



21 DAYS
PRAYER AND
FASTING GUIDE
JANUARY 2024

1/14/2024 6:00 PM
TO 2/3/2024 NOON.

St. Luke “Community” United Methodist Church

Pastor Richie Butler and the SLCUMC Chayil House of Prayer Ministry (C-HOP) are inviting the St. Luke “Community” United Methodist Church family and friends to join us in a time of consecration and spiritual journey. **2024 is the SEASON to “KEEP BELIEVING”**. Through prayer and fasting, we are seeking God for a KINGDOM of our families, loved ones, church, community, nation, and the world.

HELPFUL WAYS TO USE THIS GUIDE

This guide seeks to provide a basic understanding of fasting in addition to helpful resources for deeper understanding. We have also included a brief discussion of the 2024 focus.

2024 is the SEASON to “KEEP BELIEVING”.

Philippians 1:3-6

The apostle Paul wrote to the Philippians, I Thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.

We hope this time of prayer and fasting will refresh us personally but also our church as we all seek God’s will, blessing and direction.

This time is designed so that everyone can participate at their level. Whether you have done an extended fast before, or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way.

Remember our free discipleship media tool by RightNow Media that can provide additional content-rich resources for

the entire family. Sign up today to access this powerful free tool: <https://www.RightNow.org/Account/Invite/StLukeUMC>

You may alternately or additionally choose to use another recommended Devotion book for this 40 day Consecration time is “Emotionally Healthy Relationships, Day by Day” by Peter Scazzero. (Link to PDF below) Or it can be purchased online in a variety of locations including Amazon.

<https://www.emotionallyhealthy.org/wp-content/uploads/2019/01/EH-Relationships-Day-by-Day-Week-One.pdf>

We pray that you will experience the presence and power of God extraordinarily as you commit yourself to Him over the next 21 days. May you be closer to God than ever before as you seek Him first.

As you prepare for the consecration, it can be tempting to start thinking of a laundry list of prayers you'd love to see answered. But we want to encourage you to **keep this simple**.

Think about why you are fasting. Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation, or for a major decision? Ask the Holy Spirit to clarify His leading and objectives for your **KINGDOM**.

This will enable you to pray more specifically and strategically. **Think about the top two or three most pressing issues on your heart, and FOCUS on those with God.** Write them down in the space provided in this booklet, and be open to hearing what God wants to show you in those areas.

When praying, **make your primary goal to know Jesus more and experience Him.** Focus first on what's right about Him, such as His goodness and His greatness, and see everything else through that lens.

Finally, **make time to pray daily.** Keep it simple! Just talk to God. Have that place and time where you can seek Him every day. If you don't *plan* to pray, there is a good chance you won't.

Fasting guide

Adapted from *Your Personal Guide to Fasting and Prayer*, by Dr. Bill Bright, Campus Crusade for Christ International and *Awakening Guide 2012*, by Celebration Church.

Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician before beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing a baby.

Why fast?

Fasting has the potential for significant impact in 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 is Biblical

There is a strong biblical base for fasting, Jesus, as part of his spiritual preparation, went into the wilderness and fasted 40 days and 40 nights, according to the Gospels.

Fasting has been a part of Methodism from its early beginnings. John Wesley considered fasting an important part of a Christian's life, and he fasted weekly. To Wesley, fasting was an important way to express sorrow for sin and penitence for overindulgence in eating and drinking. He believed it allowed more time for prayer and was more meaningful if combined with giving to the poor. Wesley did advise caution against extreme fasting and against fasting for those in fragile health.

Fasting and prayer can also work on a much larger 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 world. Fasting and prayer can bring about revival – a change in the direction of our nation, the nations of the earth and the fulfillment of the Great Commission.

Biblical fasting is, very simply, denying oneself something for the sake of seeking and honoring God. Pastor Stovall Weems says that *“prayer is connecting with God; fasting is disconnecting ourselves from the world.”* That’s a great way to describe the feeling. In addition to food, you can also fast from other things that keep you connected to the world. These may include television, social media, video games and more.

Why you should fast

If you do not already know of the power and importance of fasting, here are some very important facts:

- 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.

If you fast, you will find yourself being humbled. You will discover more time to pray and seek God's face. And as He leads you to recognize and repent of unconfessed sin, you will experience special blessings from God.

How to fast

As you prepare to fast, it is important to choose a fasting plan that works for you. While this section provides some general information about different types of fasts, as well as some suggestions on how to create your own fasting plan, it is important to mention that there is nothing more inherently spiritual about one type of fast as opposed to another. These are simply guidelines and suggestions on different things you can do.

Fasting can include food, social media, and entertainment, among other things. It should be something you are accustomed to so that it stretches you to give it up. **Giving it up for a period enables one to focus on God.**

For example, when those hunger pangs happen, turn to prayer. When you usually watch your television shows, open your Bible to read and pray instead. ***Fast from social media or watching sports so you can focus on God.***

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 with 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**. Your personal fast should present **a level of challenge** to it, but it's very important to know your own body, know your options and, most importantly, seek God in prayer and follow what that Holy Spirit leads you to do.

Remember, the goal of fasting is not just to do without food or Facebook. The goal is to draw nearer to God.

2. make your commitment

Pray about the kind of fast you should undertake. 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 up front the type of fast 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 it.

You may choose to fast all 21 days. Or you may choose to fast several days out of the 21 days, such as three or four days a week throughout the 21-day period. Maybe you will do that and do three to seven consecutive days at the end. This is your personal decision and should be prayerfully considered as it applies to your circumstances.

It is important to fast in a way that works for you. The goal is that you choose a fast that will be challenging for you but will work within your life. You should choose a plan that will cause you to rely on God and will create space in your life for Him to work.

different types of fasts

- **specific food or activity fast:**

In this type of fast you omit a specific item(s) from your meal plans. For example, you may choose to eliminate all red meat, processed or fast food, or sweets. Most people can incorporate this type of fast relatively easily. It can also prove to be a great solution for people with specific dietary needs or medical conditions that may cause certain limitations.

While fasting typically refers to refraining from specific food items, you may also find it extremely beneficial to fast from a regular activity or habit. This might include things such as television, social media and the like.

Prayer and fasting are about both connecting to God and disconnecting from the world. Try to tune out some of the regular distractions from your day as much as possible. Replace that time with things that will nourish you spiritually.

- **Daniel Fast:**

The Daniel fast is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline, and purification of the body and soul. It is probably one of the most commonly referred-to fasts; however, within the Daniel fast there is room for broad interpretation.

In the book of Daniel, we find two different times where the prophet Daniel fasted. [Daniel 1](#) states that he ate only vegetables and water, and in [Daniel 10](#), while the passage does not give a specific list of foods that Daniel

ate, it does state that he ate no rich (or choice) foods, as well as no red meat or wine. So based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast.

Again, it is important to mention that there is nothing inherently spiritual about one type of fast as opposed to another. The foundation of the Daniel fast is fruits and vegetables. Some starchy vegetables and dairy could be included, but that depends on the individual. Your goal should be to seek God in prayer about this and follow what the Holy Spirit leads you to do.

- **juice fast:**

A juice fast is simply consuming vegetable and fruit juices and water instead of solid food. Many people include whey protein in their liquid plan as well. Even if you choose not to make your entire fast liquids-only, substituting one or two meals for liquids could be a great alternative.

- **fasting safely:**

As you begin your fast, you may hear from concerned loved ones and friends who urge you to protect your health. And they are right. You should protect your health. But we want to encourage you that if done properly, fasting will not only prove to be a spiritual blessing but a physical blessing as well.

You may, however, have a physical problem that would make fasting unwise or dangerous. This could include tumors, cancer, blood diseases, diabetes or heart disease. If that is the case, include your doctor in your decision on how to fast. Also, if you are under any type of medication, you may want to talk with your doctor before changing your regime.

- **fasting while nursing or pregnant:**

Strict fasting while nursing or pregnant is not recommended. If you are in this season of life, here are some great options for you to consider – with the approval of your physician:

- a modified Daniel fast including whole grains, legumes, whey protein, calcium and iron supplements
- fasting sweets and desserts
- fasting red meat
- fasting non-food activities like television, Facebook/Twitter, movies, etc.

- **fasting and eating disorders:**

If you have struggled with an eating disorder, this situation is a battle that you can win through Christ ([Philippians 4:13](#)). Remember, fasting is a tool used to get closer to God, and it actually should keep us from being preoccupied with food. If your method of fasting is going to cause you to obsess about what you eat in any way, you will either need to change your approach or your mindset.

If giving up food is a stumbling block to you, then consider fasting of TV, Facebook, reading (other than the Bible), or shopping. There are many distractions and ways that we use to stay in control that we could eliminate from our daily routine. If you can identify such other things, maybe you can give those up instead of food.

Remember that you are covered by God's grace. God will show you what to do and give you His peace.

3. beginning and ending your fast well:

Depending on the type of fast you choose, it may be important to prepare your body ahead of time before beginning the fast. Take a week or so to transition into your

fast; otherwise it may be difficult on your body. For example, if you would like to go on a fruits and vegetables or juice fast, start eliminating meat, white grains, and refined sugars from your diet the week before. Also you may want to start to cut back on dairy products and some of your caffeine intake.

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

The goal for this 21-day fast is that you would experience a new intimacy in your relationship with God. As you prepare to begin, we encourage you to prepare your heart spiritually. The foundation for fasting and prayer is repentance. Unconfessed sin can hinder your prayers.

Here are several things you can do to prepare your heart:

- Remember that God is your Father and He loves you and is for you.
- 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](#)).

final fasting tips:

- Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give into temptation.
- 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 together in a small-group setting. 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 right 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!

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 where you experience God's presence like never before!

CHAYIL Prayer Guide

This CHAYIL Prayer Guide uses the Prayer Template given to us by Jesus, who identifies Himself to His Churches as "The Root and the Offspring of David" ([Rev 22:16](#)). The Bible says of David: "Through the victories you gave, his glory is great; you have bestowed on him splendor and majesty." ([Ps. 21:5](#)) With this guide, we are praying and activating our glorious inheritance in Christ Jesus, the great glory of David. In David's Psalm, he praised and thanked God for the manifested CHAYIL Glory in his life in spite of hardships and battles: "Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to ALL. Now, our God, we give you thanks, and praise your glorious name." 'EL CHAYIL', LORD of Manifested Glory. ([1 Chron 29:12](#)).

Prayer:

1. **Our Father in heaven,**

I enter your gates with thanksgiving in my heart and into your courts with praise. I cover myself with the blood of Jesus Christ and come before you in the righteousness of Jesus Christ, my King of CHAYIL Glory.

2. **Hallowed be your Name,**

You are my Jehovah Messiah, Savior, Jesus. I thank you for saving me, my family and my household as I believe in your Name that is above all other names.

You are my Jehovah Shalom, my LORD of Peace. I will not let my heart be troubled or be afraid for the peace of God which transcends all understanding will guard my heart and my mind today.

You are my Jehovah Rophe, my LORD and Healer. You heal all my diseases and keep me in divine health; you satisfy my mouth with good things and renew my youth like the eagles. By your stripes, I was healed.

You are my EL CHAYIL, my King of Glory. You fill me with worship, wisdom, power, honor, favor, wealth and influence to advance your Kingdom as you fill the earth with your glory.

We pray like Jesus, 'Father, the time has come. Glorify your servant that your servant may glorify you.'

3. Your Kingdom come, your will be done on Earth as it is in Heaven,

I exalt your Name El Gibbor, my LORD God Almighty, who has given me power and authority to be a Kingdom Enforcer to enforce your Kingdom and will in every area of my life. I am made in the image of God to speak like God words of faith to create and rule my world. I put on the full armor of God for my protection, and with my spiritual weapons (the Name of Jesus, the Blood of Jesus and the Word of the LORD), I take my stand against the devil's schemes. I bind and dismantle all forces of evil principalities, powers, rulers of darkness and spiritual hosts of wickedness that is against me and against my family, my CHAYIL family, the fruit of my womb and the work of my hands.

4. Give us this day our daily bread,

I exalt your Name Jehovah Jireh, my LORD and Provider, who shall provide for me and my family and fill my life with every kind of provision in every area according to the glorious riches of Christ Jesus.

5. Forgive us our debts as we also have forgiven our debtors,

I exalt your Name Jehovah Tsidkenu, Jesus Christ my LORD of Righteousness, who died on the cross for my sins and the sins of the world. Please forgive me for known and unknown sins in thoughts, words, deeds; sins of commission and omission; sins of fear and unbelief.

You said that if I confess my sins, you are faithful and just and will forgive me of my sins and purify me from all unrighteousness. I choose to walk in forgiveness, and I forgive all those who have offended me, disappointed me or tried to hurt and destroy me. As God's chosen, whom He calls holy and dearly loved, I clothe myself with compassion, kindness, humility, gentleness, and patience. I thank you for fresh cleansing and forgiveness of all my sins so that I can go forward with confidence and peace for my daily blessing and glory.

6. And lead us not into temptation but deliver us from the evil one,

I exalt your Name Jehovah Rohi, my LORD and Shepherd, who makes me lie down in green pastures, leads me beside still waters, restores my soul and guides me in the path of righteousness for His Name's sake. With You, my Most High and dwelling place, I am protected from the Evil One so that no harm will befall me, and no disaster will come near my household. Please command your angels concerning me to guard me in all my ways. My Sovereign God is in control of all that I have committed into His care and protection, and I will arise and shine as the CHAYIL glory of the LORD rises upon me.

7. For yours is the Kingdom, the power and the glory forever.

Praise be to the LORD, the God of Israel, from everlasting to everlasting as He builds His Church.

For additional resources:

- <http://www.prayerinstitute.com/prayer/model-prayers>
- <http://www.jentezenfranklin.org/fasting/>
- <https://www.RightNow.org/Account/Invite/StLukeUMC>
- <http://www.umc.org/what-we-believe/what-does-the-united-Methodist-church-say-about-fasting>
- <http://lwccportal.com/ebooks/ebook/spiritualbreakthrough/spiritualbreakthrough.htm>
- <http://www.ihopkc.org/about/fasting-guidelines-and-information/>
- www.fhmin.org/awakening
- <http://www.patfrancis.org/index.php/21-day-daniel-prayer-fasting-declarations>

This booklet was designed and developed by St. Luke “Community” United Methodist Church Chayil House of Prayer Ministry C-HOP 2019, revised 2020.

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2 Chronicles 7:14

“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 will forgive their sin and heal their land.”

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