

# 21 DAYS

OF PRAYER & FASTING

**JANUARY 2-22**

CHRISTIAN FELLOWSHIP WORLD OUTREACH CHURCH

AKA: VICTORYLAND

13606 TI BLVD DALLAS TX

75243

214-5753030

FULL FAST. Drink water only from 12 midnight to 6pm

January 2<sup>nd</sup> TO 22<sup>nd</sup>

Cooperate Prayer Time: 5AM, 12PM, 6PM, 11:30PM

Check details @

[www.cfwoc.org](http://www.cfwoc.org)

We are so excited to begin this journey with you. January is the time of year when we tend to reset our natural and spiritual lives for the year ahead. As a church family, we want to do the same! In the book of Matthew Jesus says, "SEEK ME FIRST" ...the principle of putting God first should be no different when it comes to giving Him the first part of the year to pray (get closer to Him) and fast (separate ourselves from the things of this world and our fleshly desires).

### **What is Fasting?**

Fasting is a biblical way for people to abstain from food and drink for a period(s) of time as they humble themselves before the Lord to seek His face in prayer.

This is going to be such an exciting 21 days! Whether you feel like you've had a slow, difficult, or sluggish start to year, or you feel like you have sprinted out of the blocks, we believe that giving yourself fully to 21 days of prayer and fasting will build momentum in your life.

### **SHOULD THE CHURCH FAST AND PRAY?**

Based on Jesus' teaching on Mark 2:18-20, the church can fast and pray for as much as the Holy Spirit can lead them to fast and pray based on their needs. Reading from the King James Version, in Matthew 17:21, the church can engage in fasting and praying if they need to be endued with power to fight against the terrible forces of darkness. In His sermon on the mount in Matthew 6:16-18, Jesus did not condemn fasting but rather encouraged people to fast the correct way.

As we start the fast, each day contains a prayer focus which includes Scriptures to declare and meditate on and prayer points. Please note that the prayer points are only suggestions so feel free to pray into each area in the way the Holy Spirit leads. All we ask is that you take some time to pray each day for the theme that's given.

Our desire as a church is to create a culture of prayer where we see breakthrough, miracles and God answering prayer daily throughout the year 2023



Why are we fasting?

Why are we embarking on 21 days fasting and prayers this period (beginning of the year)

1. Putting God first
2. To Seek God's Direction for 2023: Exodus 34:28, Acts 13:3
3. To Give the Year a name: Genesis 2:19, Numbers 14:28
4. To Recalibrates the heart of the church. Joel 1:14, Luke 2:37
5. New fire and zeal. Matthew 9:14-17
6. Fasting for Freedom: Isaiah 58:6
7. God to journey with us in 2023: Ezra 8:21-23

#### Have a Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

#### Morning

Begin your day in praise and worship.

Read and meditate on God's Word, preferably on your knees.

Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.

Pray for His vision for your life and empowerment to do His will.

Join Cooperate prayer line

#### Noon

Return to prayer and God's Word.

Take a short prayer walk.

Find time to gather your family

Join Cooperate prayer line

#### Evening

Get alone for an unhurried time of "seeking His face."

If others are fasting with you, meet for prayer.

Avoid television or any other distraction that may dampen your spiritual focus.

Join Cooperate prayer line



### **Things To Avoid When Fasting and Praying**

1. Avoid Looking Gloomy: Matthew 6:16
2. Avoid Poor Bible Study Habits: Psalm 119:11
3. Avoid Fasting Without Praying: Acts 14:23
4. Avoid Committing Sin: 1 Peter 3:12
5. Avoid Doubt and unbelief: James 1: 6-8
6. Avoid Sexual Immorality: 1 Cor 6:18-20 & Matthew 5:28
7. Abstain from things which does not edify the spirit: NO VIDEO GAMES, PARTIES, NO SOCIAL MEDIA except for school or work. Avoid Listening/Watching Secular Media/Music: Philippians 4:8
8. Rebellion and Disobedience: Gen 2:16-17 & 1 Samuel 15:22
9. Avoid works of the flesh: Galatians 5:19-21

### **Breaking the Fast**

Then you shall call, and the Lord will answer; you shall cry, and he will say, 'Here I am.' Isaiah 58:9

**Eat**—Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, yogurt, then salad, and add more vegetables. Eat small portions throughout the day.

**Pray**—Don't stop praying when the fast is over. Consider fasting on a routine basis (a day a week or a day a month) throughout the year. Trust God's faithfulness and timing. Know that during your fast, heaven's gates are opening on your behalf. Carry your newfound passion for God throughout the year. Be confident that the God who hears you when you pray is the God who answers your prayers.

"... 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 7:14