

# 21 Days of Fasting and Prayer

## January 12 to February 1

Fasting is simply defined as abstaining from food for a designated period of time for a spiritual purpose. These purposes include consecration to God and more intense focus on prayer. Everyone is encouraged to participate in the time of fasting and prayer in some way. Following are the suggested guidelines for the corporate fast.

- Week 1** Eliminate: Fried foods, beef, pork, bread, sweets, caffeine  
Meals: Fish, chicken, fruits, vegetables, juices, 32 oz. water
- Week 2** Meals: Fruits, vegetables, juices, 32 oz. water daily
- Week 3** Meals: Water and fruit or vegetable juice. 64 oz.

For more information and help concerning fasting please see the following

<http://www.jentezenfranklin.org/fasting/>

[http://ag.org/top/church\\_workers/pergrw\\_sptlf\\_fasting.cfm](http://ag.org/top/church_workers/pergrw_sptlf_fasting.cfm)

*101 Reasons to Fast by Bob Rodgers*

*Radical Fasting by Dave Williams*

*(available in the HUB)*

If you are physically unable to participate in the fasting guidelines above, please consider participating in some way. If you are taking medication of any kind you should consult your doctor before participating in a fast.

Children and teenagers are not encouraged to participate in a fast involving abstinence from food. Children and teens are encouraged however to participate in the fast by abstaining from something(s) during these 21 days.

### 21 DAYS OF FASTING AND PRAYER HIGHLIGHTS

- Daily prayer times at the church worship center
- Worship center open every day for a time of prayer and seeking the Lord
- Wednesday Night services for adults will be given to worship, prayer and encouragement during the fast (January 15 through 29) 7pm to 8:15 p.m.
- Daily devotionals sent via email and social media concerning fasting
- Share your testimonies concerning fasting at [info@graceassembly.org](mailto:info@graceassembly.org)

# CLOSER

## Getting Closer To God Through Prayer and Fasting

Pastor Wayne Murray

Sunday, January 11, 2015

@TheGraceAG

#Closer

@waynemurray777

Series verses

*“Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.”*

James 4:8 NLT

*“But it is good for me to draw near to God.”*

Psalm 73:28 NKJV

Today's Text

*“In the third year of the reign of Jehoiakim king of Judah, Nebuchadnezzar king of Babylon came to Jerusalem and besieged it. . .*

*<sup>3</sup> Then the king instructed Ashpenaz, the master of his eunuchs, to bring some of the children of Israel and some of the king's descendants and some of the nobles, <sup>4</sup> young men in whom there was no blemish, but good-looking, gifted in all wisdom, possessing knowledge and quick to understand, who had ability to serve in the king's palace, and whom they might teach the language and literature of the Chaldeans. <sup>5</sup> And the king appointed for them a daily provision of the king's delicacies and of the wine which he drank, and three years of training for them, so that at the end of that time they might serve before the king. <sup>6</sup> Now from among those of the sons of Judah were Daniel, Hananiah, Mishael, and Azariah. <sup>7</sup> To them the chief of the eunuchs gave names: he gave Daniel the name Belteshazzar; to Hananiah, Shadrach; to Mishael, Meshach; and to Azariah, Abed-Nego.*

*<sup>8</sup> But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself. . .*

*<sup>11</sup> So Daniel said . . . “Please test your servants for ten days, and let them give us vegetables to eat and water to drink. <sup>13</sup> Then let our appearance be examined before you, and the appearance of the young men who eat the portion of the king's delicacies; and as you see fit, so deal with your servants.” <sup>14</sup> So he consented with them in this matter, and tested them ten days.*

*<sup>15</sup> And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies. <sup>16</sup> Thus the steward took away their portion of delicacies and the wine that they were to drink, and gave them vegetables.*

Daniel 1:1-16 NKJV

## 1. Fasting Brings \_\_\_\_\_

*“At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food” v. 15*

*“Is not this the kind of fasting I have chosen...and your healing will quickly appear.”  
Isaiah 58:8-6*

## 2. Fasting is a means of \_\_\_\_\_

*“But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.” v. 8*

*“Prayer connects us to God and fasting disconnects us from the world.” –  
Stovall Weems, www.awake21.org*

## 3. Fasting grants supernatural \_\_\_\_\_ and blessings from God

*“Now God had caused the official to show favor and compassion to Daniel.” v.9*

*“. . . he (Nebuchadnezzar) found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king’s service. In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom.” v. 19-20*

## 4. Fasting is a form of \_\_\_\_\_

*“So he consented with them in this matter, and tested them ten days.” v. 14*

*“Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry”  
Luke 4:1*

## 5. Fasting brings spiritual \_\_\_\_\_ and gifts.

*“To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds.” v. 17*

## 6. Fasting brings spiritual \_\_\_\_\_

*“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.... A hand touched me and set me trembling on my hands and knees. He said, “Daniel, you who are highly esteemed, consider carefully the words I am about to speak to you, and stand up, for I have now been sent to you.” And when he said this to me, I stood up trembling. Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia. Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time yet to come.”*

**Daniel 10:2-3, 10-14 NKJV**

*“To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?”*

**Isaiah 58:6**

*“Fasting is not the answer. Jesus is the answer. Fasting is one way to access the power of Jesus Christ.” - Unknown*

## How To Fast and Pray Effectively

1. SET AN \_\_\_\_\_  
*“You do not have because you do not ask”  
James 4:3*

2. \_\_\_\_\_ WHAT YOU WILL DO

### Four types of fasts

Complete fast—water and juice only

Selective fast—select only certain types of food to eat

Partial fast—eating only at certain times of the day

Soul fast—media fast, unnecessary conversations,

3. EXPECT \_\_\_\_\_

*“Let us draw near to God with a sincere heart and full of faith.”  
Hebrews 10:22*