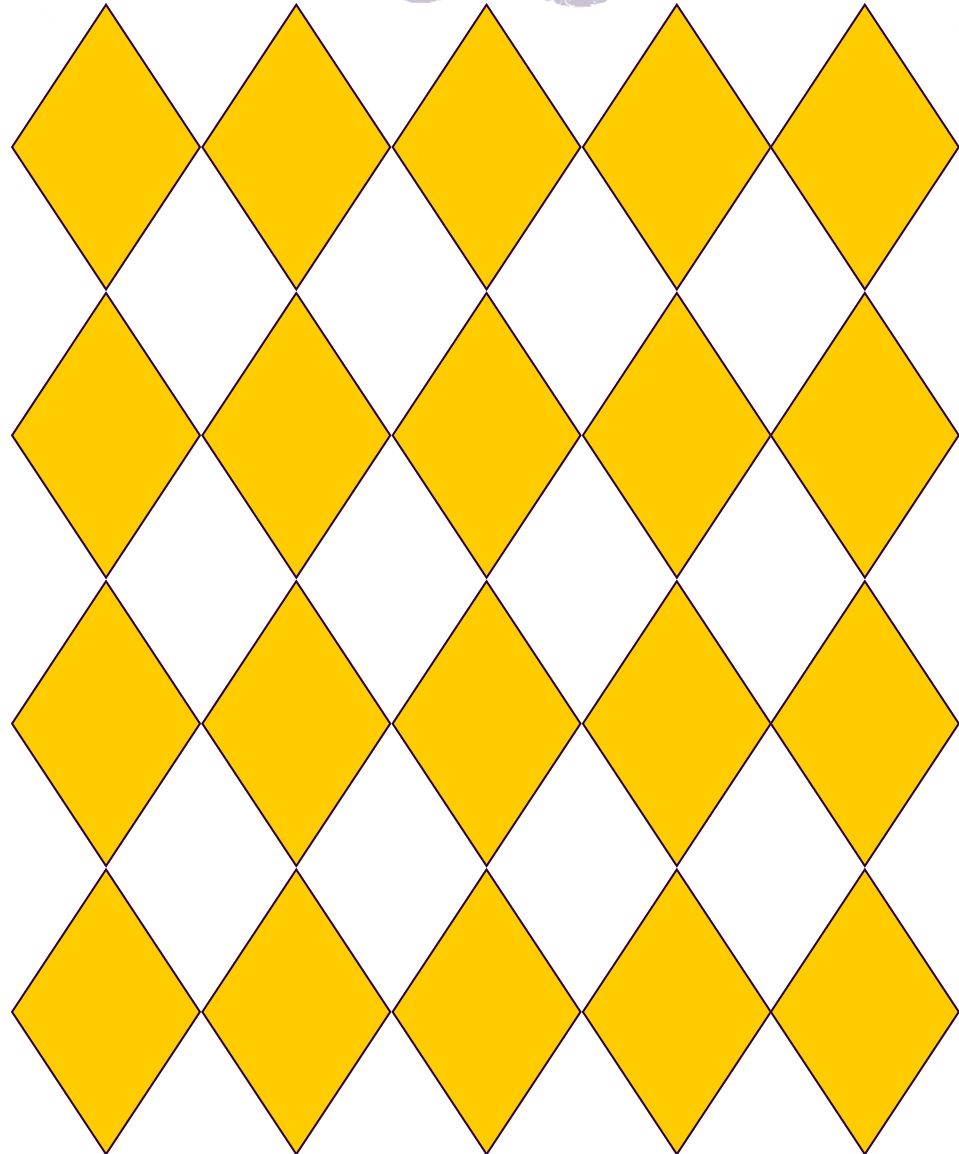


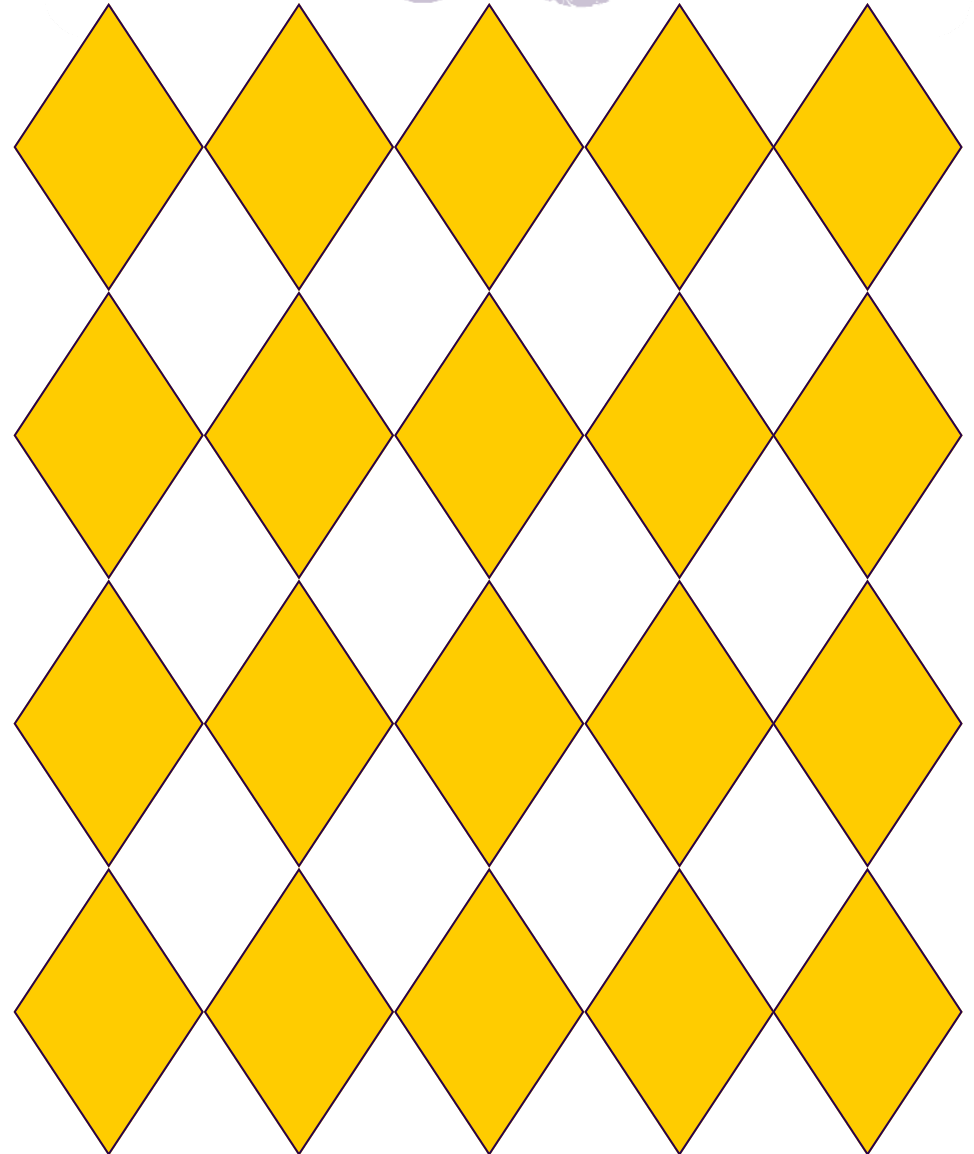
A 21-Day Guide To

prayer & fasting



A 21-Day Guide To

prayer & fasting



Dear Prayer Warrior,

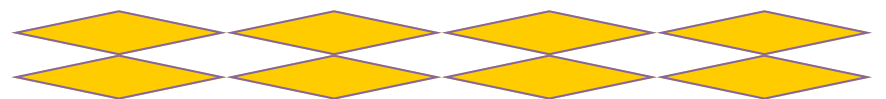
Welcome to the 21-day Prayer & Fasting Journey. It is a journey that proves fruitful in solidifying and helping to maintain focus throughout the year. Of course this should not be the only time you engage in prayer and fasting because these are two key disciplines that should occur frequently in the life of every believer. With that being said then, what better way to start the year off right!

Before we begin let's talk for a moment about the disciplines of prayer and fasting. They are called disciplines because both require an element of self-control. For example, the natural body desires food. In fact we need food to live. Yet there are times when we must place a restraint or control on our physical appetites to dictate to our belly what we will and will not be doing. It is a form or way of strengthening our will to conform to the will of God. Notice the word "self-control," because it is a discipline that you should initiate rather than someone mandating or initiating it for you.

As you go forward on this journey may you sense the prompting of the Holy Spirit and His confirmations that you are on the right track. Your commitment will prove to be fruitful and the harvest plentiful.

Well, let's prepare to begin our time of consecration on Sunday, January 4th and go through Saturday, January 24th. We will break our fast together on Sunday, January 25th on a Prayer Conference Call at 6:30 am. We will also pray together at the completion of each week on this same prayer line. (See Day 7 for details.)

Enjoy the journey!



What type of fast will we do? Fasting is abstaining from food and/or drink for a specified period of time. A biblical fast is conducted for a spiritual purpose and shifts our focus from the physical realm to the spiritual realm. Fasting causes the believer to seek God by eliminating all distractions and focusing through prayer and meditating on God's Word. There are three types of fasts—an Absolute Fast, a Normal Fast, and a Partial Fast—and each type can be carried out in several ways. On this journey, we will be consecrating through a Partial Fast—or as it is sometimes referred to—a Daniel Fast. This is the type of fast in which you refrain from eating meats, sweets, and breads, usually for 21 days.

The Daniel Fast is derived from Daniel 1:16-17 and chapter 10. Daniel, the Hebrew, promised the king's servant that he and his friends, Shadrach, Meshach, and Abednego, would fare better in body and mind over their Babylonian counterparts who were served the king's finest foods. For ten days the "Hebrew Boys" only ate vegetables and drank water. During their diet change, God gave them spiritual insight and "an unusual aptitude for learning..." In Daniel 10, Daniel again sought the Lord in prayer for 21 days while choosing to refrain from the "pleasant food, meat, or wine." From the very moment Daniel set his heart to understand and hear from God, God answered his prayers.

Remember: fasting is not about food. If you find yourself consumed in thought about food then it is important that you pause and pray. Ask God to help you to focus on Him and His Word. Now is not the time to figure out every thing you *can* eat; it is the time to focus on

God. Also, be sure to consult with your physician. Your health is most important so use wisdom as you join the journey.

What should my prayer be? Prayer is simply communicating with God. It is a time to speak to God—a time to adore Him and tell God how wonderful He is, how majestic He is, and how awesome He is. It is a time to confess to Him our sins and transgressions and to agree with Him concerning any error in our lives. It is a time to acknowledge that we are wrong in our actions and that His standard is always right. Prayer is a time to thank God for who He is in our lives and for all He has done on our behalf. Prayer is also a time to present our every need to God. It is a time to ask Him—to make our request known to Him. But as much as prayer is a time to speak to God it is also a time to listen to God. It is a time to still our minds and to pay attention to what God is saying. Prayer is a time to take note of what He is speaking through His Word as well as how He is speaking through our life circumstances and situations.

During the three weeks of this journey, you are encouraged to listen in on what God is saying. You have permission to eavesdrop, nose around in your prayer room, bug the Throne Room of Heaven and hear what is on God's heart. Snoop through the pages of Scripture. What you hear will be profound and it will guide the course of your year—even better—the course of your life.

What will our focus for the 2015 Prayer & Fasting Journey be? Our focus will be on preparing to move forward. 2015 will be a year of great acceleration; a time when the Body of Christ will experience great progress. As believers we must be positioned and prepared for the acceleration; we must be prepared to move forward. As we heard on the final Sunday of 2014, the Lord spoke to Joshua after the death of Moses and provided clear instructions on how to prepare to move forward. God's instructions to Joshua were to **FORGET** the past, **FACE** the present, and **FIGHT** for the promised future. We will meditate on these instructions as we journey through our time of prayer and fasting, believing God for strategic positioning for the year ahead.

Now that you have all of the information, make a commitment to the journey. If you fall off one day, don't beat yourself up. Simply get back up. You can do this! Just know that Christ is the One strengthening you, and remember that if you stand, you will win!

Day #1 - January 4

Eyes to See

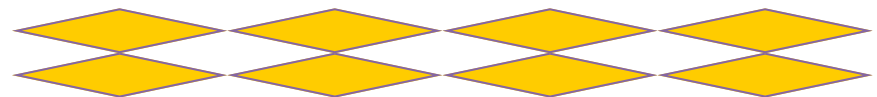
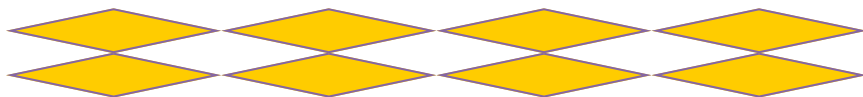
Scripture: John 3:1-7

Understanding and knowing God's way of doing things has been reserved for born-again believers. To be born again is to be regenerated—to be spiritually reborn. If you have not accepted Jesus Christ as your Lord and Savior then this journey will be foreign to you. The bad news is that it will seem as though the words are in a foreign language, difficult to understand. The good news is you can be born again. Right now! Turn to page 29 and let's begin with the journey to receive salvation.

If you are a born-again believer then go back to John 3:3. Read again what Jesus is speaking to Nicodemus. Remember, he was a scholar of the law and Jesus was telling Him only those born again could "see" the kingdom. Thank God for eyes to see. Praise Him today that your spiritual eyes have been opened. Declare that you will perceive, understand, and receive spiritual revelation on this journey.

Use this booklet as a journal to document your 21-day journey.

Notes on My Journey



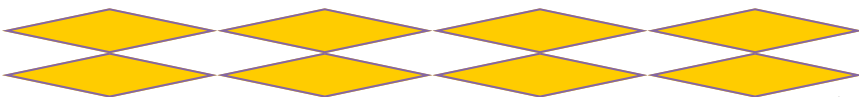
Day #8 - January 11

Key #2: Acceptance

Scripture: Philippians 3:13a; Isaiah 43:18-19 (NIV)

Read the above-notes passages in both the New International Version (NIV) and The Message (MSG). Today we will move on to the second key, which is to accept that you can forget. Wow! What a revelation! God has given you the ability to forget. Paul says forgetting is the “one thing” that he does. He is making an active choice to forget. Forgetting is a decision but it is sometimes difficult to engage in the act because of our human minds. The mind can operate like a TiVo which has the ability to record up to six shows and well over 3000 hours. You hold the remote control. You can determine if you want to watch the “show” or delete it. To move forward you will have to delete some “shows” and the beauty is you can! God has gifted you to forget, now accept that gift. Let this be your prayer today—pray for the discipline to forget.

Notes on My Journey



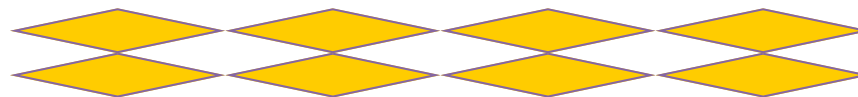
Day #9 - January 12

Key #3: Acknowledgement

Scripture: Philippians 3:13a; Hebrews 12:1a

Let's focus on the last key: acknowledgement. You must acknowledge what you will release. Paul says he is “forgetting those things which are behind.” What things will you release? Today is a day to reflect and ask the Holy Spirit to reveal to you, “What things am I holding on to?” Could it be a broken marriage? What about that inappropriate relationship? Or could it be the desire for drugs and alcohol? What are you holding? What about the abuse you experienced—whether physical, verbal, or even sexual? Or maybe the father who abandoned you or the mother that rejected you? What about that person who betrayed you? Whatever “thing” it is you must release it. Pray fervently today for the willingness to release “those things.” Do not allow them to impede your movement, remember, we are moving forward.

Notes on My Journey



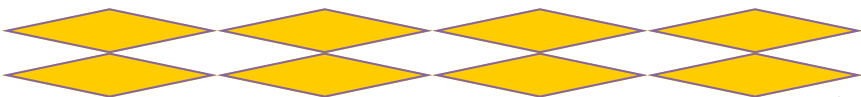
Day #10 - January 13

Face the Present

Scripture: Joshua 1:2; Isaiah 60:1 (Amplified Version)

Now that we have dealt with the past and made the decision to move into the present, spend time on today assessing where you are in the here and now. Where are you emotionally? Mentally? Physically? The LORD spoke to Joshua and commanded him to arise. Arise means to stand. It means to get up. The Amplified Version of Isaiah 60:1 elaborates on the word arise by saying, "from depression and prostration in which circumstances have kept you—rise to a new life!" What has kept you in your present state? Is it finances? Relationships? Your faith or lack thereof? Whatever your present state is, it is time to stand and to get up. Are you standing yet?

Notes on My Journey



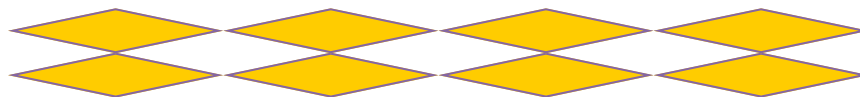
Day #11 - January 14

Postured for Transition

Scripture: Joshua 1:2; 3:1, 17; 4:1

Standing and getting up is good, but it is not enough. Assessing where you are in your current state is good, but it is not enough. After the assessment there must be action. Joshua was commanded by the LORD to arise and *go over* the Jordan. What action do you need to take to cross over your current situation? Ask God today for a strategy to move you from where you are to where He has called you to be. Perhaps He has called you to be free of debt. Ask Him for the strategy to cross over debt into financial freedom. Or maybe He has called you to wholeness in relationships. Ask Him for the strategy to bring healing and restoration. Today your prayer will move you into action.

Notes on My Journey



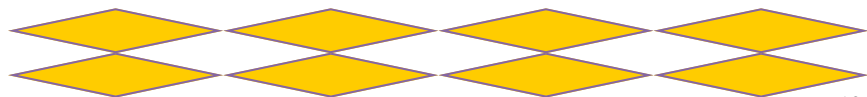
Day #12 - January 15

Hindrance or Helper?

Scripture: Joshua 1:2, 10-15

Moving forward requires not only a personal assessment—a look in the mirror—but it also requires that you look around. Joshua was commanded to take everyone that was with him yet it is important to realize that they were not the same people who left out of Egypt with him. The people who are going into your Promise are not the same people who left your Egypt. Ask God to show you those that are hindering you and those He has sent to help you. Now is the time to make the necessary adjustments. Adjusting is not always easy but adjusting does not have to be harsh. Make the adjustments in love. God will grace you to close the door to relationships that are a hindrance to your journey ahead and the grace to open the door to those relationships that will help you to conquer the promise. Trust Him!

Notes on My Journey



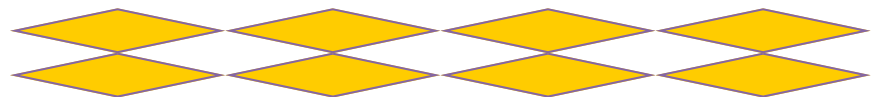
Day #13 - January 16

Moving Forward With Others

Scripture: Joshua 1:2; Philippians 2:1-2

You may have heard the saying, “Everything you need is wrapped up in a relationship...even your salvation.” Relationships are important in moving forward. You must be able to work with others in order to move forward. While yesterday you were able to identify adjustments that need to be made in relationships, today you will meditate on having healthy, whole relationships with those who have been assigned to take the journey with you...even those you may not have hand-selected. Make a decision today that you will be of the same mind, maintaining the same love, united in spirit, and intent on one purpose with those that are also committed to the journey of moving forward.

Notes on My Journey



Day #14 - January 17

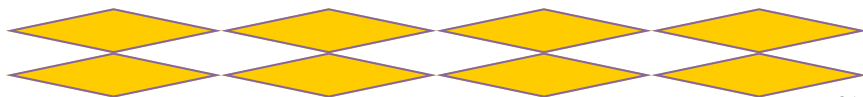
The Blessing of Obedience

Scripture: Joshua 1:16-17; Isaiah 1:19-20

What a week! You were called to action this week and also given instructions to do some "hard things." Walking in obedience to the Word of God is not always easy, but it is always fruitful. The Bible is filled with God's promises and many of them come with the "if/then" condition which says "if we...", "then God..." Joshua responded with a commitment to obey all that the Lord had commanded. Meditate on these verses today. Submit your will to God's will and make a decision to walk in obedience. The fruit of the land awaits you!

Today marks the completion of week #2. Join us in prayer on **Sunday, January 18th @ 6:30 am** as we encourage one another. Dial in at 712.432.0075 Pin: 378457#

Notes on My Journey



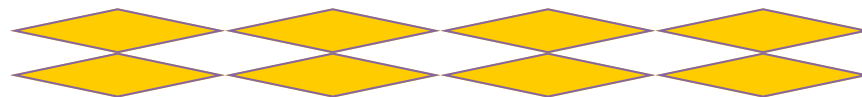
Day #15 - January 18

The Promise Keeper

Scripture: Deuteronomy 11:24-25; Joshua 1:3-5a

In the card game Spades a team reneges on their contract if they violate the rules of play, which usually occurs when one partner does not submit what he/she has in their possession. In other words, the player committed to play by the rules but in the midst of the game he/she decides to default or break their promise. Unlike these players, God does not renege on His promises. Beginning with the Abraham, God promised the people of Israel a land, a seed, and a blessing. The same promise shared in Deuteronomy is repeated again in Joshua. God does not change His mind. He did not change it then and He has not changed His mind today about His promises to you. Praise God today that He will never renege on His promises. Worship Him today as the Promise Keeper.

Notes on My Journey



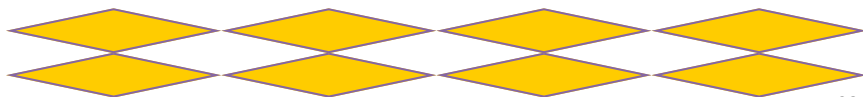
Day #16 - January 19

Fight for the Promised Future

Scripture: Genesis 12:7; 15:18-20; Joshua 1:3

God promised the land and now it was time to possess the land. The challenge for Joshua was in the prizefight for the possession. Joshua was told that every place on which the sole of his foot tread had been given to him. Many times we think of treading as merely walking but to tread is a more forceful activity. Treading is a militaristic term that speaks of marching and trampling. Joshua would now have to war where he walked. He would have to march and trample over the enemy to get what was rightfully his. Are you willing to tread? God has given us everything needed for our future; the question is are you willing to step out by faith and claim what He has promised? In fact, what has God promised you? Spend time these next two days reflecting over the promises of God. Write them down.

Notes on My Journey



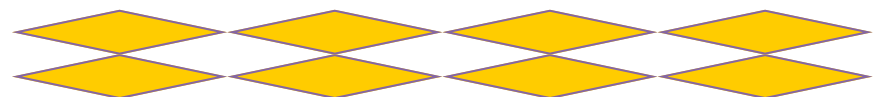
Day #17 - January 20

Journaling the Promises of God

Scripture: Philippians 4:19; 2 Peter 1:4

As you continue today reflecting and journaling the promises of God, know that His promises are both eternal and earthly. Spend time today writing out personal promises God has given to you and the Scripture reference for each promise. Has He promised you healing? Well then, stand on Psalm 107:20, "He sent out His word and healed them, snatching them from the door of death." (NLT) As you fight for the promised future it will be important that you war with the Word. It is one of your spiritual weapons for the battle ahead.

Notes on My Journey



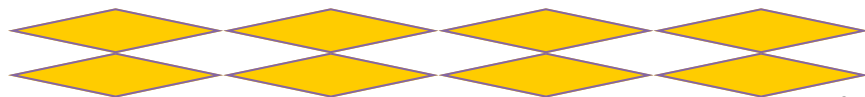
Day #18 - January 21

Good Success

Scripture: Joshua 1:8; Psalm 1:1-3

According to Wikipedia, in the U.S. military, an Operation Plan (OPLAN) is a complete and detailed plan for conducting joint military operations. It is developed by the Combatant Commander and provides instructions for military strategy before or during conflict. OPLANs are generally produced in accordance with the doctrine of the military troops involved. Surely there had to be an OPLAN for conquering the Promised Land, but if you read God’s charge to Joshua in verses 1-9 you will notice God’s assurance of His promise, His presence, and His protection. Joshua is not charged to study the military operation plan, but rather the Commander, God Himself, orders Joshua to meditate on the Word. Not just casually, but day and night. Moving forward will require an intense focus and meditation on the Word of God. Make a commitment today that you will set aside time each day to meditate on your OPLAN, the Word of God. Commit to receiving instructions from your Commander and you will have good success.

Notes on My Journey



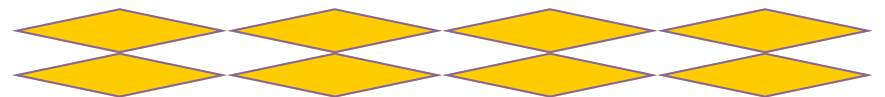
Day #19 - January 22

Warring with the Word

Scripture: 1 Timothy 1:18

Let’s talk a bit more about your promised future. Often times fear, scarcity, lack, insecurity, and failure can creep in and cause a sense of intimidation and uncertainty regarding the promised future. Today you must receive with assurance all that God has promised you. Paul encouraged Timothy to take the prophecies, the declarations that communicated God’s intent to fulfill His purpose in him, and to war with them. In other words Paul was telling Timothy to use those promises regarding his future as a weapon to guard and protect his faith. Do you have declarations that have been spoken over your life? Write them down. Perhaps you were told that God has great plans for your life. Write that down. Or maybe you were told that God was going to use you in a great way to share His Word. Write that down. Maybe you were told that you are a leader and God has caused you to stand out among your peers. Write that down. Now, whenever you hear or see anything that is contrary or conflicts with what you have written down began to repeat back what God has spoken. Use those words as your weapon. Try it today.

Notes on My Journey



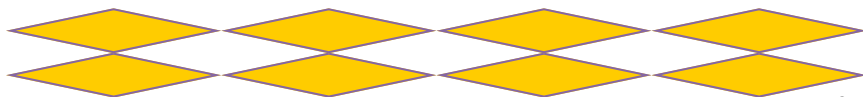
Day #20 - January 23

Confess and Believe

Scripture: Mark 11:22-24

Now that you are meditating on God’s Word it will be important that you strengthen your faith in God’s Word. One of the greatest attacks of the enemy is targeting the believer’s faith in God’s Word. It has been said, “It isn’t the mountain in your life that wears you out, it is the grain of doubt in your heart.” Today we will war against doubt. Declare your faith in God. Declare your faith in God’s Word. In fact, commit this passage to memory and when the enemy engages you in a battle for your promised future begin to confess, “I believe that I have what I desire when I pray. I believe that what I say will come to pass. Therefore I speak God’s Word over my life and I expect His promises to come to pass. I will walk in my promised future!”

Notes on My Journey



Day #21 - January 24

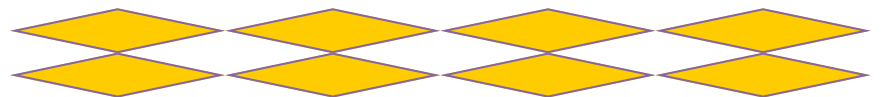
Celebrate!

Scripture: Joshua 1:3; 2 Corinthians 2:14

The promise of victory to the people of Israel was sure because the LORD had assured the outcome. Spend time today celebrating and rejoicing because victory has been promised to you. God always causes you to triumph! Journal your victories and begin to testify to others of the miraculous wonders of God during your journey.

Congratulations, you put your faith and trust in God and moved FORWARD! Continue throughout the day in prayer and fasting. We will BREAK our FAST on our final prayer conference call tomorrow, **Sunday, January 25th @ 6:30 am**. Join us in prayer as we celebrate the goodness of God. Dial in at 712.432.0075 Pin: 378457#

Notes on My Journey



Plan of Salvation

God loves you and has a plan for you!

The Bible says, "God so loved the world that He gave His one and only Son, [Jesus Christ], that whoever believes in Him shall not perish, but have eternal life" (John 3:16). Jesus said, "I came that they may have life and have it abundantly" — a complete life full of purpose (John 10:10).

But here's the problem - man is sinful and separated from God.

We have all done, thought or said bad things, which the Bible calls "sin." The Bible says, "All have sinned and fall short of the glory of God" (Romans 3:23). The result of sin is death, which is spiritual separation from God (Romans 6:23).

The good news is God sent His Son to die for your sins!

Jesus died in our place so we could live with Him in eternity. "God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us" (Romans 5:8).

But it didn't end with His death on the cross. He rose again and still lives!

"Christ was buried and He was raised on the third day (1 Corinthians 15:3-4).

Jesus is the only way to God.

Jesus said, "I am the way, and the truth, and the life; no one comes to the Father, but through Me" (John 14:6).

Would you like to receive God's forgiveness?

We can't earn salvation; we are saved by God's grace when we have faith in His Son, Jesus Christ. All you have to do is believe you are a sinner, that Christ died for your sins, and ask His forgiveness. He knows you and loves you. What matters to Him is the attitude of your heart, your honesty.

Let's pray:

"Dear Lord Jesus,

I know I am a sinner, and I ask for your forgiveness. I believe you died for my sins and rose from the dead. I trust and follow you as my Lord and Savior. Guide my life and help me to do your will. In your name I pray, Amen."

