

21 DAYS ABLAZE

Oct 4th-24th, 2021

ENGAGE!

Prayer Directives & General Guidance:

These are just a few of the many ways you can ENGAGE:

- ◆ Read through this packet and seek the Lord as to how you should participate in this time of fasting & prayer. Some may choose a Partial Fast, a Daniel Fast, and/or include a Social Media Fast. See pg3 for details.
- ◆ Participate in person or online for all services: Sundays at 11am - Join us for Pastor's new Sermon Series from the Book of Esther: "For Such A Time As This"
- ◆ Tune In to Pastor's Morning devotional LIVE on Fb Monday thru Friday at 9am
- ◆ Connect with our Wednesdays 30/30 at 7pm. 30 Minutes of prayer teaching and 30 minutes engaging in prayer together.
- ◆ Corporate Prayer will be held every Saturday at 9 a.m. (October 9th, 16th).
- ◆ Prepare for our Shut In Friday, October 22nd (midnight till 6am)
- ◆ Catch our written Daily Devos on our Website, Facebook and Prayer Group Pages.. (See 21 Points for Intercession on Pg 8 Daily Prayer focus on Pg 9)
- ◆ Interact and submit your Prayer Request for yourself or your loved ones on our Redeeming Love Family Prayer Group Page on Facebook or at RLFC1.ORG. See Pg 10 for Prayer Group details. Continue to check us out daily. Get the Word out on your social media sites as well.
- ◆ Each family is encouraged to gather for daily prayer and reflection as we encourage each other to embrace the mandate to pray! While prayer is always in order, please remember that children should not be made to fast. They should be well aware of what they are doing and make a conscious effort to do so of their own free will. Even then, they should be greatly monitored.
- ◆ We encourage the Body to deliberately set individual time to pray. The whole point of fasting is to become more sensitive to the Lord, what He is saying and what He is doing.
- ◆ Communion will be available for each Worship Celebration and prayer time.
- ◆ To encourage you in this time of personal and corporate consecration, we recommend several great resources: the book Fasting by Jentezen Franklin, Understanding the Purpose & Power of Prayer by Myles Monroe, Intercessory Prayer by Dutch Sheets, and the prayer devotional My Utmost for His Highest by Oswald Chambers, The YouVersion Bible App is also a great tool. There are journals and a host of other resources that can enhance your prayer and study time every day.

October 1, 2021

Redeeming Love, our watch word for this season is "Engage!" We have so many dynamic examples in the Bible of God's precious people taking great action in difficult times. The story of Ester is an amazing parallel of the season we are living in today. Esther shows us how to engage even as we approach this 21 Day Consecration.

In the third chapter of Ester, the order had been given. The Jews in Persia were to be killed. Even though she was a Persia's queen, Esther did not know if she could make a difference. But her cousin, Mordecai, recognized that Esther had been prepared uniquely by God for this crisis. Though she had doubts, he told her, "Who knows whether you have come to the kingdom for such a time as this?" After a time of fasting, Esther approached the king. Wonderfully, her courageous actions changed the course of history and saved her people.

There are many reasons why we might feel inadequate, unworthy, or incapable of making a difference. We might like to be somewhere else, doing something different.

But God has a plan for our lives. He has uniquely prepared each of us to accomplish something special for His Kingdom. The world is changed and lives are saved when individual men and women realize that they have been called "for such a time as this" and, through faith, they take action. Today, God has called you. It is no accident that you are where you are, doing what you're doing. In special ways, the Lord has uniquely prepared you to accomplish certain tasks for His Kingdom. You also need to remember that God has an appointed time for every event in your life. Do not doubt or be discouraged or afraid.

Trust God, and focus on His call for your life.

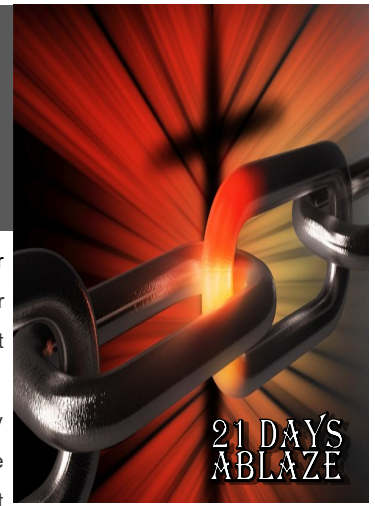
He has called you for this date with destiny.
Be faithful to Him, and He will bless you!

In His Redeeming Love Always,
Pastor Tony & Louisa McKinney



Fasting Foundation

A Call To Engage in United Prayer & Consecration



There is an urgency in the Spirit to engage. This is such a pivotal time and we have the privilege to stand in the Gap for our Nation and the world. It is our endeavor to not just pray for ourselves, our situations, our finances, emotions, our healing but we must look on a global scale and see the agenda of heaven. Because we love the Lord, our constant focus is to please Him in all seasons.

It has become abundantly clear that He is calling the church to arise. We cannot sit on the sidelines. The urgency to cry out to God is greater than ever because the lines of good and evil are clearer. People need to see and make the decision for Christ. In fact, they are looking for direction in challenging times. America is caught in a spiritual war that can only be fought and won through prayer.” We must not be short sighted or derelict in our duty.

In this season, the Holy Spirit is speaking thru a multitude of voices. Dreams and visions, prophetic promises and warnings are being issued in this strategic season. What an amazing time to get to be used by God to advance the Kingdom through the simplicity of prayer and consecration together with the Body of Christ! This is not just for God’s hand to move but for our hearts to move in sync with His.

Many Christians who know little about fasting assume that it always means going without food for an extended period of time. While that may be the most familiar image, it is only apart of the many different approaches. One of our primary scriptural frameworks is found in Isaiah Chapter 58.

“Is this not the fast which I choose, To loosen the bonds of wickedness, To undo the bands of the yoke, And to let the oppressed go free And break every yoke? Is it not to divide your bread with the hungry and bring the homeless poor into the house; When you see the naked, to cover him; And not to hide yourself from your own flesh? Then your light will break out like the dawn, And your recovery will speedily spring forth; And your righteousness will go before you; The glory of the Lord will be your rear guard.”

There are at least ten different models of fasting in the Word of God.

Ten Distinct Biblical Models of Fasting (by James Goll)

1. **The Disciple’s Fast:** to “loosen the bonds of wickedness” and free ourselves and others from addictions to sin. (Matthew 17:14-21).
2. **The Ezra Fast:** to “undo the bands of the yoke,” to solve problems, and to invite the Holy Spirit’s aid in lifting loads and overcoming barriers that keep us and our loved ones from walking joyfully with the Lord. (Ezra 8:21-23).
3. **The Samuel Fast:** to “let the oppressed go free,” to win souls and bring revival, to identify with people everywhere enslaved literally or by sin, and to pray to be used of God to bring people out of the kingdom of darkness and into God’s marvelous light. (1 Samuel 7:1-6).
4. **The Elijah Fast:** to “break every yoke,” conquer the mental and emotional problems that would control our lives, and return control to the Lord. (1 Kings 19:1-8).
5. **The Widow’s Fast:** to “divide [our] bread with the hungry,” care for the poor, and meet the humanitarian needs of others. (1 Kings 17:8-16).
6. **The Saint Paul Fast:** to allow God’s “light [to] break out like the dawn,” bringing clearer perspective and insight as we make crucial decisions. (Acts 9:1-19).
7. **The Daniel Fast:** so “[our] recovery will speedily spring forth,” and we will gain a healthier life, or for healing. (Daniel 1:3-16).
8. **John the Baptist Fast:** so that “[our] righteousness will go before [us],” and that our testimonies and influence for Jesus will be enhanced before others. (Luke 1:13-17).
9. **The Esther Fast:** that “the glory of the Lord will be [our] rear guard” and protect us from the evil one. (Esther 4:13–5:2).
10. **The Bridegroom Fast:** to prepare a people for the coming of the Lord! Yes, for the glorious return of the Lord Jesus Christ—our Bridegroom. The Spirit and the Bride say, “Come”...“Surely, I am coming soon.” Amen. Come, Lord Jesus! (Rev. 22:17a, 20)

We Fast Because We Love Him!

The sound of the trumpet summons the people together to fast and pray and weep before the Lord. Restoration comes as God renews His people by sending the early and the latter rain. *The “latter rain” is the great outpouring of God’s Spirit on His people “before the great and awesome day of the Lord comes,” with a worldwide display of His glory. It is preceded by prayer and fasting by the people of God.*

Yes, these dedicated Christians might fast from many different perspectives, but we go to war together with a heart of love passionate for His presence and longing for His return. I believe that we will still fast for all of the other reasons—power, crisis intervention, mercy, justice, deliverance, etc.—but we will fast first and foremost because our heart is in love with God. Pouring our life on our Beloved isn’t even a question of great sacrifice for the lovers of God! We gladly waste everything on Jesus. We will fast and pray because we love Him and want to be near Him. We will sacrifice because, more than anything else in this life, *we want Him!* Amen.

Preparation for Fasting /Quick Tips Outline

PRAY FIRST! Ask the Lord to show you how to fast and when you are to fast. Individuals who plan to participate in this 21 Days of Prayer & Fasting are advised to seek the consultation and advice of their physician, prior to initiation.

Eating Principles - SUGGESTIONS

We suggest that you drink at least one gallon of water daily. While fasting, the body has more waste to get rid of. This is why it is important to consume more water each day. When the body is thirsty, water should be taken immediately. For better tasting water, squeeze fresh lemon juice into your water. Drinking cranberry juice will help to flush the kidneys. Sodas and sugary drinks should be avoided. Abstain from fatty foods, caffeine, and sugar. Resist eating fried foods, fast foods, and lessen salt intake.

For More Information on the Daniel Fast go to:

<https://www.21dayprayer.com/daniel-fast>

or <http://www.daniel-fast.com/> or

<https://jentezenfranklin.org/fasting/>

OTHER GUIDELINES

If you are not studying your Bible and praying DAILY during these 21 Days, then you are just dieting.

Increase Prayer Time: Begin each day in prayer and devotion. This may include prayer, studying Bible passages, meditating on the Word, and/or being still before the Lord.

Increase Your Ability to Hear the Lord

Be selective in how you spend your time. Limit, avoid, or even exclude secular TV, radio, and magazines. Limit or avoid excessive social telephone calls and excessive use of social technology. Spend some time outside. Walking under the open sky is an excellent way to connect with and hear God.

Families with Children: Generate family unity. Parents sit down with your children and have them lead devotion. **If your child desires** to participate by fasting, help your children choose to avoid fast foods, video games, or other types of foods or activities that they find gratifying. This should be of their own free will.

The 3 Main Types of Fasting in Scripture:

The Partial Fast

This fast is typically known as "The Daniel Fast" – (Daniel 10:3). This type of fast is not a total abstinence from food, but rather a restriction in the types of food eaten. For example, in this fast, one might refrain from eating meats and delicacies, but eat fruits and vegetables. The partial fast can also be accomplished by refraining from eating any food during specific hours. For example, one might eat nothing from 6:00 p.m. to 6:00 a.m., but eat one meal 6:00 a.m. to 6:00 p.m.

The Normal (Absolute) Fast

This is a total liquid fast, which includes complete abstinence from food for a designated period. (Matt. 2)

The Total Fast / Supernatural Absolute

Total abstinence from both food and liquids for a period of time.

Breaking the Partial or Normal Fast

So many individuals complete the fast successfully and then do damage to their physical temples by breaking the fast incorrectly. In breaking the fast, please do not eagerly seek to eat every type of food that was sacrificed during the fast immediately at the end of the fast. Because your body has been through a transition, it is important to slowly break the body in.

To break the Partial or Daniel Fast

Slowly increase the intake of foods. Continue to drink plenty of liquids; water is highly recommended. It is suggested that after you feel your body has adjusted, begin to eat small quantities of a healthy diet.

To break the Normal Fast, it is suggested that the individual begin with soft foods that are not heavy, such as Jell-O, applesauce, etc. Do this for a day or two. Continue to drink plenty of liquids; water is highly recommended.

The Daniel Fast

The Daniel Fast is based upon the prophet Daniel's experiences as recorded in the Bible.

Scripture gives us some insight (such as in Dan. 10:3) into what he ate and didn't eat; however, we don't know his complete menu. What we do know is this: In Daniel 1, Daniel chose not to eat the royal food that he was being served and ate only vegetables and drank water. Another time (in Daniel 10:2-3) he deprived himself of choice food, meat, and wine as he sought the Lord in prayer. Most commentaries believe "choice food" would have been bread and sweets.

This is why, I believe, you will find some variation in the specific guidelines for the modern-day Daniel Fast, as far as what foods are included and which ones are restricted.

The food guidelines are the ones most commonly observed in a Daniel Fast.

The intention of today's Daniel Fast is not to duplicate exactly what Daniel did but the spirit in which he did it. Daniel's passion for the Lord caused him to hunger and thirst more for spiritual food than for physical food, which should be the desire of anyone choosing to participate in this type of fast.

Try not to get too hung up on what you should and shouldn't eat.

The most important part of the Daniel Fast is that you deny yourself physically so that you may seek the Lord in prayer and grow closer to Him.

Your fast may look a little different than someone else's, and that's fine. Some people may need to be stricter than others in their food choices so that their fast is a sacrifice for them. **These food guidelines are meant to be just that – a guide. They are given to help you create boundaries for your fast.**

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The Daniel Fast Food List

- ◆ **All fruit** – fresh, frozen, dried, juiced, or canned.
- ◆ **All vegetables** – fresh, frozen, dried, juiced, or canned.
- ◆ **All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- ◆ **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- ◆ **All legumes** – canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- ◆ **All quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- ◆ **Beverages**– distilled water, filtered water, and spring water.

Other – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.

Foods to Avoid on the Daniel Fast

- ⇒ **All meat & animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- ⇒ **All dairy products** – butter, cheese, cream, milk, and yogurt.
- ⇒ **All sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- ⇒ **All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).
- ⇒ **All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- ⇒ **All deep-fried foods** – corn chips, French fries, and potato chips.
- ⇒ **All solid fats** – lard, margarine, and shortening.

Beverages – alcohol, carbonated drinks, coffee, energy drinks, herbal tea

~ *The Ultimate Daniel Fast* by Kristen Feola

<https://ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/>

MORE DETAILS & THINGS TO CONSIDER

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 I assure you, if done properly, fasting will not only prove to be a spiritual blessing but a physical blessing as well. By all means, consult your doctor before you begin your fast. But be aware that many doctors have not been trained in this area and so their understanding may be limited. Even so, it would be wise to ask your doctor for a physical exam to make sure you are in good health. You may have a physical problem that would make fasting unwise or dangerous. Also, if you are taking any type of medication, make sure to talk to your doctor before changing your regimen. Prudence and caution are in order.

When you are assured that you are in good health, you are ready to begin your fast. In spite of the safety and benefits of fasting, there are certain persons who should NEVER fast without professional supervision. For example:

- Persons who are physically underweight or emaciated.
- Persons who are prone to anorexia, bulimia or other behavioral disorders.
- Those who suffer weakness or anemia.
- Persons who have tumors, bleeding ulcers, cancer, blood diseases or who have heart disease.
- Those who suffer chronic problems with kidneys, liver, lungs, heart or other vital organs.
- Individuals who take insulin for diabetes or suffer any other blood sugar problem such as hyperglycemia.
- Women who are pregnant or nursing.

How Long and What Type of Fast Is Right for You

If you have never fasted before, I am so glad that you are seeking to learn more about it. Though seemingly counter-cultural today, this discipline has been a major emphasis in the lives of many of the great spiritual leaders throughout history. Charles Harrison Mason, founder of the Churches of God in Christ fasted on Tuesdays & Fridays as well as John Wesley, the founder of the United Methodist denomination, who fasted every Wednesday and Friday and required all of their clergy to do the same. Effective ministers of God from the apostle Paul to Martin Luther to Billy Graham made it a continual part of their walks with God. And there are numerous Christian leaders today who relish and teach of a deepening hunger for God through fasting. Though convinced of its great value, none of these men had a formula for fasting that they considered to be the only “right” way. Fasting is about the condition of the heart, not the number of days. So, if you are new to fasting or haven't fasted in a while, start slowly. Fast for one meal a day, every other day. Build up your spiritual muscles so that you will be prepared as the Lord would lead you.

Types of Fasts Listed in the Bible:

A partial fast is described in the book of Daniel. Although the water fast seemed to be the custom of the prophet, there was a three-week period in which he only abstained from “delicacies,” meat and wine (Daniel 10:3).

The primary types mentioned in the Bible are the “absolute” (or Normal) and “supernatural absolute” (or Total) fasts. These are total fasts-no food (solid or liquid) and no water. Paul went on an absolute fast for three days following his encounter with Jesus on the road to Damascus (Acts 9:9). Moses and Elijah engaged in what must be considered a supernatural absolute fast of forty days (Deuteronomy 9:9; 1 Kings 19:8). I strongly advise you to drink plenty of liquids as you fast. Obviously, if God leads you to undertake an absolute fast, you should obey. If so, be certain, to the best of your ability, that you have prior experience with **fasting the way** God is leading you.

Water-only fasts that last for more than several days need to be undertaken with complete rest and under medical supervision because of the extreme danger of over-toxicification, breakdown of vital body tissues and loss of electrolytes. I personally practice and recommend water and juice fasting, especially if you are going to fast for an extended period of time. This type of fast will provide you with more energy than absolute or water-only fasts and still lead you into the humbling experience of denying your desire for solid food that you can chew.

When it comes to making your final decision about what type of fast is right for you, the best advice I can give you is to follow the leading of the Holy Spirit. He will guide your heart and mind as to what is best for you. Remember, the most important consideration in fasting is your motive. Why are you fasting – to seek something personally, to agree with others privately or collectively, or to seek His face in worship, praise and thanksgiving?



Spiritual Preparation:

In preparation for this special time with God, I urge you to examine your heart through prayer, and ask the Holy Spirit to reveal anything that may be a hindrance i.e., spiritual indifference, unwillingness to share your faith in Christ with others, not spending sufficient time in God's Word and in prayer, a poor relationship with your spouse, your children, your friends, or others. Also ask the Lord for your personal prayer list or things He desires of you in this time. As an act of faith, trust God to empower you during the fast. Constant reliance on the Holy Spirit will enable you to resist temptation, not only to sin, but to abandon your fast.

Physical Preparation

Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not fast without specific physical preparation. If you plan on fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether. Resist the urge to have that "last big feast" before the fast. Cutting down on your meals a few days before you begin the fast will signal your mind, stomach and appetite that less food is acceptable. Some health professionals suggest eating only raw foods for two days before starting a fast. I also recommend weaning yourself off caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast.

How to Manage Your Schedule While Fasting

How long you fast, the kind of fast you undertake and how you adjust your schedule depends mostly on the flexibility of your daily life. Whether you go to work in an office, are a student or a stay at home mom, there is a way to manage your fast. In fact, on the basis of my personal experience, I am confident there are thousands of men and women, of all ages and life stages, who have already completed both short and extended fasts, many up to 40-days. There are some whose work or lifestyle involve strenuous physical activity and still have enjoyed an extended fast. However, if this is your situation, you may want to consider a limited or partial fast. Remember, too, fasting during major holidays or anniversaries is not always a good idea. Families may be inconvenienced, and temptations to eat can be overwhelming. Consider these things as you are preparing for your fast.

There are a couple of reasons to consider adjusting your schedule, especially during an extended fast:

The first is physical. Throughout your fast, you may feel somewhat weaker than normal. During the first few days, you may feel tired and irritable. Lightening your workload and cutting down on strenuous exercise would be a very good idea to maintain your health and your morale.

The second reason is spiritual. Fasting is not just denying yourself food. It is exchanging the needs of the physical body for those of the spiritual. Long times of prayer and reading God's Word will be essential if you are to enter into a more intimate communion with God and maintain your fast to its completion. While fasting, if your life is continually filled with activity and busyness to the neglect of spending extended time with God, you will starve both physically and spiritually. You may find yourself discouraged and frustrated with your fast instead of being benefited and blessed. I don't want that to happen to you.

The more time you spend with God in fellowship and worship, and the more you read and meditate upon His Word, the greater your effectiveness will be in prayer. This kind of focused attention will make for a more meaningful fast. So, I encourage you to arrange your schedule accordingly!



How to Maintain Nutritional Balance and Health from Beginning to End

I know the prospect of going without food for an extended period of time may be of concern to some. But there are ways to ensure that your body is getting the nutrients it needs so you can remain safe and healthy during your fast.

- ◆ For an extended fast, I recommend water and fruit and vegetable juices. The natural sugars in juices provide energy, and the taste and strength are motivational to continue your fast. Try to drink fresh juices, if possible. Off-the-shelf juice products are acceptable, as long as they are 100% juice with no sugar or other additives.
- ◆ If you are beginning a juice fast, there are certain juices you may wish to avoid and certain ones that are especially beneficial. Because of their acid content, most nutritionists do not advise orange or tomato juice (these are better tolerated if mixed with equal portions of water). The best juices are fresh carrot, grape, celery, apple, cabbage or beet. They also recommend "green drinks" made from green leafy vegetables because they are excellent "detoxifiers."
- ◆ Fruit juices are "cleansers" and are best taken in the morning. Since vegetable juices are "restorers" and "builders," they are best taken in the afternoon. I suggest that you do not drink milk because it is a pure food and therefore a violation of the fast. Any products containing protein or fat, such as milk or soy-based drinks, should be avoided. These products will restart the digestion cycle, and you will again feel hunger pangs. Also, for health reasons, stay away from caffeinated beverages such as coffee, tea or cola. Caffeine is a stimulant and therefore has a more powerful effect on your nervous system when you abstain from food. This stimulant works both against the physical and spiritual aspects of the fast.
- ◆ Another key factor in maintaining optimum health during a fast is to limit your physical activity. Exercise only moderately, and rest as much as your schedule will permit (this especially applies to extended fasts). Short naps are helpful as well. Walking a mile or two each day at a moderate pace is acceptable for a person in good health and on a juice fast.

*Excerpts with permission: Personal Guide to Fasting by Dr. Bill Bright.
<https://www.cru.org/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.10.html>*

What do Do When You Don't Feel God's Presence

I want to talk to you about spiritual fire and to encourage you to stay “on fire” for the Lord in this pivotal season. For you to be effective spiritually and truly fulfilled in life, it is absolutely essential that you remain ablaze with spiritual fire! I came across this excellent article by Rick Reiner (published just this May 2021) that is so appropriate for this hour and our season of 21 Days Ablaze.

“Perhaps you can remember a time when your heart was ablaze with passion for the things of God — but you’d admit that since that time, the fire has diminished. If that describes you currently, please take the time to consider the following:

What happened along the way to diminish or quench that fire that once burned so brightly?

What should you have done differently to keep it burning — and what can you do right now to stoke those glowing embers and get your inner fire blazing again?

When any kind of natural fuel serving as a catalyst for fire is depleted, it’s just a fact that the fire will eventually go out. Similarly, if fuel isn’t regularly added to your spiritual fire, and if you don’t stoke those embers and fan the flames, the fire will begin to go out. Those embers have to be tended to regularly in order to keep the fire going. And it takes lots of attention and work to keep a fire burning bright! This makes me think of Paul’s words to Timothy in Second Timothy 1:6, where Paul wrote, “Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands.” The words “stir up” in this verse is a translation of the Greek word *anadzopureo*, a triple compound of the Greek words, *ana*, *zoos*, and *pur*. The word *ana* carries the idea of repeating an earlier action or doing something again.

The word *zoos* is from the word *zao*, which means to be enthusiastic, fervent, passionate, vigorous, wholehearted, or zealous. The word *pur* is the Greek word for fire. But when these three Greek words are compounded, they form the Greek word *anadzopureo* — the very word Paul used in Second Timothy 1:6 when he told the younger minister to “stir up” the gift of God that was in him. It implies that the fire in Timothy’s heart had ebbed to just embers or that it was on a low burn. That is the reason Paul told Timothy to begin to passionately and rigorously stoke and stir up the gift of God in his life. Paul was telling Timothy that, just as one would stoke the embers of a fire in a hearth or fireplace, it was time for the younger minister to take action. Paul was commanding Timothy to reach within himself and to begin to rekindle, or kindle anew, the fire in his heart.

At the time Paul wrote to Timothy, this young man was surrounded by a great deal of chaos and confusion because of the intense persecution that was taking place at that time. It is probable the younger minister was physically and emotionally exhausted from dealing with an onslaught of problems and his own spiritual fire was beginning to wane. That is why Paul told him to take action before the fire inside him that burned for the things of God went out completely. In other words, Timothy needed to open the door to his heart, look inside to determine the condition of his inward fire, and then take action to stir up the gift of God inside him. Like a person would stoke the coals in a fireplace, Timothy was being called to stir the embers and then “put more wood on the fire.” This would not occur accidentally. Timothy would have to be intentional and proactive to keep that flame burning. But if he would heed Paul’s command, that inward fire — which was beginning to wane — would blaze once again in the core of Timothy’s spiritual being.”

Oh, it’s so very vital that we determine to stay ablaze with the Spirit and power of God! If you’ve ever seen a campfire, you know its flames can burn very bright and hot. But what happens if no one keeps adding fuel to the fire? If no one adds more fuel to the flames, eventually that fire will go out altogether. Let me encourage you to keep adding fuel to the flames of your heart. We are saved by grace and the Lord has given us His precious Holy Spirit to teach, guide and assist us but we have a work to do as well. Keep your fire burning hot for the Lord and His work. When you adopt the attitude that you’re going to start fueling your fire, consistently utilizing to the fullest all the spiritual fuels God provides, I guarantee you that your inner man will burst into spiritual flames! But you are the only one who can choose to “add the fuel” and “stoke the coals” to keep the Holy Spirit’s fire burning brightly in your life. I’m reminded of the ten virgins with the oil for the lamps; five were wise & five were foolish. I’m determined to stay on the side of the wise and I trust you will too. I encourage you to make a serious commitment before the Lord that you will stay ablaze with God’s fire for the rest of your life. I encourage you to set aside time with the Lord to ask Him for His help and His strategies as you purpose to add more fuel to your spiritual fire. Then determine to do whatever the Spirit of God tells you to do to keep your inner man burning like a spiritual inferno!

21 Urgent Prayer Points for Intercession

1. Pray for unity in the Body of Christ

To say the church is divided over racism, politics, Pandemic Issues, whether to physically meet in churches, and any number of other issues is an overwhelming understatement. This disunity is beyond spots and blemishes. This strife is beyond differences of opinion and has strayed into the demonic.

Ephesians 4 tells us Jesus gave the church apostles, prophets, evangelists, pastors and teachers to equip the saints for the work of the ministry. Ephesians 4:13 (NLT) adds: "This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ."

Focus on the "unity of the faith" aspect, because as we stand for unity we are simultaneously standing against the enemies of unity. If we can restore greater unity in the Body of Christ, we can advance Christ's Kingdom in the earth and see the awakening and revival so many of us have our heart set on.

It's never too late to stem the enemy's tide, but the longer we wait to set aside our differences and to push back the darkness the greater the fight will be.

Remember, Christ's prayer in John 17:20-23, "I am praying not only for these disciples but also for all who will ever believe in me through their message. I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me."

Consider these prayer points at such a critical time as this:

Pray that we would lay aside our preferences and, in honor, prefer one another (see Romans 12:10).

Pray for the grace of forgiveness to flow through the Body of Christ. Pray the Holy Spirit would help us do everything in love (1 Corinthians 16:4).

Pray the Holy Spirit would sanctify His Bride by the truth (John 17:17).

Pray the Holy Spirit would help us see points on which we can agree rather than focusing on our differences only.

Pray for unity in your family, your local church, and your nation.

Pray we would experience the Psalm 133 reality and hunger to sustain that.

Psalm 133 reads:

"How wonderful and pleasant it is when brothers live together in harmony! For harmony is as precious as the anointing oil that was poured over Aaron's head, that ran down his beard and onto the border of his robe. Harmony is as refreshing as the dew from Mount Hermon that falls on the mountains of Zion. And there the Lord has pronounced his blessing, even life everlasting."

2. Pray for protection over your nation.

The enemy is raging in the nations. Take responsibility for your nation, this nation of America. We have authority here as one with boots on the ground and a connection to the land and people.

3. Pray for an end to the pandemic.

A vaccine does not make the world's woes go away. We need to pray for divine intervention, and also be aware that there are more viruses that will be released in the earth in the coming years. Part of this is just end-times prophecy in Matthew 24 playing out.

4. Pray for the gospel to run swiftly in the nations.

This is the will of God, for the gospel to be preached to all nations.

6. **Pray for godly leadership to arise** and displace leaders with wrong motives. This is a time of chaotic transitions, with resignations rising. This is already starting to manifest. The key is to make sure godly people are not forced out in the process of reorganizations.

7. Pray for signs-and-wonders working evangelists to rise up.

People need to know that Jesus is alive through power encounters, and demonstrations of His Spirit. Paul said, "For the Kingdom of God is not just a matter of talk; it is living by God's power" (1 Corinthians 4:20).

October 4th-October 24th, 2020

8. Pray for intercessors who will not be intimidated by the enemy.

Intercessors are growing weary. Others don't want to engage the enemy. We need a spirit of refreshing and boldness to come upon the intercessors in the Body of Christ.

9. **Pray for the anointing to lift the name of the Lord high for souls** to be saved, delivered, and discipled. Jesus said, "If I be lifted up, I will draw all men unto me." The harvest is white and ready for harvest (see John 4:35).

10. Pray for the prodigals to come home.

11. Pray for pastors who are on the edge of burnout from the load.

Pastors are quitting the ministry in droves. Pray for strength and inner healing for all church leaders.

12. **Pray for the needs of the ministry to be met.** For people of precious like faith that are not afraid to put their hands to the plow.

13. **Pray for increase & generosity to rest heavily on God's people** so the gospel can be funded. Generosity is critical in this hour. Many people are eating their seed instead of sowing into the Kingdom. Proverbs 11:25 assures, "The generous will prosper; those who refresh others will themselves be refreshed."

14. **Pray for missionaries** who are risking their lives to reach the lost. Pray for the persecuted Church—the underground church in countries like Afghanistan, Ethiopia, China, North Korea, & Canada

15. **Pray for a spirit of innovation to come upon the church.** Ideas and energy to minister to people on every level.

16. **Pray against violence, corruption and depravity.** Crime rates are at an all time high. Pray against the spirit of lawlessness, chaos, theft, robbery, rioting, murder, assault, deviancy and every evil work.

17. **Pray for those struggling with addictions.** Deliverance, salvation and restoration and for them to be filled with the Holy Spirit.

18. **Prayer for children:** Infants, School age, Teens, College Students, young adults & adults. Peace, protection, provision.

19. **Prayer those that are single & For those that are married.**

20. **Prayer for yourself:** Listed amongst the last in this list but certainly not least. You know the areas you need the most prayer. Be sure to lift those areas up before the Lord.

21. **Prayer that we remain fixed and focused** to accomplish the mission God has set before us no matter the difficulty.



Engage: Daily Prayer Focus

Use this guide to focus your prayers each week of the fast. For more 21 Days Ablaze Prayer and Fasting resources visit www.RLFC1.ORG

ENGAGE In the Gap For LOVE	DAY 1 LOVE FOR GOD Luke 10:27	DAY 2 LOVE FOR THE WORD/ THE BIBLE Hebrews 4:12	DAY 3 LOVE FOR FAMILY 1 Cor. 13:3-5	DAY 4 LOVE FOR MY COMMUNITY 1 Peter 3:8	DAY 5 LOVE FOR MY ENEMIES Luke 6:28	DAY 6 LOVE FOR MY CHURCH Heb. 10:24-25	DAY 7 LOVE FOR UNITY Psalms 133:1-3
	DAY 8 VISION FOR MY LIFE Hab.2:2-3	DAY 9 VISION FOR MY FAMILY Joshua 24:15	DAY 10 VISION FOR GROWTH 2 Peter 3:18	DAY 11 VISION FOR MY CHURCH Acts 2:46-47	DAY 12 VISION FOR MY CAREER Col. 3:23	DAY13 VISION FOR SERVING OTHERS Hebrews 6:10	DAY 14 VISION FOR MY NATION 2 Chron 7:14
ENGAGE in the Gap For FAITH	DAY 15 FAITH FOR HEALING Isaiah 53:5	DAY 16 FAITH FOR FINANCES Phil 4:19	DAY 17 FAITH FOR SALVATIONS 2 Peter 3:19	DAY 18 FAITH FOR BREAK- THROUGHS Isa 43: 19	DAY 19 FAITH FOR PEACE James 3:18	DAY 20 FAITH FOR MIRACLES Matthew 19:26	DAY 21 FAITH FOR REVIVAL Ezekiel 37:5

Engaging in prayer is like the model of the first responders: police, law enforcement, fire and EMS. We are like the Holy Spirit EMS team / first responders in prayer. We have been called to Assess, Engage, Repair. Restore and Rescue! Hallelujah!

It is here that we stand in the gap with intercession:

The term standing in the gap comes from the Bible verse in Ezekiel 22:30 that says, "I looked for a man among them who would build up the wall and stand before me in the gap on behalf of the land so I would not have to destroy it, but I found none." (NIV) In Bible times, cities had walls around them to help defend them from attack. Broken parts of the wall created a physical gap in the city's ability to protect itself from invading armies. In this Bible verse, because there is a gap in the wall, God is looking for someone to step in and guard the broken, vulnerable territory. Standing in the gap is a form of intercessory prayer where our prayers bridge the gap between God and people who are cut off from God's helping presence. When we stand in the gap in prayer, we pray for God's help, mercy, intervention and/or forgiveness on the behalf of individuals, groups of people or nations. Of course Jesus is our Chief intercessor and we are to be like Him.

Therefore, I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence" (1 Timothy 2:1-2).

For if you keep silent at this time, relief and deliverance will rise for the Jews from another place, but you and your father's house will perish. And who knows whether you have not come to the kingdom for such a time as this? Esther 4:14 (ESV)



Prayer Warrior Teams Leaders will help us target each area thoroughly throughout the fast. As prayer request come in during the 21 Days Ablaze, they will be sent to the Prayer Team Leaders who will pray daily over the request. Please gather your prayer request and those of your friends and or family and send them in to: Our FB Prayer Group Page, website (RLFC1.ORG) or email at RLFCLOVE CENTER@GMAIL.COM—Your Prayer Request can be kept anonymous if you prefer. Just indicate by writing “Anonymous” and send to the email address above.

TEAM DESIGNATION:	LEADER'S NAME
RESTORATION PRAYER WARRIORS Finances (Employment, Education, Resources, Increase)	Pastor Tony McKinney
REDEMPTION PRAYER WARRIORS The Lost (Unsaved, Unchurched, Out of Church, backslidden), The Body of Christ (Churches, Ministries, Missionaries) & Revival or Awakening	Elders
RELIEF PRAYER WARRIORS Those in Authority (World Leaders, Governments, 1st Responders, The Military)	Reginald & Sharon Howard
RELENTLESS PRAYER WARRIORS Singles & Families (Focus, Mission, Restoration, Unity, Resources, ect)	Min. Talesha Williams
RECOVERY PRAYER WARRIORS Healing (Physical, Mental Emotional) & Addictions	Linda Mason

Personal Prayer Request: List your top prayer request during this time of prayer and consecration

Be as specific as possible:

Personal:

1. _____
2. _____
3. _____

For your Family:

1. _____
2. _____
3. _____

For your Friends:

1. _____
2. _____
3. _____

For Your Church:

1. _____
2. _____
3. _____