

SEPTEMBER 8TH - 28TH

# 21 DAY FASTING PRAYER GUIDE



## LETS DO THIS!

One of the most powerful tools for spiritual warfare and growth God gave us is the discipline of fasting. When we place our bodies in submission, it makes room for us to tap in spiritually on a deeper level. The Lord uses fasting to help us mature in our faith, subdue sin, grow closer to Him, hear Him more clearly, and destroy the work of the enemy. That's why if you ever find yourself feeling constrained or in a never-ending cycle of losses - if you keep hitting a glass ceiling and can't seem to progress - it's time to call a fast!

Use this guide to help you focus your thoughts and stay encouraged as you press into God over these next 21 days. I pray the next three weeks will set you on course for a breakthrough season that exceeds your wildest imagination!

REDEEMING LOVE FAMILY CHURCH  
SEPTEMBER 8TH - 28TH

# 21 DAY FASTING PRAYER GUIDE

---



## WE ARE ON MISSION!

The fast for 2024, proclaimed by God as “The Year of the Open Door” (Rev. 3:7-8), has been moved from October to September due to an urgency in the Spirit. A corporate fast has been declared, running from Sunday, September 8th to Saturday, September 28th. We are commissioned by the Lord to act in response to this urgent heavenly call, coming together in unified prayer and fasting with our whole hearts here at RLFC.

Now is the time to answer the call with one voice. Redeeming Love family, friends, and guests, we are ready to engage, empowered by the Holy Spirit, to complete this mission. Amen!

**II Chron. 20:1** “and Jehoshaphat feared and set himself to seek the LORD, and proclaimed a fast throughout all of Judah.”

As we unite wholeheartedly in obedience to Deuteronomy 6:4-7, the Lord calls us to press in and pray on three levels:

- Personally (for your individual self)
- Privately (for family, bloodline, friends, and loved ones)
- Publicly (for our nation and the nations).

Each week will begin with scriptural guidance and messages that cover all three areas, which we will incorporate into our daily prayer time. Together, we will engage in this unified effort, seeking God’s direction and intervention at every level.

## **DIRECTIVES:**

---

### **Week One: September 8th - 14th; 1 Samuel 16 - 17:40-49**

The key principle from this passage is David's use of his sling as a weapon, symbolizing prayer. It demonstrates how we, too, need the LORD’s power to back our efforts, enabling us to experience His supernatural strength to defeat our enemies and secure victory in our camp and church.



## **DIRECTIVES (CONTINUED):**

**Week Two: September 15th - 21st**

**Esther 4:1-17**

This passage illustrates how Esther and Mordecai called for a fast that turned a death sentence into a lifetime of blessings from the LORD for the nation of Israel.

**Week Three: September 22nd - 28th**

**II Chronicles 20:1-37**

This passage highlights how King Jehoshaphat, surrounded by Judah's enemies, proclaimed a fast and prayer for the nation. In response, God granted them victory throughout the land.

## **HOUSE ORDER:**

Opportunities for Prayer & Service During the 21-Day Fast:

- We encourage each family to pray together at home daily throughout the 21 days, or as often as possible.
- Join in daily for our Evening Ingatherings Monday thru Friday as Pastor McKinney teaches on Prayer & Fasting from 6pm-7pm nightly. For those that absolutely cannot make it, we will be streaming on FB or YouTube!
- Exceptions: Wed. 9/11 Observance- Joint Svc at Balm In Gilead at 7pm.  
9/18 - we will continue with Wednesdays in the Word at 7pm, & 9/25 - AWE Worship & Prayer Night at 7pm.
- Sundays @ 11am and Wednesday nights, prayer will be incorporated into each service and Communion will be available.
- Saturday, the 14th, will be a Serve Day with Balm in Gilead Ministries (at Grays Creek Elementary)
- Saturday Corporate Prayer 9 am -9/21 (Sanctuary). Conclusion together Sat. 9/28 (Sanctuary).
- Send in your prayer request and praise reports via FB, FB Prayer Group or Email

**We have received a word from the Spirit of the Lord:**

**"BREAKTHROUGH!"**

**This will be a time of Supernatural Movement, Momentum, and Motivation.**

**God is calling for complete, consistent obedience to Him, paired with the humility to follow through. We are believing for a fresh wind of the Holy Spirit to sweep over this ministry, reenergizing RLFC and bringing forth new life.**



# 21 DAYS OF FASTING & PRAYER

SEPTEMBER 8TH - 28TH



## COMMITMENT PAGE

**Writing down your intentions is a powerful way to begin.  
Prayerfully consider your commitment for these 21 Days.**

**THIS IS PERSONAL AND PRIVATE**  
No one has to see this but you and God

Sensing God's leading, I commit myself to pray and fast,  
and abstain from:

-----

for the next 21 days.

During this time, I will concentrate on prayer and knowing God and His Word.

Additional Information:

-----

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



# 21 DAY FAST \*BREAKTHROUGH!

## DAILY PRAYER

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

### TODAYS SCRIPTURE:

---

---

---

---

---

---

### NOTES ON WHAT THE LORD IS SAYING TO ME:/ APPLICATION

---

---

---

---

---

---

### LORD I'M GRATEFUL FOR:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### THINGS ON MY HEART:

#### PERSONAL: REGARDING MYSELF

---

---

---

---

---

---

---

---

---

---

#### PRIVATE: REGARDING FAMILY & LOVED ONES

---

---

---

---

---

---

---

---

#### PUBLIC REGARDING THE CITY, THE COUNTRY & THE WORLD

---

---

---

---

---

---

---

---

---

---



**END OF FAST REFLECTION**

Prayer is a practice, a discipline and a means of communication between God and His people. Take a few minutes of silence and listen for God’s voice and to reflect on the Fast. Answer these questions prayerfully.

What will your practice of prayer look like going forward? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What did you learn about God that you did not know or What became clearer to you about God? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What did you learn about yourself or see in yourself in this fast? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Were you able to help others during your fast? If so, how? If not, why \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Where did you see God move in your life as a result of these 21 Days? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



SEPTEMBER 8TH - 28TH

# FASTING FOUNDATION

## THE BASICS

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 a part 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. (1Samuel 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)



# FASTING FOUNDATION

## THE BASICS CONTINUED

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/>

### 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 on 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.

### Additional Guidelines:

Families with Children: Foster family unity by involving your children in the spiritual journey. Parents, take time to sit down with your children and encourage them to lead devotions. If your child expresses a desire to participate in the fast, guide them in choosing something meaningful to give up, such as fast food, video games, or other activities they enjoy. Let this be a decision made of their own free will.

## FASTING BASICS

---

### ADDITIONAL GUIDELINES CONTINUED

**Increase Your Prayer Time:** Start each day with intentional time for prayer and devotion. This can include praying, studying Scripture, meditating on God's Word, or simply being still in His presence.

**Enhance Your Ability to Hear from God:** Be mindful of how you spend your time. Consider limiting or eliminating secular TV, radio, and magazines. Reduce excessive social phone calls and time spent on social media. Take moments to be outdoors—walking under the open sky is a great way to connect with God and tune in to His voice.

Many individuals successfully complete their fasts but then harm their bodies by breaking the fast incorrectly. When breaking the fast, avoid the temptation to immediately consume all the foods you sacrificed during the fast. Since your body has undergone a transition, it's crucial to reintroduce food gradually.

#### **To Break the Partial or Daniel Fast:**

- Slowly increase your food intake.
- Continue to drink plenty of liquids, with water being highly recommended.
- Once your body has adjusted, start eating small quantities of a healthy diet.

#### **To Break the Normal Fast:**

- Begin with soft, light foods such as Jell-O or applesauce.
- Follow this regimen for a day or two.
- Continue to drink plenty of liquids, with water being highly recommended.

## **MORE DETAILED INFORMATION ON THE POPULAR 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.**

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.

## MORE DETAILED INFORMATION ON THE POPULAR DANIEL FAST

### 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/>




## **Spiritual Preparation:**

- **As you prepare for this special time with God, take a moment to examine your heart through prayer. Ask the Holy Spirit to reveal any hindrances, such as spiritual indifference, reluctance to share your faith in Christ, insufficient time spent in God's Word and prayer, or strained relationships with your spouse, children, friends, or others. Seek the Lord's guidance for your personal prayer list and what He desires from you during this time. Trust God to empower you throughout the fast, relying on the Holy Spirit to help you resist temptation and stay committed.**

## **Physical Preparation:**

- **While fasting is primarily a spiritual discipline, it begins with physical preparation. Do not start a fast without preparing your body. If you plan to fast for several days, begin by eating smaller meals beforehand. Avoid the temptation to have a "last big feast" before the fast. Gradually reducing your meal sizes a few days before the fast will help your mind, stomach, and appetite adjust to less food. Some health professionals recommend eating only raw foods for two days before starting a fast. Additionally, wean yourself off caffeine and sugar products to ease initial hunger and discomfort during the early stages of your fast.**

## **How to Manage Your Schedule While Fasting**

- **The duration and type of fast you choose, as well as how you adjust your schedule, largely depend on the flexibility of your daily life. Whether you work in an office, are a student, or a stay-at-home parent, there are ways to manage your fast. Based on my personal experience, I am confident that thousands of men and women, of all ages and life stages, have successfully completed both short and extended fasts, some lasting up to 40 days.**
  - **For those whose work or lifestyle involves strenuous physical activity, an extended fast is still possible, but you might want to consider a limited or partial fast. Additionally, fasting during major holidays or anniversaries may not be ideal, as it can inconvenience your family and increase temptations to eat. Keep these factors in mind as you prepare for your fast.**
- 



## **Declaration of the Word**

**The Lord is our shepherd; we shall not want.**

**He makes us lie down in green pastures;**

**He leads us beside still waters.**

**He restores our souls;**

**He leads us in paths of righteousness for His name sake.**

**Even though we walk through the valley of the shadow of death,**

**we will fear no evil, for the Lord is with us;**

**His rod and His staff, comfort us.**

**He prepares a table before us in the presence of our enemies;**

**He anoints our heads with oil; our cups overflow.**

**Surely goodness and mercy follows us all the days of our lives**

**And we dwell in the House of the Lord forever.**

**We declare (Isa 54:17) that no weapon formed against us shall prosper...This is our heritage as servants of the Lord,**

**and our righteousness is from Him.**

**Father, we thank you for the vision and wisdom. We praise you for the land and the acquisition of the set place of promise for us.**

**We acknowledge (Zech 4:6) that it is not by might, nor by power, but by Your Spirit, O Lord, that we overcome and achieve every victory.**

**We trust & decree ( Rev 3:7-8) that You open doors that no man can shut and shut doors that no man can open. You guide our paths and secure our steps.**

**In all things we bless You Father!**

**May our lives represent your Kingdom well, and may we continually reflect your amazing goodness!**

**In Jesus' Name, Amen & Amen**

# FAQ'S

1

## **WHEN DOES THE FAST START AND END & can anyone join?**

The fast begins on Sunday, Sept 8, 2024, and will end on Saturday, Sept 28th at 10 am. This season of consecration is open to to all who desire to participate. The members are certainly encouraged to join in the call and friends and guest are welcome. Children under the age of 17 are encouraged to discuss fasting with their parents. If you are pregnant or taking meds for illness, PLEASE BE SURE TO CONSULT YOUR DR.

2

## **WHAT KIND OF FAST SHOULD I DO?**

You are at liberty to choose. However, If you have never fasted or haven't fasted in a while, we recommend a partial fast! Many of our members will be doing a partial fast where only water is consumed for a certain period of time each day (Ex from 6:00 A.M. - 6:00 P.M.) throughout the 21 Days. We recommend no sweets or pleasant foods during the fast. Others will do a Daniel Fast where they eat less and only the Daniel Food items when they do eat a meal.

3.

## **CAN I CHANGE MY FAST AFTER I'VE STARTED?**

It is not recommended to switch up your fast after you've already started just because it's uncomfortable. The whole point is to discipline your body. If you feel you have bitten off more than you can chew, we suggest sticking to your fast for at least a week before modifying it to something else. HOWEVER, If your health is at risk, then please make modifications ASAP!

4

## **How do I Get the Daily Devotionals and submit prayer request?**

Join us for Live morning Devos hosted by our Pastor weekdays at 9 AM on Facebook and YouTube (RLFC1). During the fast, we also release written devos daily on our website. These written devos will be posted on our Facebook page and our Facebook Prayer Group Page. If you haven't joined our Prayer Group yet, please take a moment to do so (Redeeming Love Prayer Group).

5.

## **CAN I FAST FROM SOCIAL MEDIA OR TV INSTEAD OF FOOD?**

Biblically speaking, a fast involves abstaining from food. While we do encourage you to step away from distractions like social media or TV during this time so you can truly focus on the Lord, doing these alone does not constitute a fast as seen in the scriptures.