

## 21 DAYS OF PRAYER AND FASTING – 2021 (Week 1)

*While they (the disciples) were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.”<sup>3</sup> So after they had fasted and prayed, they placed their hands on them and sent them off. Acts 13:2-3 (NIVUK)*

At the beginning of 2020 when we had our first 21 days of prayer, I wrote which I now repeat for your knowledge; **“We are living in such dark times, that if we do not start the year with prayer and fasting, we will not be spiritually prepared to overcome adversity.”** Little did we know what was coming only a few months after that. Once again God is giving His people an opportunity to start the new year to seek His face and purpose for their lives so we would align our lives to His. God has a plan for everyone in 2021 but, that will unfold to us when we begin the year with prayer and fasting.

Whenever we enter into a fast by faith, let us keep in mind that fasting changes us, not God. God does not need to change!

### WHAT TYPE OF FASTING?

Each time fasting is mentioned in the bible it means one has to deny self of something and, in particular food, to set times aside to pray to God, reading the bible for revelation, listening out to the Holy Spirit for direction and, reflecting and journaling to take action.

**The whole church will commit to fast and pray for 21 days beginning Saturday 2 to Friday 22 January 2021 inclusive.**

Week 1 – you will miss one main meal and cut down on other food intake

Week 2 – you will miss two main meals, drink water, juice or milk in between

Week 3 – you will not eat any heavy meal but one light meal in the day; cut out any oily food

### ALTERNATIVELY

Have a **partial fast** i.e. Daniel fast – You will only eat fruit, vegetables, porridge, drink water, juice or milk as substitutes throughout the 21 Days. No heavy meals or oily food.

**OR;**

You will choose **three days in each week** to do a **total fast** – no food whatsoever during those days but drink water, juice/milk *(and revert back to the general guidelines for the week)*

### Saturday 2 January

Fasting is a way of allowing the Holy Spirit to speak to us and direct us in specific ways concerning life choices and also the things that matters to God so we will act and be in His will for our lives.

**Read** – Acts 13:1-15; Ezra 8:21-23; Daniel 9:1-3

**Pray** – To begin this 21 days of fasting, ask God for His mercies to follow you and give you direction about this time of fasting. Pray that God through His Holy Spirit will speak to you concerning your plans and hope in this year 2021.

Remember to also to pray for our church that we will be of one mind and purpose in seeking God's face as a corporate body to achieve a desired result.

**Journaling** – What is God saying to you today? Write it down and respond to it right now.

### **Sunday 3 January**

We are fasting today for God to prepare our hearts and minds to respond to the times that we are living in. The prevailing season is when satanic forces are influencing all parts of our society with fear and misinformation. The current pandemic from the outbreak of Covid-19 and its variants has stoked so much fear that people are not being rational anymore. We are confronting greater sicknesses, corruption, oppression, disagreements, evil, depression and death than ever before. This will require the intervention of the saints of God i.e. you and me to pray and fast for God to turn things around for us, our country and the world.

**Read** – Daniel 9:4-19; 2 Timothy 3:1-5; Esther 4:1-17

**Pray** – The bible has warned us about times like this to come. Though many have not paid heed, we have this opportunity to pray on our behalf, household, church, nation to repent and ask for forgiveness for God to stay His hand and wipe this wicked virus from the air.

Pray for the safety of your family during this time of pandemic, God will protect you all.

Pray for our church and anyone who will come under its covering to live in Goshen to experience security and covering of the blood of Jesus that no life will be lost to Covid-19.

**Journaling** – What is God saying to you today? Write it down and respond to it right now.

### **Monday 4 January**

When God sees the hunger He will respond to us because of our commitment and persistence. He will transform us and intervene in our situation. Fasting is for the purpose of sharpening our spiritual focus and perception so we can receive all God has for us.

**Read** – Matthew 4:1-11; Luke 6:12-19; Matthew 17:14-21

**Pray** – spend time to pray for yourself and family today. Ask God for revelation and miracles to happen in your situation especially the issues you are bringing before Him.

Pray for the church and its leadership that we will be resolved in seeking God through prayer and fasting so people will be saved, those who are oppressed to be set free and signs and wonders will testify to the preaching of the gospel in our church.

Finally, pray that you will listen to God's voice only and live by every word that proceeds from the mouth of the Lord.

**Journaling** – What is God saying to you today? Write it down and respond to it right now.

### **Tuesday 5 January**

Fasting helps us to receive a specific breakthrough – whether physical, mental, emotional or spiritual. There are some hinderances or delays in our lives that wont change or shift until we fast and pray about it. Fasting therefore help us to overcome some impossibility, even when there is a curse involved.

**Read** – Matthew 11:20-26; Matthew 12:13-17; Acts 16:16-18

**Pray** – Unforgiveness and a curse can hold you back in life. Ask for forgiveness and a new beginning for your life. Bring before the Lord any situation that has lingered for some time and not resolved in your life and home. Pray for all demonic mountains to shift and be cast into the sea in the name of Jesus.

Pray for financial abundance in your life so you will be able to meet every commitment that becomes due.

Pray also for the church, especially in the area of repaying the building renovation loan capital and interest each quarter of the year i.e. during the first week of January, April, July and October – Capital is £7,500 plus interest of approximately £2,000 each quarter.

**Journaling** – What is God saying to you today? Write it down and respond to it right now.

### **Wednesday 6 January**

House of Peace – HOP for short, is the extension of our church in homes which is **open to anyone**. HOP is a vital part of the vision of our church and ministry. At HOP you will experience worship, revelatory teaching, there will be salvations and activation with testimonies following.

HOP is also a place where our church community and anyone can encounter God by receiving hope, freedom, healing, power and everlasting peace.

**Read** – Acts 2:40-47; Acts 18:24-28; Acts 19:1-7

**Pray** – Pray that Mega HOP tonight (where we all come together) on Zoom will be a powerful experience for all who will attend. Pray and ask God for Divine encounters to invite someone to it today – please ask your guests to show their faces if you want them saved and receive a miracle. Pray for word of prophesy to be evident, souls to be saved and all who come would be blessed.

**Journaling** – What is God saying to you today? Write it down and respond to it right now.

### **Thursday 7 January**

One of the tactics the enemy uses against a ministry in a church is to hinder, frustrate, delay and stop the progress of the lives in that ministry. Where you feel hindered with no explanation for it, you've laboured, worked, prayed and even fasted with little or no result, then you might be under the manipulation of satanic hindrances.

Whenever a community decides to fast and pray, the enemy becomes agitated and would try to infiltrate to bring confusion and division because Satan's kingdom is under threat by your prayers. Though the enemy will try to smother the fire power released by you prayers, the kingdom of God will burn all the chaff Satan brings.

**Read** – Isaiah 58:2-12; Acts 13:4-12; Isaiah 51:1-12

**Pray** – today we want to focus our prayers on the worship team in our church. We urgently have to pray to break all demonic and satanic manipulation that attacks the ministry from time to time, hindering its growth and expansion.

Pray to also break and light the fire of the Holy Spirit to burn any shadows from the past that is still lingering and frustrating its progress especially in the area of having more in-house musicians and worship leaders to join our worship team so that a powerful, prophetic and responsive sound of heaven would be heard in all our worship services.

Pray that God will raise such people up to respond to the Holy Spirit, release the gift of music and bring fresh worship in our church.

**Journaling** – What is God saying to you today? Write it down and respond to it right now.

### **Friday 8 January**

Today we are fasting to receive power for ministry this year in spite of the current pandemic. For miracles and deliverances to occur, we need a spiritual atmosphere. Fasting brings us to a place in the Spirit where we see new spiritual activity within us and can carry that atmosphere wherever we go. Without spiritual activity we will operate in the flesh, and the flesh will never produce a miracle.

The disciples of Jesus knew how powerful it was to meet and pray as a corporate body with prayer and fasting. Let us therefore learn from them and do likewise.

**Read** – Acts 4:13-31; Acts 1:4-14; Acts 2:1-21

**Pray** – Let's thank God for the vision He has given this church for now and many years to come. It is a vision that moves us from seeing God only through historical lenses to a faith that is relevant and full of power for salvation and deliverances.

Pray that the vision pathway for the church will continue to unfold and more clearly this year. Pray that you and the people of our church, including more from outside the church to become excited about what God is doing and wholeheartedly join in to grow in their faith.

Pray that the supernatural presence of God for salvations, make of disciples, healing the sick, casting out devils and to set free all those who are oppressed becomes common place in our church.

Pray also for PG and the church leaders to have a sense of urgency, hear from God to deny themselves and take up their cross and follow Jesus. Pray that PG and the team will look to Jesus who is the author and perfecter of our faith to direct them in all this.

Finally ask God to put a renewed passion in you to come under the covering of this church and to see the supernatural hand of God move among us and reach out to many in the world.

**Journaling** – What is God saying to you today? Write it down and respond to it right now.

**Look out for the prayer and fasting guidelines in your inbox and church website. Hard copies would be available at the ushers' desk at the back of the church if needed.**

**We meet every Monday at 7-8pm for prayer on ZOOM and Fridays 7-8.30pm for prayer service. Join in to pray with us and be activated.**