

2019

This will be a Year of Favor, Fullness, Completion and Fruitfulness. Believers Expect Marvels, Wonders and Extraordinary Manifestations of the Greatness of your God. You have not seen all that God can do, the

“BEST IS YET TO COME!”

PROPHECY

## *21 Days of Prayer & Fasting*

Dear Believers,

The beginning of the New Year is perhaps the best time in the rhythm of life to turn our hearts from distractions and to focus intensely on seeking God. Starting January 6, we are planning to set aside 21 days for prayer and fasting to draw near to God, put Him first in our lives, and ask God for specific breakthroughs.

Throughout these 21 days, we will be focusing on prayer as a church family. To add an *Atomic Blast* to our Prayers, we will incorporate fasting. You may also choose to fast at other times during the year for your own spiritual development. It is very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on Him as you fast.

Read through the Bible and the 21 Day Devotions daily. See Schedule Online @  
[www.crossroadsforlife.com](http://www.crossroadsforlife.com)

# HERE IS THE PLAN

## *Pray*

Commit to specific times of prayer each day.

## *Fast*

Join in on one of the suggested types of fasts.

## *Corporate Prayer*

Meet us in Corporate Prayer at **5:00AM every Wednesday and 7:00AM every Saturday** during the Fast. The First Corporate Prayer meeting is **Wednesday, January 9, 2018**. The Pastor and Leaders have asked everyone to make a special effort to attend ALL Corporate Prayer meetings.

## *Sundays*

On Sunday mornings, we will focus on evangelism, unity in the Church, praying for our city and contending for souls and salvation.

# ABOUT FASTING

Fasting, simply stated, is about eliminating distractions in order to draw nearer to God. Fasting gets us focused on God and renews us from the inside out. The most important part of prayer and fasting is your time with God.

We are asking our entire church family to join together in united prayer and fasting for 21 days. We are suggesting the following different types of fasting. Your personal fast should present a level of challenge, but it is very important to know your own body and to seek God in prayer and follow what the Holy Spirit leads you to do. Remember, it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58).

## WHY FAST?

- Do you desire to know God's will and direction for your life?
- Are you in need of a miracle or breakthrough?
- Do you have a dream inside you that only God can make possible?
- Are you in need of a fresh touch from God in your life?
- Do you want a deeper, more intimate and powerful relationship with the Lord?
- Are you ready to have greater sensitivity to the Holy Spirit's voice?
- Do you need to break free from bondages that have been holding you captive?
- Do you have a friend or loved one that needs Jesus?
- Do you sense that God has more for your life?

## TYPES OF FASTS

- **Complete Fast:** Drinking only liquids, typically water, with juice as an option.
- **Daniel Fast:** Removing meat, sweets and alcohol from your diet (see Daniel 1:8).  
**Link:**  
<http://www.daniel-fast.com>  
<http://www.ultimatedanielfast.com>
- **Partial Fast:** Sometimes called a Jewish Fast, calls for abstaining from food for a specific part of each day. This might be from sunup to sundown, or 6 am to 3 pm, lunches, or something suitable for you.

- **Electronic Entertainment Fast:** Abstaining from social media and all forms of electronic entertainment (movies, TV, video games, etc.). This is a wonderful fast for everyone! This is also a good fast to combine with one of the food fasts. It is helpful to refocus areas of life that might be out of balance. When breaking the fast, carefully bring that element back into your life in an orderly fashion.

Please also refer to:

**7 Basic Steps to Successful Fasting and Prayer by Dr. Bill Bright**

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.html>

## *Prayer*

### **Prayer Focus**

Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that as we seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)! During this season of prayer, we will seek the Lord in these areas:

- Declaring our dependence on God in every area of our lives.
- Praying for a closer relationship with God and hearing His voice.
- Praying for our city – that God would draw people to Himself and many hearts would turn to Him.
- Praying for our neighbors – walk your neighborhood several times per week and pray for the people who live in each house.
- Asking for guidance in your life for the year.
- Believing God for answered prayers for specific needs.
- Victory over areas of sin, and asking for forgiveness for our sins – personally and corporately.
- Inviting the Presence and power of God to work in our Church and our lives.

Read through the Bible and the 21 Day Devotions daily. See Schedule Online @  
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## *Fasting Schedule*

| DAYS                          | TYPE OF SUGGESTED FAST  | TIME                 | INSTRUCTIONS   |
|-------------------------------|---|----------------------|--|
| Days 1-7<br>(1/6 – 1/12)      | Partial Fast<br><br>OR<br><br>Daniel Fast<br>(See Link)                                 | 6:00 AM –<br>3:00 PM | Abstain from any food during this time. The foods that are recommended after this time of consecration are Baked, Grilled, or Broiled Chicken, Turkey or Fish. (NO FRIED FOODS). Fruits and Vegetables are also recommended. No Sweets. Drink Water and Pure Juices Only.<br><br><b>Constant Prayer During the Fast.</b> |
| Days 8-14<br>(1/13 – 1/19)    | Partial Fast<br><br>OR<br><br>Daniel Fast<br>(See Link)                                 | 6:00 AM –<br>6:00 PM | Abstain from any food during this time. The foods that are recommended after this time of consecration are Baked, Grilled, or Broiled Chicken, Turkey or Fish. (NO FRIED FOODS). Fruits and Vegetables are also recommended. No Sweets. Drink Water and Pure Juices Only.<br><br><b>Constant Prayer During the Fast.</b> |
| Days 15 – 21<br>(1/20 – 1/26) | Complete Fast<br>Juice Fast or<br>Water Only<br><br>OR<br><br>Daniel Fast<br>(See Link) | All Day              | We will strictly Drink Juices: Vegetable and Fruit Juices, (Not From Concentrate), if at all possible. Do not be condemned if you cannot, make do with the nearest alternative. Remember, the most important thing in this consecration is your Heart towards God.<br><br><b>Constant Prayer During the Fast.</b>        |

### *Medical Disclaimer*

We recommend that you always consult your physician prior to beginning any type of fast. If you are in poor health or have concerns about your physical ability to fast, we especially urge you to consult a physician before beginning your fast. There are different types of fasts (Complete Fast, Daniel Fast, Partial Fast, or give up at least one item of food). Your Doctor can provide proper advice on how you can participate on this fast in a way that is healthy for you.