



# PRESENCE

**21 DAYS OF PRAYER AND FASTING**





# 21 DAYS OF PRAYER AND FASTING

“When you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” Matthew 6:16-18

When we fast we come before God in weakness and humility and declare our hunger for His presence and our dependence on His power.

For centuries when people have hungered for the presence of God to bring blessing and breakthrough, they have fasted and prayed. When Jesus began His ministry he spent 40 days in the wilderness, fasting and praying. He knew the power needed to fulfill His Father’s purpose would be released when He fasted.

Jesus clearly expected that His followers would fast until He comes again and He taught us what to do when we fast and pray so we will receive a reward from heaven.

God is calling us as a Church to fast and pray for 21 days to see breakthrough and blessing in our lives, our church and our community.

# WAYS TO PARTICIPATE

## Option 1: All Meals

Fast from all food except for water, juice and other broths for the duration of the 21 days of the fast.

You might find this vegetable broth recipe useful. You can use a wide variety of vegetables to make broth using the same method.

<https://www.thespruceeats.com/basic-vegetable-broth-recipe-3378023>

## Option 2: Some Meals/Altered Diet

Eat only one meal each day (e.g. fast each day until 6 PM) or eat an altered diet for the 21 days such as a Daniel Fast (eat only fruit, vegetables, nuts & legumes).

## Option 3: One Meal

Fast for one meal each day, with an intentional time of focused prayer during the time normally spent eating.

## Option 4: Non-food Fast

If fasting from food is not an option due to medical reasons or the physical demands of your work, consider fasting from other pursuits you usually turn to for comfort. For example, fast from technology, television, social media, computer games, or reading anything other than the Bible.

# WHAT SHOULD I EXPECT?

## Emotional Sensitivity

Be prepared to feel emotionally and spiritually sensitive during the fast.

“Anger, bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting. At first we will rationalize that our anger is due to our hunger; then we know that we are angry because the spirit of anger is within us. We can rejoice in this knowledge because we know that healing is available through the power of Christ.” —Richard Foster

## Physical Effects

Changing your eating habits could affect your energy levels. You may feel fatigued, get headaches or feel dizzy. You will feel hungry! This is the reminder to pray and listen to God during the fast.

## Prepare to Fast

Drink plenty of water, maintaining proper hydration and water intake leading up to the beginning of the fast.

Eat healthier foods (fruit and veggies) before the start of the fast.

Avoid overindulging. When the fast is complete, ease back into your regular diet slowly.

If you have medical concerns, you should visit your doctor to make sure that you are physically able to participate. A condition, such as diabetes or heart disease, may prevent you from fasting. Consult your doctor if you are pregnant or breast feeding in order to enter into the fast in the most informed way.

# **MY COMMITMENT**

I will fast from:

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My prayer for blessing:

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My prayer for breakthrough:

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# ***DAILY MEDITATION & PRAYER***

## **Day 1: Feb 10**

### **Pray a prayer of personal confession**

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” Psalm 139:23-24

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## **Day 2: Feb 11**

### **Pray for breakthrough and blessing**

“Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.” Ephesians 3:20-21

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## **Day 3: Feb 12**

### **Pray for inner peace**

“Cast your anxiety on Him because He cares for you.”  
1 Peter 5:7

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## **Day 4: Feb 13**

### **Pray for guidance**

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.” Proverbs 3:5-6

## **Day 5: Feb 14**

### **Pray for children**

“These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.” Deuteronomy 6:6-7

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## **Day 6: Feb 15**

### **Pray for the elderly**

“Even when I am old and grey, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come.” Psalm 71:18

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## **Day 7: Feb 16**

### **Pray for the sick**

“The prayer offered in faith will make the sick person well; the Lord will raise them up.” James 5:15

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## **Day 8: Feb 17**

### **Pray for provision**

“And my God will meet all your needs according to the riches of His glory in Christ Jesus.” Philippians 4:19

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## **Day 9: Feb 18**

### **Pray for kids & youth**

“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.” 1 Timothy 4:12

## **Day 10: Feb 19**

### **Pray for revival**

“Will you not revive us again, that your people may rejoice in you?” Psalm 85:6

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## **Day 11: Feb 20**

### **Pray for your business or work place**

“Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.” Colossians 3:23-24

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## **Day 12: Feb 21**

### **Pray for government leaders and decision makers**

“Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God.” Romans 13:1

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## **Day 13: Feb 22**

### **Pray for our volunteers**

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 6:9

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## **Day 14: Feb 23**

### **Pray for those facing trials**

“Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.” James 1:12

## **Day 15: Feb 24**

**Pray for those in our church who teach God's word:  
our preaching team, life group leaders and leaders in  
generations ministries**

"Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth." 2 Timothy 2:15

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## **Day 16: Feb 25**

**Pray for our nation**

"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

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## **Day 17: Feb 26**

**Pray for Gateway Beyond workers around the world**

"Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."  
Matthew 28:19-20

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## **Day 18: Feb 27**

**Pray for salvation for the lost**

"Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved."  
Acts 4:12

## **Day 19: Feb 28**

### **Pray for love**

"A new command I give you; love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another." John 13:34-35

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## **Day 20: Feb 29**

### **Pray for unity**

"I have given them the glory that you gave me, that they may be one as we are one—I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me." John 17:22-23

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## **Day 21: Mar 1**

### **Pray for a new hunger for righteousness**

"Blessed are those who hunger and thirst for righteousness, for they will be filled." Matthew 5:6

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