



twenty - one days of

PRAYER & FASTING

March 10th - 30th

Guide



HOPE CHURCH

I'm so encouraged that you have chosen to take this 21-day prayer and fasting journey with us. This will be a moment in your spiritual life that you will not forget. I am praying for you during this time. This will not be easy, but put your trust and strength in the Lord and he will help you. When we are weak, he is made strong in us. Ask God what type of fast he would have you do and how long you should fast. If you absolutely must break your fast do not be discouraged or let another person judge you in that matter. This is strictly between you and God.

A couple of things to keep in mind:

1. Fasting without prayer is just a diet.
2. Replace those meal times with prayer times.
3. Write down specific things that you are praying about.
4. Ask God to do what is seemingly impossible and believe that he can and will.
5. Don't advertise to others that you are fasting, keep it a secret as possible.
6. If you are on medication consult your doctor.
7. Pray, pray, pray!!!

I love you and cannot wait to see what God will do in you and through you because of your diligence in these 21 Days of Prayer and Fasting.

Your Pastor and Friend,

Craig



Types of Fast:

- Absolute Fast – No food or liquid (not recommended)
- Water Only Fast – Consuming only water (distilled) during the fast.
- Liquid Fast – Broths, Juices and or Water. (A good option for those who take medication with food, pregnant or nursing.)
- Daniel Fast – Only water and unseasoned vegetables.
- 21st Century Fast – Abstaining from things that bring you pleasure. (i.e. social media, tv, sugar, Cokes, shopping.) This fast I would do in concurrence with one of the other types of fast or do this type for the full 21 days and choose to do another fast for a shorter period of time.

Suggested Fasting Lengths:

- 24 hour liquid fast
- 3 day liquid fast
- 7 day Daniel fast
- or any variation that God puts on your heart.

Corporate Prayer and Fasting Times (when we specifically pray and fast together at the same time):

- (3) 24-hour liquid fast – March 12, 19, 26
- 24 hours of prayer - March 29 @ 6pm – March 30 @ 5pm
 - One hour prayer slots at the church building
 - Sign – Up on the website (hopechurchmtairy.com) or the app

Prayer Specifics:

- We all would “BE” what Jesus has told us to “BE” in the crowd.
- God would bless and use other Pastor’s and churches in our community.
- NextGen Renovations to begin soon.
- We could make an impact for the Kingdom in our community.
- We would desire a close and intimate relationship with Jesus.



Biblical Helps:

- Moses’ Fast – Exodus 34:28
- Daniel’s Fast – Daniel 1:12, 10:2-3
- Paul’s Fast – Acts 9:9, 27:33
- Jesus’ Fast – Matthew 4
- The instruction to Fast – Matthew 6
- Weakness and Strength – 2 Corinthians 12:9-10
- The Frequency in Fasting – Matthew 9:10-15
- The Power in Fasting – Matthew 17:14-21

Video Devotional:

Join together with our Hope Church Pastors as they share a video devotion leading up to Easter Sunday. You can find that on the Hope on the Go app beginning on March 18th.

My Specific Prayer and Fasting Reason(s):

Write down why you are participating and what you are seeking from the Lord. Then when you are struggling come back and read what you wrote as a reminder and strength to continue.

