

21 Days of Prayer and Fasting



21 DAYS OF PRAYER AND FASTING GUIDE FOR FIRST UNITED METHODIST CHURCH

Prayer and fasting are powerful ways to prepare to receive His presence, and all that He has planned for your life and our Church, as well as grow deeper in your walk with Him as you follow Christ. More of you and less of me. Ask yourself, what am I allowing to come between me and God's presence? Imagine the blessings He has for you when you prepare your heart and surrender it all to Him.

Join Pastor Tiffany McCall as she encourages you to devote yourself intentionally to seeking God and His will for your life and FUMC-Next Generation during this 21-Day of Prayer & Fast journey. This journey begins January 16, 2022 and ends February 5, 2022. We will have 6am morning prayer on the conference call line and on Fridays the prayer team will gather in the Chapel at 10am. Additionally, Pastor McCall will post Monday morning devotions on our Facebook/YouTube platforms.



Fasting Guide Highlights

An Invitation by Pastor
Tiffany McCall

What is Fasting?

Fasting Goal: A Personal
Encounter With The
Living God

Preparations For Your
Fast: Heart - Body -
Prayer Life

ENDURING YOUR FAST
To Eat or Not To Eat is
Not The Question

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WHAT IS FASTING?

Fasting is to voluntarily abstain from eating/drinking/social media for an extended period. "Eating" and "drinking" can represent anything that is holding you back. What do you "consume" in terms of social food, intellectual food, spiritual food, and emotional food? Are these things distracting you from your relationship with God? Are you relying on things that have nothing to do with God to get you through your day? You may not even realize you have an addiction. For example, if you "have to have" coffee every day, and you are not willing to give it up, you are addicted. Maybe your fast needs to just be about coffee. Ask God and He will show you.

Everyone doing a physical fast that need medication please eat or you should consult a physician first. If you have medical issues, consider fasting TV, sugar, negative thinking or social media. The point is that there is something God wants you to separate yourself from for three weeks so that you can see Him more clearly. Don't cheat yourself by removing yourself from the fast entirely.

FASTING GOAL: A PERSONAL ENCOUNTER WITH THE LIVING GOD

- "He must increase and [we] must decrease." - John 3:30
- "Be ye holy, for I am holy." - 1 Peter 1:16

You may experience many benefits from fasting (cleansing your body, breaking addictions, etc.), but the goal of fasting is to experience God. Right now your life may be all about you, what you want, and when you want it. Imagine if you separate yourself from your perceived needs (such as food)...you may see that life is all about Him.

Other examples of biblical fasting :

- Special revelation - Exodus 34:27-28
- In times of war - Judges 20:26
- Courage and wisdom - Esther 4:3,16
- In times of grief Nehemiah 1:4, 2 Samuel 1:12, Samuel 31:13, 1 Chronicles 10:12
- Spiritual recuperation - 1 Kings 19:1-9
- Mourning - Daniel 10:1-3
- Repentance - Jonah 3:5, Daniel 6:18
- Ministry preparation - Matthew 4:2
- Spiritual power - Mark 9:29
- Ministry commissioning - Acts 14:23
- Set aside self for holiness - 1 Corinthians 7:5
- Spiritual discipline - 1 Corinthians 11:24-28 (Paul "fasted often")

Prepare your heart:

In 2 Chronicles 7:14, God appears to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. Then, He will hear their prayers and heal them.

Be willing to hear what God says needs to change and be willing to change. Don't continue to sin. What are the paths He wants you to walk? How much does He want you to pray and read His Word? Tell God that you surrender your life to Him and that you want more of Him and His way.

Prepare your motives:

Ephesians 1:3 says that there are spiritual blessings assigned to us. We can never exhaust them!

Who knows what God wants to give you or show you? Maybe He wants to bestow gifts such as wisdom, anointing, prayer power, healing power, teaching power, joy, or encouragement. When you eliminate things that are keeping you from focusing on God, He is able to show you things about your life that you never knew.

Sample Fast Menus

SAMPLE MENU 3: MODIFIED DANIEL FAST

Breakfast - 1 - 2 servings whole grains with fresh fruit juice
Mid-morning Snack - Fresh fruit or fresh chopped vegetables
Lunch - 1 - 2 servings whole grains; fresh salad with legumes and light dressing
Mid-afternoon Snack - Fresh fruit juice or fruit smoothie with protein
Dinner - 1 - 2 whole grains; fresh salad with legumes and light dressing

FOODS TO AVOID

· Meat, Poultry, Fish · White Rice, Fried Foods · Carbonated Beverages · Foods containing preservatives or additives
Refined sugar or sugar substitutes · White flour · Margarine, shortening, high fat products · All breads · Dairy (milk, butter, cheese, yogurt, etc.) · Junk food

Prepare your schedule:

Decide where you will meet with God, what and when you will eat, and how you will spend your time differently. Remember, the fast is about communing with God, so don't fill your time with distractions that will keep you from feeling hungry.

Create a plan and commit to spending more time with the Lord

Fasting Guidelines:

- Explain to your family in advance what you are doing.
- Request privacy from those find out what you are doing.
- Ask them not to discuss it with you until your fast is over.
- Never complain or brag about your fast, and avoid talking about it.
- Establish an accountability partner for prayer & encouragement.
- Stay away from negative people.
- Spend as much time as possible alone in solitude and prayer.
- Acknowledge that your flesh cannot be trained but must be crucified.
- Journal as you pray and meet with the Lord. Write down the miracles God does in your life!

TYPES OF FASTS

Complete Fast

- Drinking only liquids, typically water and/or light juices.
- Broth or soup may be included as options.

Selective Fast

- Removing certain elements from your diet.
- The Daniel Fast - abstaining from meat, sweets, or bread; drink water and juice, and eat a variety of fruits and vegetables.

Partial Fast (a.k.a. The Jewish Fast)

Abstaining from eating any type of food in the morning and afternoon. Fast during specific times of the day, e.g. 6AM-3PM, or from sunup to sundown.

Soul Fast

Common for: anyone new to fasting food; those with health issues that prevent them from fasting food; those wanting to refocus specific areas of life that are out of balance.

- Suggestions: abstain from engaging in social media, shopping, watching television, etc.

ENDURING YOUR FAST

To Eat or Not To Eat is Not The Question

As you continue to fast, you will realize that you don't experience hunger pains as often as you thought you would. Without a preoccupation with food, you will be surprised at your ability to be sustained for a number of days without eating food and how you will take advantage of your time to seek Jesus more diligently. There is no magic in simply missing meals in the name of spirituality. The important thing to remember is to hear God speak and obey what you hear.

Prayer Life During The Fast

There is a question you will need to answer. When you are fasting, will you seek Him, give Him a listening ear and the quality time He deserves? He will constantly separate you from dependence on the world.

Consequently, your time alone with Him may become more frequent than you originally planned, and needless to say, your prayer life will greatly improve. How appropriate that Jesus and Moses spent extensive time in the desert alone with God.

It is ironic that the Hebrew name for desert is madbar, meaning "to speak." You will hear His voice throughout the day in a powerful way. Wisdom will cry out to you in the streets. As the stars in heaven declare the glory of God, so every corner will reveal to your willing soul the mysteries of His Kingdom that have been withheld from the rulers of this age (Proverbs 8:1-3, Psalm 19, and 1 Corinthians 2:7). You will hear Him when you are driving, talking on the phone, or counseling a friend. Expect to hear Him loud and clear.

Sample Fast Menus

SAMPLE MENU 1: FRUITS, VEGETABLES, JUICES & WATER

Breakfast - Fruit smoothie with protein powder
Mid-morning Snack - Fresh fruit or fresh vegetables
Lunch - Raw vegetable salad with light dressing and vegetable broth soup
Mid-afternoon Snack - Fresh fruit or fresh vegetables
Dinner - Fresh salad with light dressing and steamed grilled vegetables

SAMPLE MENU 2: LIQUIDS ONLY

Breakfast - Fruit smoothie with protein
Mid-morning Snack - Herbal tea or vegetable broth soup
Lunch - Raw juiced vegetables
Mid-afternoon Snack - Fresh fruit juice or fruit smoothie with protein
Dinner - Vegetable juice or vegetable broth soup