

21-DAY FAST

JAN. 15 – FEB. 4, 2023

The LORD will march out like a champion, like a warrior he will stir up his zeal; with a shout he will raise the battle cry and will triumph over his enemies. Isa. 42:13

I. INTRODUCTION—21-DAY FAST

- A. **When**: It starts on Monday Jan. 15th at 12:01am & ends on Sunday, Feb. 4th at 6am.
- B. **Who**: We invite anyone who desires to join us, regardless what city you live in.
- C. **Why**: For personal encounter with Jesus; to pray for greater breakthrough with our families, cities, and nations; to remember God’s promises (individual and corporate); and to reset our hearts in intimacy with Jesus.
- D. **Small Groups**: In small groups settings—Read through the Gospel of John and the three letters of John. Lock in on your favorite verses, find repetitive key words or themes John wrote about. To read through John is to focus on Jesus.
- E. **What**: We encouraged all to spend more time in prayer and study of the Word.
- F. **How**: Fast food according to a healthy plan safe for you, fast media and/or entertainment. Set aside as many regular meetings (ministry, social, leadership, etc.) as possible for 21 days to be before the Lord.

II. THE PURPOSES OF THIS FAST

- A. ***To personally encounter the Lord.*** As He does His work *in us*, He works more *through us*. We are fasting to personally encounter God and His love and for a renewal in our spiritual life.
“Simon, son of Jonah, do you love Me...?” John 21:15
- B. ***To confess and renounce our compromises and recommit our life to fully obey Jesus.***
9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1John 1:9
¹⁹“Repent...that times of refreshing may come from God’s presence...” (Acts 3:19)
- C. ***To receive insight into God’s love***—John had a revelation of his belovedness to Jesus.
Then Peter, turning around, saw the disciple whom Jesus loved following, who also had leaned on His breast at the supper...John 21:20
- D. ***To pray for a breakthrough of Holy Spirit power for our families, churches, and nation.***
I pray not for them only but all those who will believe on account of their testimony. Jn. 17: 20
- E. ***To remember our corporate and individual prophetic history.***
 - 1. It is important for God’s people to remember the promises God has made in order to inspire and empower faith and hope.

2. Often we imagine that the promises of the Lord will simply happen because someone prophesied they would. There is a temptation to *sit back* and *passively* wait. This is the wrong mindset. In reality, the prophetic messages are given so that the people of God don't sit back passively in the delay, but rather, actively engage with all *faith* and *hope*.

III. 3 WEEK PRAYER PLAN

- A. For those who desire, this simple prayer plan may help enhance your fast.
- B. **Week #1 – “Cleanse”** – John 1-5, 7, 13, 15, 19; 1 John 1
 1. In John's writings he often spoke of the cleansing, lifegiving power of water. Just as a high consumption of water can cleanse your body of toxins, so too the water of God's word, and the power of Holy Spirit can cleanse our souls.
 2. In John's first letter, first chapter one of the most powerful promises John makes regarding Jesus and His Father is their willingness to forgive and to cleanse everyone of sin. This promise is given to all who ask through confession of their sin.
 3. Often as we seek the Lord's face in a more consecrated way with fasting, we remember two things. We remember the Lord's promises, and we remember our sins that constantly accuse us and therefore tell us God cannot release his promises.
 4. **Response:** Take this week to remember your story before God in prayer and with others.
 - a. **Remember** your salvation story.
 - b. **Remember** the demonstration of God's grace and his acts in your life (healings, miraculous provisions, friendships, revelations, etc).
 - c. **Confess** the negative memories, sins, fears, etc. to the Lord and with others who you consider close friends.
 - d. **Repent** of the sins revealed to you through God's word.
 - e. **Forgive** anyone who Holy Spirit brings to your mind who has offended you. If you need to talk to them, make a plan to do so.
 - f. **Receive** the forgiveness of the Lord available to his people through the cross of Jesus and his shed blood.
 - g. **Thank** the Lord for his goodness and constant investment in your life.
 - h. **Intercede** for yourself, your family, friends, city and nation. Like John, ask God for his mercy to be revealed in tangible ways.
- C. **Week #2 – “Illuminate”** – John 1, 3, 5, 7-8, 9, 11-12; ; Rev. 1:4-9, 12-18

1. John also wrote a lot about Jesus being the Light. This takes us back to Gen. 1 where the light of revelation was given by which God made himself known to his creation.
2. Spend the week asking God to shine his face on you and your church community. Read through John the Apostles descriptions of Jesus in Revelation 1 asking God to shed the light of Christ in your heart in a deeper way.
3. **Response:** Take this week to focus on the attributes of Jesus as described in Revelation 1 (or other biblical descriptions of Christ).
 - a. **Thank** (express gratitude) God for revealing Jesus in the various ways he shows you, writing down the particular attributes of Christ revealed to you.
 - b. **Agree** with what is revealed to you.
 - c. **Ask** God for help to work into your life the beauty of Christ you see.
 - d. **Intercede** for others asking God to shine his face on their lives.

D. **Week #3 – “Empower” – John 13-17**

1. One of the most powerful sections of John’s gospel are chapters 13-17. In John 14:26, Jesus promises that the Father will send Holy Spirit, to be our helper and to remind us of all that Jesus has said. This promise is true empowerment. When Holy Spirit takes the words of life Jesus has spoken and speaks them to your heart reminding you what Jesus has said, life is renewed in us.
2. **Response:** As you pray this week for breakthrough, your family, church, ask God the Holy Spirit to remind you specifically of what he has spoken to you in the past that you need reminding of today.
 - a. **Ask** God for a spirit of wisdom and revelation regarding his word and the timing of his promises.
 - b. **Ask** God to touch those who you are praying for with the power of the Holy Spirit
 - c. **Intercede** for your city, church, nation, and for Israel for a greater breakthrough in the power of the Holy Spirit
 - d. **Record** your impressions and continue to pray over them after the fast. Add these impressions to your prophetic history as Holy Spirit would lead you.

IV. **READING PLAN OPTIONS**

- A. Read through the Gospel and three letters of John every week.
- B. Use the 21-Day devotional by Robert Morris at Gateway Church - <https://gatewaydevotions.com/know-love>

- C. Use the 21-Day devotional produced by Jentezen Franklin - <https://jfm-web-images.s3.amazonaws.com/docs/Fasting-21-Day-Devo.pdf>
- D. Set a schedule, make a plan, make your schedule fit into this fast, not making this fast trying to fit into your schedule.
- E. Join as many corporate prayer meetings as you can. Set a goal of at least 1 per day.

V. PRAYER MEETING SCHEDULE

- A. Mornings – 7am online through the link provided on the CFG website.
 - 1. Sunday there is no online prayer meeting at 7am.
- B. Evenings – 6:30pm combination in person and online
 - 1. In Person – Tuesday, Wednesday
 - 2. Online – Monday, Thursday, Friday, Saturday, Sunday