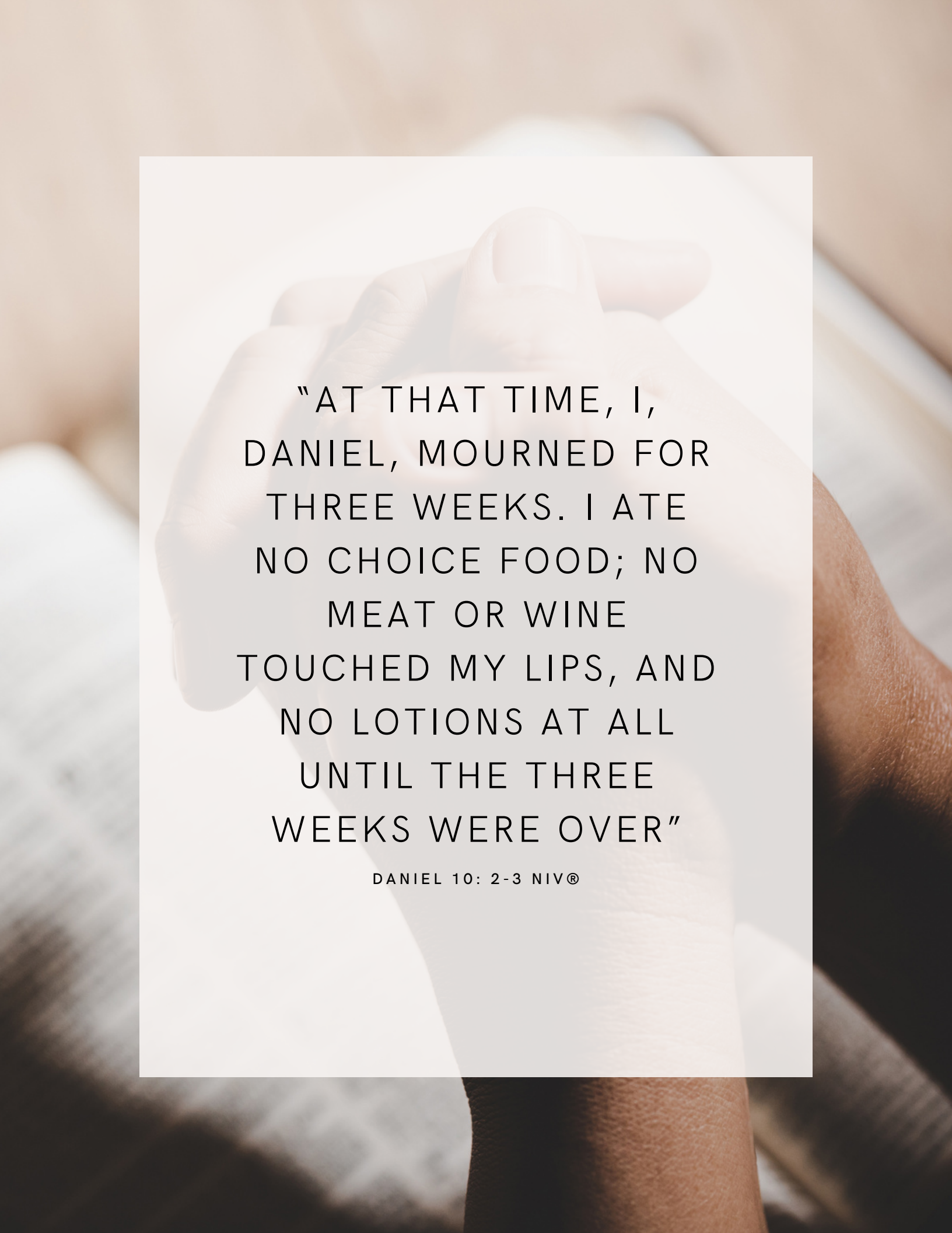
# NEW YEAR NEW YOU

*21 Days of Prayer and Fasting*

INSPIRED BY DANIEL 10:2-3



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“AT THAT TIME, I,  
DANIEL, MOURNED FOR  
THREE WEEKS. I ATE  
NO CHOICE FOOD; NO  
MEAT OR WINE  
TOUCHED MY LIPS, AND  
NO LOTIONS AT ALL  
UNTIL THE THREE  
WEEKS WERE OVER”

DANIEL 10: 2-3 NIV®



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# A Special Message From Pas



We are so glad you have decided to participate in an extended time of prayer, and fasting. There is no better way to reset our spiritual compass and bring about spiritual renewal in every area of our lives than through prayer and fasting. I hope that this time of prayer and fasting will refresh us personally but also our church as we seek His blessing and direction.

*-Pas*

# Fasting Guide

## WHY FAST

Jesus Christ emphasized throughout scripture that fasting is a personal exercise of commitment, conviction, and love. Jesus didn't say if you fast, but when you fast. In Matthew 6:16-18, Jesus said, 16 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

Fasting has the potential for a significant impact on our lives. Through fasting and prayer, the Holy Spirit can transform your life personally and God can speak to you in new and dynamic ways.

Fasting and prayer can also work on a much grander scale. According to Scripture, personal experience, and observation, we are convinced that when God's people fast with a proper Biblical motive - seeking God's face, not His hand - with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation, and the world. Fasting and prayer can bring about revival - a change in the direction of our nation, the nations of the earth, the fulfillment of the Great Commission, and to The Church Without Walls.

Biblical fasting is, very simply, denying oneself something for the sake of seeking and honoring God. Prayer is connecting with God; fasting is disconnecting ourselves from the world. That's a great way to describe the feeling.

## WHY YOU SHOULD FAST

Ask the Holy Spirit to lead you as you determine your personal reason for fasting.

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded 40-day periods. Jesus fasted 40 days and reminded His followers to fast, “when you fast,” not if you fast.
- Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.
- Fasting is a Biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, “I humble myself through fasting.”
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life – and make you a channel of revival to others.

## WHY PRAY

Prayer is a two-way communication with God: Listening to God and talking to God. In prayer, you will get to know Him better and experience Him more. So, when you pray, surrender totally to Him and tell Him about your desire to glorify Him. Focus on who He is, His character, love, goodness, and greatness.

Jesus taught us how to pray in Matthew 6:5-14 -

*"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door, and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. This, then, is how you should pray: 'Our Father in heaven, hallowed be Your name, Your kingdom come, Your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'* For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

(NIV®)

**Commit** to communicating with God daily by scheduling time to pray and spend with Him. Worship music can help to set an atmosphere for entering into the presence of the Lord.



## TCWW Prayer Focus

In addition to your individual praise, needs, and concerns, we are collectively praying for:

- Mental, Emotional, Financial, Spiritual, and Physical health of our members
- Crime and gun violence to cease.
- Members who have become caregivers to family members.
- Marriages
- Youth/Children
- Spiritual Vitality
- Evangelism
- Discipleship
- Church Growth



## PREPARE YOUR HEART

- Remember that God is your Father and He loves you and is for you.
- Focus on the Mission that our Pastor has in place for our church:

*The Church Without Walls is committed to bringing men and women who do not have a personal relationship with Jesus Christ into fellowship with Him and into responsible church membership through:*

- *Equipping Believer*
  - *Enriching Persons*
  - *Evangelizing People*
  - *Edifying Missions*
- 
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
  - Seek forgiveness from people whom you have offended and forgive those who have hurt you (Mark 11:25; Luke 11:4; 17:3, 4).
  - Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14, 15.
  - Surrender your life fully to Jesus Christ as your Lord; refuse to obey your worldly nature (Romans 12:1, 2).
  - Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
  - Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16, 17).

## HOW TO FAST

As you prepare to fast, it is important to choose a fasting plan that works for you. There are many different types of fasts. Our focus will be on the Daniel Fast. You will be stretched as you give up the foods and drinks that you are accustomed to.

Giving it up for a period enables one to focus on God. For example, when those hunger pains happen, turn to prayer, open your Bible to read, and pray instead. Don't let what you eat or do not eat become the focus of your fast. Our focus should be on drawing closer to God. Remember, this is a time to disconnect enough from your regular patterns and habits to connect more closely to God.

Here are a few tips to keep in mind before getting started.

### **1. Start Where You Are:**

We are all at different places in our walk with God. Likewise, our jobs, daily schedules, and health conditions are all different and place various levels of demand on our energy. So most importantly, whether you've fasted before or this is your first time, start where you are. Seek God in prayer and follow what the Holy Spirit leads you to do. Remember, the goal of fasting is not just to do without food. The goal is to draw nearer to God and to seek His direction.

### **2. Make Your Commitment**

Jesus encouraged us to fast (Matthew 6:16-18). For Him, it was a matter of when believers fast, not if they would do it. Before you fast, we encourage you to decide upfront what God wants you to undertake and how much time each day you will devote to prayer and reading God's Word. Making these commitments ahead of time will help sustain your fast when physical temptations and life's pressures tempt you to abandon them.

### 3. Beginning and Ending Your Fast Well:

Before you begin a fast, it is important that you prepare yourself. It is important to prepare your body ahead of time before January 2024. Take some days to transition into your fast; otherwise, it may be difficult for your body. [If you take prescription medication or have a chronic condition, please consult your physician first.](#)

The same principle applies to breaking your fast. When your fast is over, add foods back in gradually. You will not want to break your fast with a greasy cheeseburger!

## FASTING TIPS

Our TCWW Journey begins on January 2, 2024, and we cannot wait to see how God uses this time of prayer and fasting in your life and the life of our church!

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened and you will feel refreshed. Our prayer is that this will be a significant time in your life when you experience God's presence like never before.

Make it a priority to attend church during your 21-day fast. Being around other believers will encourage you to keep on going when fasting gets difficult.

If you are fasting with others, you may want to meet in a small-group setting before bible study or church services. You can share what God is showing you in your devotional time as well as spend time in prayer together.

If you mess up, don't get discouraged. Just get back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23). He wants you to finish, and He will give you the grace and strength to do it.

## **IN 2024, I AM BELIEVING GOD FOR...**

### Personal Faith Goals

Family

School/Career

Ministry

# THE DANIEL FAST

## What is the Daniel Fast?

Inspired by Daniel 10:2-3, the Daniel Fast is a time of focused devotion. During this period, Daniel abstained from choice foods, meats, wines, and lotions for three weeks, seeking spiritual clarity. We will follow this model closely, embracing simplicity in our diet and lifestyle to enhance our spiritual journey.

## Foods to include in your eating plan during the Daniel Fast

**All fruits.** These can be fresh, frozen, dried, juiced, or canned. Fruits include but are apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

**All vegetables.** These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, and veggie burgers are an option if you are not allergic to soy.

**All whole grains,** including whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.

**All nuts and seeds,** including sunflower seeds, cashews, peanuts, and sesame. Also, nut butter, including peanut butter.

**All legumes.** These can be canned or dried. Legumes include dried beans, pinto beans, split peas, lentils, black-eyed peas, kidney beans, black beans, cannellini beans, and white beans.

**All quality oils,** including olive, canola, grape seed, peanut, and sesame.

**Beverages:** spring water, distilled water, or other pure waters.

**Other:** tofu, soy products, vinegar, seasonings, salt, herbs and spices.

**Note:** Unsweetened plant-based milk and juices can be used in recipes or on cereal, but the only beverage on the Daniel Fast is water.

### **Foods to avoid on the Daniel Fast**

**All meat,** animal, fish, and seafood products, including beef, lamb, pork, poultry, fish, and shellfish.

**All dairy products,** including milk, cheese, cream, butter, and eggs.

**All sweeteners,** including sugar, raw sugar, date sugar, honey, syrups, molasses, cane juice, date honey, and stevia.

**All leavened bread,** including Ezekiel Bread (it contains yeast and honey) and baked goods.

**All leavening agents,** including yeast, baking soda, and baking powder.

**All refined and processed food products,** including artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep-fried foods**, including potato chips, French fries, and corn chips.

**All solid fats**, including shortening, margarine, lard, and foods high in fat.

**Beverages** including coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, **READ THE LABELS** so you know the ingredients in the package.





“

PSALM 139:1

**LORD  
YOU  
KNOW  
MY  
HEART**

”

## DAY 1 : HE'S WORTHY OF PRAISE

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*3 So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. 4 I prayed to the Lord my God and confessed*  
Daniel 9:3-4 (NIV®)

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Daniel is praying for the rebellious people of his country whose interest is only in pleasing themselves and their desires. As the answer to counter what they are doing, he breaks out in praise and worship to God because He knows regardless of the situation, God is worthy to be praised! Church, remember that we should always find mercy and grace at the feet of Jesus through prayer and thanksgiving! We should always begin our prayers with praise and thanksgiving to Jesus, who alone is worthy of glory, honor, and praise.

## P R A Y E R

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*Thank you, Lord, for yet another day to worship and praise Your holy Name. Thank You for another day in Your presence; we give You glory and desire to please You as we meditate on Your goodness. For you have done great things for us, and we lift your Name on high, in that Name above all Jesus Christ, we pray,  
Amen and Amen!.*

## DAY 2 : CONFESSION IS GOOD FOR THE SOUL

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*we have sinned and done wrong. We have been wicked and have rebelled;  
we have turned away from your commands and laws.*

Daniel 9:5 (NIV®)

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Praise can bring strength to our lives because usually, trouble is not far behind. This apparently happened to Daniel because he confesses their sins and disobedience against God and His righteousness. Confession allows you and I to agree with what our Lord already knows about us. Thus, we agree with Him, and we move forward in Him!

### P R A Y E R

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*My Lord and My Savior, I thank You for all that You have done, are doing, and are going to do in our lives. We admit our faults and failures before you right now because you alone are the standard that we live by and strive to be; thank you for forgiveness and mercy in Jesus' Name, I pray.  
Amen!*

## DAY 3 : FORGIVENESS RELEASES US

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*17 "Now, our God, hear the prayers and petitions of your servant. For your sake, Lord, look with favor on your desolate sanctuary. 18 Give ear, our God, and hear; open your eyes and see the desolation of the city that bears your Name. We do not make requests of you because we are righteous, but because of your great mercy. 19 Lord, listen! Lord, forgive! Lord, hear and act! For your sake, my God, do not delay, because your city and your people bear your Name."*

Daniel 9:17-19 (NIV®)

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Daniel is laboring in prayer for his concern for what is happening in his city. His focus is on forgiveness and asking God to touch the hearts and minds of his people specifically. Because we are his children and the sheep of his pasture, we have experienced His forgiveness through Jesus Christ because He hears our cries and petitions; accept His love and allow yourself to be free because you are forgiven!

## PRAYER

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*Father, You are everlasting to everlasting, and we thank you for grace and mercy! We give you praise for loving us and freeing us from the penalty of sin and shame. God, as I fast and pray, give me a clean heart and clear my conscience to forgive myself as You have displayed forgiveness toward me. Thank you for repentance and restoration in that Name above all names, Jesus, my redeemer,  
Amen!*

## DAY 4 : SACRIFICING FOR STRENGTH

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*11 "Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, 12 "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14 So he agreed to this and tested them for ten days.."*

Daniel 1:11-14 (NIV®)

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It's not easy to give up things you enjoy or to stop doing things you have grown so accustomed to doing regardless of your status in life. On this journey of praying and fasting, hopefully through your sacrificing of particular food and specific activities, God is strengthening you with His presence. Our focus on Him replaces the things we never thought we could do without as we grow stronger and stronger in spending time with our Lord!

### PRAYER

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*Jesus, You are the Center of our Joy because it is so true: all that is good and perfect comes from thee alone! As we continue on this congregation Fast, we thank You for giving us the fortitude and attitude to say "no" to things that we crave and saying "yes" to Your will, "yes" to Your way, and "yes" to Your Word. We recognize the power of prayer and spending time in your Word. We ask for your continual concentration as we focus on You; in the Name of our Lord and Savior, Jesus Christ, we pray, Amen and Amen!*

## DAY 5 : OUR SOULS FIRE FROM WITHIN

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*In the third year of Cyrus king of Persia, a revelation was given to Daniel (who was called Belteshazzar). Its message was true, and it concerned a great war. The understanding of the message came to him in a vision. 2 At that time I, Daniel, mourned for three weeks. 3 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.”*

Daniel 10:1-3 (NIV®)

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As a believer in Jesus Christ, you desire to grow closer to Him daily. It is through the practice of praying and fasting for spiritual growth and renewal that you can achieve this. The more time you spend in the presence of Almighty God, the more you will desire to be fed from within, for your soul is hungry for Him and Him alone. As a Christian, make sure you develop a thirst to drink from the living waters of the One who burns inside you through the power of the Holy Spirit.

### PRAYER

---

*Jesus, You are the Center of our Joy because it is so true: all that is good and perfect comes from thee alone! As we continue on this congregation Fast, we thank You for giving us the fortitude and attitude to say "no" to things that we crave and saying "yes" to Your will, "yes" to Your way, and "yes" to Your Word. We recognize the power of prayer and spending time in your Word. We ask for your continual concentration as we focus on You; in the Name of our Lord and Savior, Jesus Christ, we pray, Amen and Amen!*

## DAY 6: LORD, HELP MY UNBELIEF

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*On the twenty-fourth day of the first month, as I was standing on the bank of the great river, the Tigris, 5 I looked up and there before me was a man dressed in linen, with a belt of fine gold from Uphaz around his waist. 6 His body was like topaz, his face like lightning, his eyes like flaming torches, his arms and legs like the gleam of burnished bronze, and his voice like the sound of a multitude. 7 I, Daniel, was the only one who saw the vision; those who were with me did not see it, but such terror overwhelmed them that they fled and hid themselves.*

Daniel 10:4-7 (NIV®)

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Often, when challenges come my way, I wonder if God is on my side. I know that intellectually, but inwardly, I ask, "Does He really care about my situation or circumstance? As I progress in this time of praying and fasting, my confidence in God is ever-increasing, and He assures me that through Him, all things are possible, for there is no doubt in my mind in what the Lord can and will do for me!

## PRAYER

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*Lord, I thank you for loving me even when I haven't always felt lovable because of my lack of unbelief. You have demonstrated your great love toward me in sending your one and only Son to die just for me. Now, Father, help me always trust you and realize that you are my Supplier, Supporter, and Sustainer as I go about my daily activities. I love you, give you glory, and encourage others to believe in you; in Jesus' Name, I pray,  
Amen!*

## DAY 7: PATIENCE TO RUN THIS RACE

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*“8 So I was left alone, gazing at this great vision; I had no strength left, my face turned deathly pale and I was helpless. 9 Then I heard him speaking, and as I listened to him, I fell into a deep sleep, my face to the ground. 10 A hand touched me and set me trembling on my hands and knees. 11 He said, “Daniel, you who are highly esteemed, consider carefully the words I am about to speak to you, and stand up, for I have now been sent to you.”*

*And when he said this to me, I stood up trembling.”*

Daniel 10:8-11 (NIV®)

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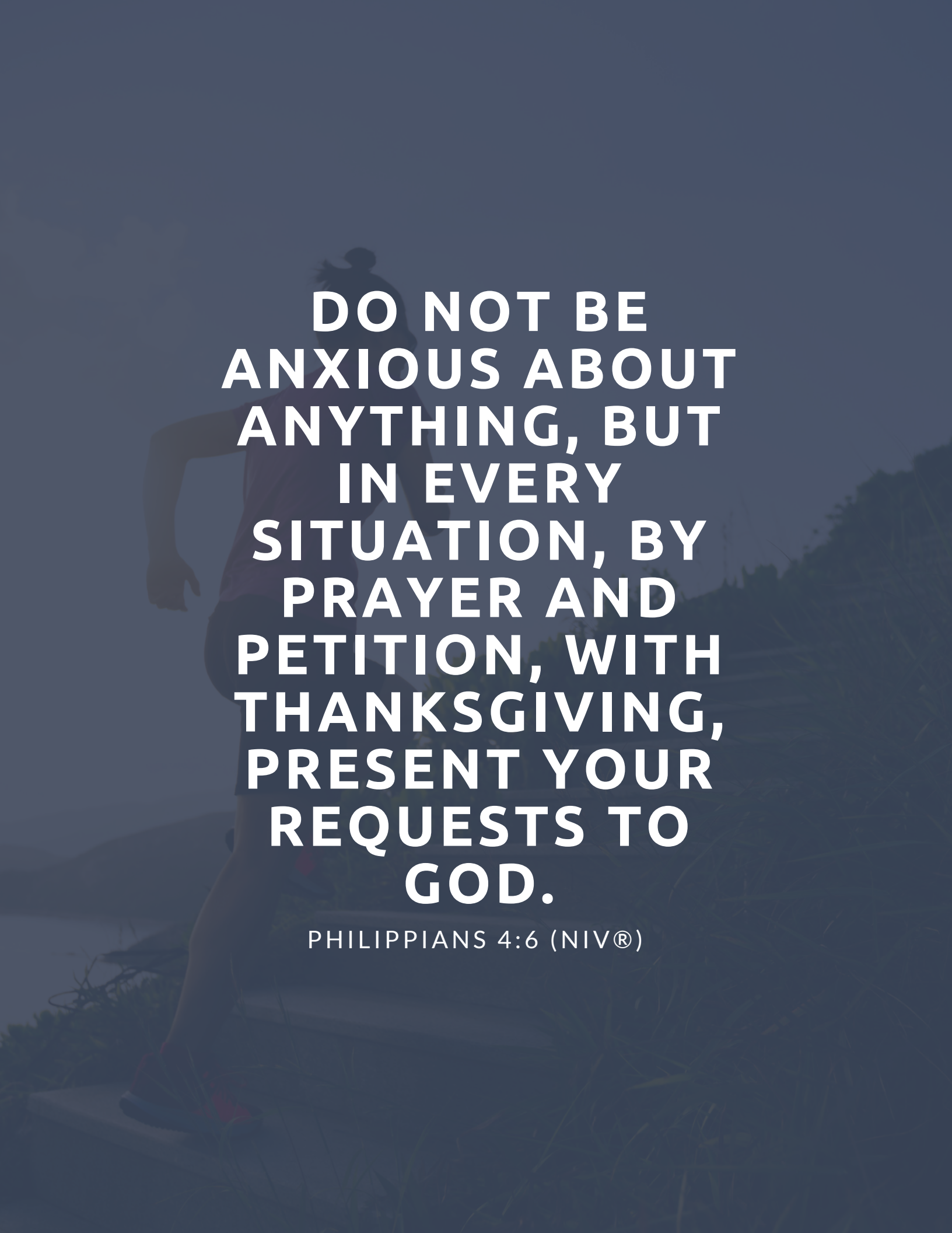
Determination is excellent when one achieves one's goals or objectives in life. As believers in the Lord Jesus Christ, our mission is to live out our faith and stay the course prepared for us. The key is to remain patient and consistent in running the race set before us as we ultimately bring glory to God because He has been patient with us!

## P R A Y E R

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*My Father and God, I cannot thank you enough for helping me through the first week of prayer and fasting. I feel your constant companionship like I have never experienced before; thank you so much. It's just a blessing to have the opportunity to persevere in you through the power of the Holy Spirit. I thank You for never giving up on me and, in return, helping me to be patient with those around me; be my guide, I pray, in the strong and perfect Name of Jesus Christ, my Lord, Amen!*





**DO NOT BE  
ANXIOUS ABOUT  
ANYTHING, BUT  
IN EVERY  
SITUATION, BY  
PRAYER AND  
PETITION, WITH  
THANKSGIVING,  
PRESENT YOUR  
REQUESTS TO  
GOD.**

PHILIPPIANS 4:6 (NIV®)

## DAY 8: STAYING TRUE TO GOD

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*"12 Then he continued, "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. 13 But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the King of Persia. 14 Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time yet to come." 15 While he was saying this to me, I bowed with my face toward the ground and was speechless."*

Daniel 10:12-15 (NIV®)

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Ask yourself, "Where or what do you spend most of your time doing?" If you are not careful, this person, place, or thing can become your source of enjoyment or temporary happiness. We mustn't allow things to control our very being: our heart, mind, or soul. All of us, unfortunately, have experienced that at one time along our various pathways.

### PRAYER

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*During this "New Year, New You" prayer and fasting season, take a spiritual inventory of yourself and ensure that you prioritize our God through the perfect work of Jesus Christ! Oh Lord our God, how excellent is thy Name in all the earth! We acknowledge you as our source of everything good and perfect, for no God is like you! Now, Father, so many things are vying for your attention. I pray that You will keep me in the hollow of your hands and not allow me to become distracted by material things or things money; allow the power of the Holy Spirit to saturate all of us to continue to follow You and to choose You over earthy possessions in the blessed Name of Jesus Christ, Amen!*

## DAY 9: TAKE ME BACK DEAR LORD

---

*16 Then one who looked like a man touched my lips, and I opened my mouth and began to speak. I said to the one standing before me, "I am overcome with anguish because of the vision, my Lord, and I feel very weak. 17 How can I, your servant, talk with you, my Lord? My strength is gone and I can hardly breathe."*

*18 Again the one who looked like a man touched me and gave me strength. 19 "Do not be afraid, you who are highly esteemed," he said. "Peace! Be strong now; be strong." When he spoke to me, I was strengthened and said, "Speak, my lord, since you have given me strength."*

Daniel 10:16-19 (NIV®)

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There is nothing like a special feeling or emotion that brings happiness to one's life, possibly a marriage, the birth of a first child, a new career, etc. These are days we, most likely, will never forget. One special day I fail to mention is when I gave my life to the Lord, Jesus Christ, and the overwhelming joy that filled my heart and soul. With so many problems and issues around us, every now and then, think back to that wonderful time when Jesus came into your heart to save you, and know today that He is always with you!

### PRAYER

---

*On this day, Lord, I thank you for the gift of remembering as I recall the day I gave my life to your Son and my Savior Jesus Christ! Indeed, it was a day of rejoicing as I dedicated myself to you in total adoration and submission. Father, when the pressures of life seek to steal my contentment, remind me of Your great love for me in that Jesus died just for you and me. Please help us to worship you despite our situation and circumstances. We know that You alone are worthy, and there is none like You; in Christ Jesus' Name, I pray, Amen!*

## DAY 10: TRUST AND OBEY

---

*If you fully obey the Lord your God and carefully follow all his commands I give you today, the Lord your God will set you high above all the nations on earth. 2*

*All these blessings will come on you and accompany you if you obey the Lord your God: 3 You will be blessed in the city and blessed in the country.4 The fruit of your womb will be blessed, and the crops of your land and the young of your livestock—the calves of your herds and the lambs of your flocks.5 Your basket and your kneading trough will be blessed.6 You will be blessed when you come in and blessed when you go out.*

Deuteronomy 28:1-6 (NIV®)

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Obedience, for me, can be challenging at times because there are times when I want to do it my way, and I don't want to answer anyone. While most of us have difficulty admitting this, if we are honest, we find ourselves feeling this way. However, there are great benefits in your obedience to God, such as the blessing of the city and the blessing of those things that you put your hands to do based on God's promises here in Deuteronomy. If we trust and obey, we will experience great happiness in Jesus Christ!

## PRAYER

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*Lord, I submit myself to you right now because You are my God; You are my Strength and Shield; I praise Your Holy Name! Father, I pray that you will increase my faith. Let me be a willing vessel for You and know that You are a rewarder if I diligently seek after You in all things. We love you, Jesus, and give your name praise,  
Amen!*

## DAY 11: WHAT A FELLOWSHIP

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*"But God demonstrates his own love toward us in this, While we were we were still sinners, Christ died for us."*

Romans 5:8 (NIV®)

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Have you considered how much God loves you? Do you really know and understand how valuable you are to Him? I appreciate that God sought and bought me with the redeeming blood of His Son, Jesus Christ. He desires to build our relationship with one another because He has already done the work, but it is up to you, and I seek to grow this relationship with Him by spending time with Him. Hopefully, through this time of prayer and fasting, as we worship and praise His Holy Name, we will grow in true fellowship with our God!

### PRAYER

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*Our Father, who art in Heaven, Holy is thy righteous and glorious Name! We thank you for your desire to fellowship with us and help us never take that for granted, for you loved us and sought us even when our minds were set on the trivial things of this world. I thank*

*You that You never gave up on me, and I thank You that we can commune and fellowship with You through prayer, fasting, and the reading of Your Word; thank You for loving me; in that Name of Jesus, we pray and ask it all,  
Amen!*

## DAY 12: THE WORD IS MY LAMP

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*97 Oh, how I love your law! I meditate on it all day long. 98 Your commands are always with me and make me wiser than my enemies. 99 I have more insight than all my teachers, for I meditate on your statutes. 100 I have more understanding than the elders, for I obey your precepts. 101 I have kept my feet from every evil path so that I might obey your Word. 102 I have not departed from your laws, for you yourself have taught me. 103 How sweet are your words to my taste, sweeter than honey to my mouth!*

Psalm 119:97-103 (NIV®)

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The Holy Scriptures, God's heartfelt letter to humanity, are vital in nurturing our faith as followers of the Lord Jesus Christ. Within these pages lies the breath of life, imparting encouragement and offering correction with the gentle touch of a loving parent. For me, the Bible is more than a book; it is a guide, a roadmap, a GPS, and a compass, providing direction and wisdom on my journey through this vast and challenging world.

## PRAYER

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*God of Heaven, thank you for showing me the way from temporal to eternal through understanding your Word! Because the Word became flesh and lived among us in the person of Jesus Christ, we know there is life and liberty in your Word. We thank you for this Inspired letter that is so powerful and impactful that we need it every hour of every day. Father, remind us of the importance of reading and studying the Bible for application to our lives as we grow in the grace and knowledge of your Son Jesus; I pray, Amen, and Amen!*

## DAY 13: PRAYING IN RIGHTEOUSNESS

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*7 Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. 8 Let me hear joy and gladness; let the bones you have crushed rejoice. 9 Hide your face from my sins and blot out all my iniquity. 10 Create in me a pure heart, O God, and renew a steadfast spirit within me.*

Psalm 51:7-10 (NIV®)

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The Word of God is paramount concerning praying and fasting as we learn the scriptures for our spiritual growth. Psalm 51 is a prayer often read during times of fasting because of its strong desire to fill every fiber of my soul with the presence of God. The words here reflect one who needs a change and desires to move toward godliness and goodness. This petition to God reminds me that my righteousness does not compare to God's righteousness, and my goal is to live a life that is pleasing in His sight.

### PRAYER

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*Everlasting Father, I stretch my hands to thee; order my steps in your Word and the things of righteousness. I love you and give you glory for who You are. You are the Rock of my Salvation! Lord, I aim to strive for a pure heart and renewed spirit to be all You want me to be. Now, I pray that You will allow Your light to shine through me so that those around me may have a glimpse of You as the "Great I Am." God, touch me and search my heart and remind me that I walk and live my faith, in the Name above all names, Christ Jesus, I pray,  
Amen!*

## DAY 14: TAKING A STAND

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*7 I, Daniel, was the only one who saw the vision; those who were with me did not see it, but such terror overwhelmed them that they fled and hid themselves. 8 So I was left alone, gazing at this great vision; I had no strength left, my face turned deathly pale and I was helpless. 9 Then I heard him speaking, and as I listened to him, I fell into a deep sleep, my face to the ground. 10 A hand touched me and set me trembling on my hands and knees. 11 He said, "Daniel, you who are highly esteemed, consider carefully the words I am about to speak to you, and stand up, for I have now been sent to you." And when he said this to me, I stood up trembling. 12 Then he continued, "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.*

Daniel 10:7-12 (NIV®)

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There is a saying, "If we don't stand for something, we will fall for anything." As Christians, we stand on the promises of God as we engage in the evils of this world. I am reminded that I do not stand alone because our God is always with me. Because the corruption of this world cannot match His power, victory is secured because Jesus Christ has already overcome and defeated the enemy; thereby, we stand still and firm with our God as our Shield and stronghold.

## PRAYER

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*Father, You are King of Kings and Lord of Lords! For there is no power, no flesh and blood that can stand against You; for You are mighty and God all by yourself! I humble myself at your feet and know that You can keep me from falling as I stand against the wiles of the evil one who seeks to steal my joy. Allow your Spirit to protect and provide what I need to stand still in You and You alone, in  
Jesus' Name,  
Amen!*





*Go into all the world*

**and preach the gospel**

*to all creation.*

**Mark 16:15 (NIV®)**

## DAY 15: THE MESSAGE OF THE GOSPEL

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**15 He said to them, "Go into all the world and preach the gospel to all creation.**

**16 Whoever believes and is baptized will be saved, but whoever does not believe will be condemned.**

Mark 16:15-16 (NIV®)

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Every organization or company has a mission statement that defines the goals and objectives of a particular entity. Even our Lord and Savior, Jesus Christ, had a mission statement based on Luke 19:10 in which the 'Son of Man came to seek and save that which was lost.' As a Christian, that message becomes my declaration as a follower of Jesus to share the Good News of the Gospel with those in my concentric circle. The Gospel message offers eternal life for those who believe that Jesus died on the cross and was buried in a borrowed tomb, but He was raised to defeat hell and the grave. That's why, as the songwriter says, "Go tell it on the mountain, over the hills and everywhere; go tell it on the mountain that Jesus Christ is born!

### PRAYER

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*Eternal God, You are our everlasting Father and our Prince of Peace through Jesus Christ, our Lord! We acknowledge your Son as the one in whom we believe and placed our faith as a result of His suffering on the cross to die for our sins. We hold to Him, knowing He did it "just for me." Now, Father, incline our hearts and minds to share the message of hope with those who recognize your Son as Lord and Savior. Lord, speak to our inner being to trust You as we share what You have done for us; we give You all the praise, and we give You all the glory in the power, precious Name of Jesus, who paid it all for me, we pray,  
Amen and Amen!*

## DAY 16: GOD'S INTERVENTION IS WORTH A POUND OF CURE

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*13 "When I shut up the heavens so that there is no rain, or command locusts to devour the land or send a plague among my people, 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 I will forgive their sin and will heal their land.*

2 Chronicles 7:13-14 (NIV®)

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As we continue on this journey of Fasting and Praying, I believe God is speaking to us to draw closer to Him amid so much turmoil that is raging all around us. God desires to intervene for us and to trust Him to handle the troubles of this world. The issue, based on Verse 14 of 2 Chronicles chapter 7, rests in my dependence upon Him in calling on His Name with humility while acknowledging Him as the source of my life as I let go and allow Him to rule and reign; in other words, His intervention will cure a lot of ills of this world.

### PRAYER

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*In the times we are experiencing, Lord, it is evident that we need your guidance and direction. We thank You for Your uncompromising Word that reminds us here in 2 Chronicles to seek You and let go of our selfish ways because You desire to bring healing and wholeness to our land and personally to everyone. Father, I pray that you will allow this passage of scripture to saturate me from my head to my feet; in Jesus' Name, I pray, Amen.*

## DAY 17: IS PATIENCE REALLY A VIRTUE?

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*When the day of Pentecost came, they were all together in one place. 2 Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. 3 They saw what seemed to be tongues of fire that separated and came to rest on each of them. 4 All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.*

Acts 2:1-4 (NIV®)

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It is said that Patience is a virtue, but let's face it: none of us really like waiting, especially when it applies to something that we really want. I recall hearing a story about a professor who had this rock on his desk, with the description carved into the rock, saying, "Patience is a virtue.

When asked about it, the professor replied, "It's a reminder to be patient as a rock." In other words, stay grounded and rooted in God and continue to trust Him regardless of the situation or circumstance, even when you want to pick the rock and throw it at something or someone (smile). Lord Jesus, as we are reminded of Acts 2, at the beginning of the New Testament church, great things can happen if we don't get ahead of ourselves and trust you in the process.

### PRAYER

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*We thank you for the gift of Spirit and help me to never take that for granted. Now, Father, as we wait on various things and issues that we have been praying for, let us know that waiting is a matter of who I am trusting, the penetrating power of Jesus Christ, our Rock, and my Redeemer. I pray,  
Amen!*

## DAY 18: LESS OF ME AND MORE OF THEE

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*He must become greater; I must become less." 31 The one who comes from above is above all; the one who is from the earth belongs to the earth and speaks as one from the earth. The one who comes from heaven is above all.*

John 3:30-31: 30 (NIV®)

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Have you heard the saying, "In order to go up, you must take a down?" In other words, we all want to rise to the occasion, but sometimes, to do that, we make sacrifices and take the focus on ourselves and place it on others. As we fast and pray, where is your focus? Is it merely on me or those who need to hear a word from me? Each day, I believe we can achieve great heights in our walk as Christians if we allow others in need to be our priority; as you lift someone, know that God is elevating you up and even higher!

### PRAYER

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*Most Holy God, we ask afresh that You will help us to see the needs of those who live on the margins of life. As I decrease my wants and desires, fill me with your presence where I can be salt and light to those around me. Enable me to display Your love, peace, and care because I am an ambassador for Jesus Christ; thank you for this great opportunity afforded to me; in the Name of Him, I pray,  
Amen!*

## DAY 19: THE FEAR FACTOR

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*4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

Philippians 4:4-8 (NIV®)

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We all go through moments, from time to time, where we are worried, afraid, and fearful. Fear has a way of paralyzing us, and we don't know what our next move should be. Paul reminds us in this passage not to worry or panic because someone is closer than a brother. He says The Lord is near in Verse 5 of Philippians chapter 4. In addition, He says rejoice; in other words, don't worry, be happy. It is good to know that you and I are not alone because our Lord, our God, is near and dear to us!

### PRAYER

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*Father, we thank you for being near to all of us, and because of your presence, I can feel safe and secure. Thank you for your ever-present help in times of trouble and tribulation. Thank you for giving us a sound mind and not a fearful disposition because of your love for us. Now, Lord, each and every day, put up in a position to know that You are God, and there is no failing in thee as you trust in Jesus' Name; I pray,  
Amen!*

## DAY 20: WHAT THE WORLD NEEDS NOW

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**34 "A new command I give you: Love one another. As I have loved you, so you must love one another. 35 By this everyone will know that you are my disciples, if you love one another."**

John 13:34-35 (NIV®)

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Judges make decisions day in and day out on the validity of one's guilt or innocence. Ironically, the Bible plays a role because those called to testify in court cases must swear on the Bible to tell the truth. Jesus says in this passage from the Bible in John 13 that He can know if you are a disciple of his based on your love for one another.

## PRAYER

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*Heavenly Father, we know it isn't always easy to love some people, yet You have given us access to the Holy Spirit to love those deemed unlovable. Lord, show us how to love and spread and share love with those desperately in need of comfort and care. Remind us of the importance of caring for those who may have turned their backs on us and lead us to be willing vessels to help others regardless of ethnicity or spiritual beliefs because we are all God's creation; in the Name of Jesus, I pray,  
Amen!*

## DAY 21: THE KING OF HEART

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*25 On one occasion an expert in the law stood up to test Jesus. "Teacher," he asked, "what must I do to inherit eternal life?" 26 "What is written in the Law?" he replied. "How do you read it?" 27 He answered, "'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind' [a]; and, 'Love your neighbor as yourself.' 28 "You have answered correctly," Jesus replied. "Do this and you will live."*

Luke 10:25-28 (NIV®)

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Well, we have made it; our last day of this Fast, and our emphasis is on the One who we worship, the One who we praise, the One who stood where I should have been standing, the One who carried all of my baggage of sins as well as everyone else to the cross and died but remember the Gospel message: He died, buried, but He rose again with all power in Him. By virtue of our faith in Him, we have everlasting life when we are off this stage on this side, and we will live with Him forever.


By reason alone, I commit to loving Him with all my heart, mind, and soul. However, we cannot love God and hate those around us, including myself. We can never forget what God has done for us through Jesus Christ, for He is the King of our hearts!

### PRAYER

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*Lord, what a mighty God we serve! We thank you for this time of spiritual growth and renewal; I feel the energy and strength from you being with me as we have journeyed these past 21 days of this Fast. I know You are real because You reside in my heart, and I love You and give You glory, honor, and praise! There is no one like you; nothing compares to your greatness, and I worship you with my whole heart, mind, and being. We love you, and we adore you for being our God, Supporter, Supplier, and Sustainer in the mighty, matchless, and marvelous Name of your darling Son, Jesus Christ, our Lord;  
Amen and Amen.*





“LET  
PERSEVERANCE  
FINISH ITS  
WORK SO THAT  
YOU MAY BE  
MATURE AND  
COMPLETE, NOT  
LACKING  
ANYTHING.”

JAMES 1:4 (NIV®)

# C O N G R A T U L A T I O N S

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You have completed 21 Days of Fasting and Praying. Thank you for your commitment and perseverance. Our prayer is that you have experienced God's work in your life throughout this time of spiritual renewal. We would love to hear about what God has done or what God has shown you during this time of prayer and fasting. [Click here](#) to Share Your Story.



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