

THE LUKE



# DAY FAST

JAN 2 - JAN 22



#fasting #21dayfast #theluke

# THE LUKE 21 DAY FAST

On January 2nd, we begin 21-Days of Fasting and Prayer. Over the next 3 weeks, 24 hours a day, (including weekends), we make a conscious decision to abstain from certain foods and practices. In tandem, we covenant to spend more time in prayer, Bible reading and worship as a demonstration of our desire for a closer relationship to God.

Join me on Tuesday and Thursday mornings at 7:00 a.m. CST for our Prayer Believer's call. The prayer call number is: 641.715.3680 and the access code is: 1065196#. We will also meet for corporate prayer on Tuesday, Wednesday and Thursday at 6:30p.m. in the Worship Center.

The Bible teaches us that there is great power in fasting and prayer (Matt. 9:29; Isa. 58:6). So, as we fast we will pray fervently. The sacrifice of fasting empties us of the clutter in our lives that often dulls our ability to hear from God. I'm praying that your spiritual sensitivity is dramatically increased during this season. Its purpose is to bring focus, acknowledge and honor God's ultimate sacrifice and draw us closer to God.

We've assembled a how-to guide for your fasting journey. It includes a prayer focus and devotional for each day. Meditate daily on the suggested scripture, as well as the scriptures you personally discover. Make sure you keep a pen and journal with you at all times, so that you are able to document what you hear God saying.

I look forward to seeing your spiritual growth, hearing your testimonies and watching God move miraculously in the life of our church. I encourage you to email or record your stories of life change using your smart phone (60 seconds or less) and send them to [connect@theluke.org](mailto:connect@theluke.org).

Get ready for a very intimate walk with God!

Prayerfully yours,



**Timothy W. Sloan**

 @timothysloan



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Fasting is the voluntary abstinence for a time from food and drink (and the various necessities of life). The purpose of rejecting these things for a longer or shorter period of time is to loosen the ties that bind us to the world of material things and our surroundings as a whole, in order that we may concentrate upon the unseen and eternal things.

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only God can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

So many times in the life of a believer, we are challenged to constantly focus all of our attention on the things of this world. Consequently, all of our decisions are fully made based on what we can naturally see. Sometimes we allow what we can naturally see to cause us to miss what God is saying to our spirit.

Jesus explains to his disciples who faced a challenge and failed in Mark 9:29 that "this kind can come forth by nothing, but by prayer and fasting." Fasting allows our physical self (flesh) to decrease such that our spiritual soul may increase. It is our prayer that you will join us in developing a discipline of fasting and prayer that we may become more in tuned to the things of God.

*This is the confidence that we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us - whatever we ask - we know that we have what we asked of Him. **1 John 5:14-15***

- Prepare yourself mentally and physically
- Prepare to be blessed collectively and individually
- Pray and ask for God's strength along the way.
- Begin pre-planning your liquids.
- **Consult with your doctor about your fast. Please, if you are on medications prescribed by your doctor, continue to take them.**
- Suggestion: get a notebook or journal and chronicle your fast, including: your requests to God, your spiritual fast progress, revelations from the Holy Spirit concerning your individual life and that of our church body.

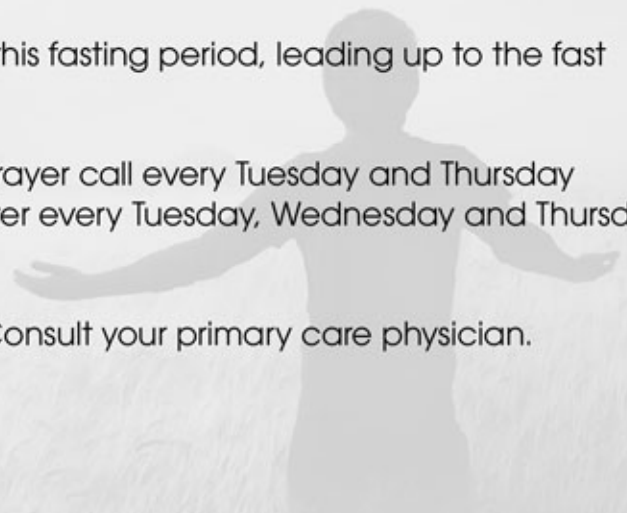
*When I went up on the mountain to receive the tablets of stone, the tablets of the covenant that the Lord had made with you, I stayed on the mountain forty days and forty nights; I ate no bread and drank no water. The Lord gave me two stone tablets inscribed by the finger of God. On them were all the commandments the Lord proclaimed to you on the mountain out of the fire, on the day of the assembly. At the end of the forty days and forty nights, the Lord gave me the two stone tablets, the tablets of the covenant. **Deuteronomy 9:9-11***

### Tools For The Fast

- Fasting by Jentezen Franklin  
(excerpts and devotionals taken from the book and workbook)
- Journal
- Pen
- "Fasting 101" by Myles Munroe on YouTube  
([https://www.youtube.com/watch?v=xn0UM\\_xGl6U](https://www.youtube.com/watch?v=xn0UM_xGl6U))
- The Miracle of Fasting by Patricia and Paul Braggs



- Our **corporate** fasting period will begin on Monday, January 2nd at 12am midnight and end on Sunday, January 22nd at 11:59pm. We will fast continuously, 24 hours per day.
- The corporate fast will be an Absolute Fast.
  - No Food
  - No Liquids except the following...
    - Water (at least 8, 8 oz. glasses daily)
      - Spring Water
      - Distilled Water preferred (e.g. Smart Water)
    - 100% Cranberry Juice, no sugar added (if needed)
    - Organic Herbal Tea, no sugar added (when rising, before going to bed, if desired)
    - Raw Apple Cider Vinegar (add 1 tsp. in a glass of water, 1x daily, if desired)
- **“Under Special Care”** – if you are under doctor’s care, pregnant, or unable to miss a meal for health reasons, you can still participate in the fast by abstaining from foods such as sweets, caffeine, carbonated beverages, breads, and/or meats (the greater the sacrifice, the greater the fast).
- We should be praying continuously throughout this fasting period, leading up to the fast and following the fast.
- We encourage you to connect with us on our prayer call every Tuesday and Thursday morning at 7:00a.m. Join us in the Worship Center every Tuesday, Wednesday and Thursday at 6:30p.m. for corporate prayer.
- Note: Your participation in this fast is voluntary. Consult your primary care physician.



- Remember that your body is not the same. Returning to your previously normal eating routine may shock your body
- Realize your stomach is smaller now, so eat small portions
- DO NOT reintroduce added sugars, sweeteners or salts unless and until absolutely necessary
- DO NOT eat ANY breads or grains for 3 days AFTER a long fast, doing so could have life threatening consequences.
  - **Day 1:** eat vegetable soups and broths ONLY
  - **Day 2:** introduce fresh fruits, vegetables, salads and 100% juices into your diet
  - **Day 3:** SLOWLY introduce grains, meat, dairy, fats and oils into your diet

### Frequently Asked Questions

- What if I start but can't finish?** – Seeking God through fasting and prayer is a matter of the heart. When you set your mind, God honors your commitment. All you need to do is finish up with a partial fast.
- What if I forget and eat something?** – Do not give up. If you fall off, just get right back on, find an accountability partner and recommit yourself to seeking God above all.
- Can I continue to exercise while fasting?** – You will not have the energy for high-level intensity workouts, however moderate exercise is healthy and recommended.

Parents, please prayerfully consider including your children and teens on the Fast. It will be a blessed experience for them and it will begin to lay a foundation for their future. Your support and encouragement are recommended to maximize your child's success.

- **Who?** Preschoolers through Twelfth Graders
- **Why?** To grow spiritually in your personal relationship with God.
- **How?**
  - Eat breakfast, lunch and dinner.
  - Eat only healthy vegetables, fruits, meats, breads, milk and cereal
  - Eat only healthy snacks between meals such as fruit, vegetables, etc.
  - Drink water and milk only.
  - Choose to refrain from electronics (i.e. social media, video games, TV, secular music and etc).

### **Fasting Options** *(for those Under Medical Care)*

#### **Foods You May Eat:**

- Whole Grains: Brown Rice, Oats, Barley
- Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you are not allergic to soy.
- Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices.
- Others: Seeds, Nuts, Sprouts

#### **Foods To Avoid:**

- Meat
- White Rice
- Fried Foods
- Caffeine
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar & Sugar Substitutes
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Product



*Is not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? **Isaiah 58:6***

### SUGGESTIONS FOR FASTING

1. Set Your Objective/Prayer Goals:
  - Why are you fasting? Pray and ask the Holy Spirit to lead you in the reasons why you should fast so your prayers can be more specific.
  - What are your personal prayer goals?
  - What are our corporate prayer goals?
    1. 2017 Church Emphasis: Discipleship
      - a. Community
      - b. Worship
      - c. Generosity
2. 300 People Accept a Personal Relationship with Jesus on One Sunday
3. Cancel all Church Debts
4. Human and Financial Resources to Fulfill the Vision to Build Bridges

### Biblical Prayers God Answers

- Forgive me (2 Chronicles 7:14; Matthew 18:35; Ephesians 4:32; Colossians 2:13; I John 1:9)
- Speak to me (Exodus 33:11a)
- Teach me (Psalm 25:4; 27:11; 86:11; Isaiah 2:3; 48:17; Luke 11:1; 12:12; John 14:26)
- Give me Understanding (Psalm 47:7; 119:34, 73, 125, 144; Proverbs 4:5; 9:10; 16:22; 17:24; 19:8)
- Keep my Mind (Philippians 2:3-5; 4:7; II Timothy 1:7)
- Guard my Heart (Psalm 119:9-11; 139:23; Proverbs 23:7; Jeremiah 17:9; 24:7; Matthew 5:8; 6:19-21)
- Cleanse me (Psalm 51:2, 7, 10)
- Give me Wisdom & Knowledge (2 Chronicles 1:10-12; Daniel 1:17; Hosea 4:6; Romans 10:2; James 1:5-6)
- Empower me (Isaiah 40:29; Acts 1:8; Hebrews 4:12)
- Help me to be Obedient to the Word (Deuteronomy 28:1-14)
- Order my Steps (Psalm 37:23-24)
- Prosper me (Zechariah 4:6; Deuteronomy 8:18; Jeremiah 29:11; III John 2)
- Deliver me (Exodus 3:8; Psalm 56:13; Jeremiah 1:8; Daniel 3:17)
- Favor me (Genesis 39:2-5; Luke 2:52; Acts 2:47)
- Fill me (Psalm 81:10; Proverbs 3:9-10; Matthew 5:6; Acts 4:29-33; Ephesians 3:19; 5:18; Philippians 1:11)
- Keep me (Psalm 121:5; 141:3; John 17:11-19; Jude 2-25)
- Help me (Psalm 33:20; 46:1; 121:1; 124:8; Hebrews 4:16)
- Protect me (Psalm 91)
- Be with me (Isaiah 41:10; 43:2-3; Hebrews 13:5b)

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- Have Mercy on me (Psalm 23:6; 25:7; 33:22; 51:1; 52:8; 106:1; 107:1; 118:1; Micah 6:8; Matthew 5:7; Ephesians 2:4)

## 2. Make your commitment:

- Pray about how long you will fast (21 days)
- Pray about the kind of fast you will engage (absolute)
- Pray about how much time will be devoted to prayer, meditation, and study of God's word.
- Set your schedule for the same time each day so nothing else can interfere with your time with God and to remind you to replace your time preparing/buying and eating food with prayer, Bible reading, journaling and worship.

## Spiritual Impact Of Fasting

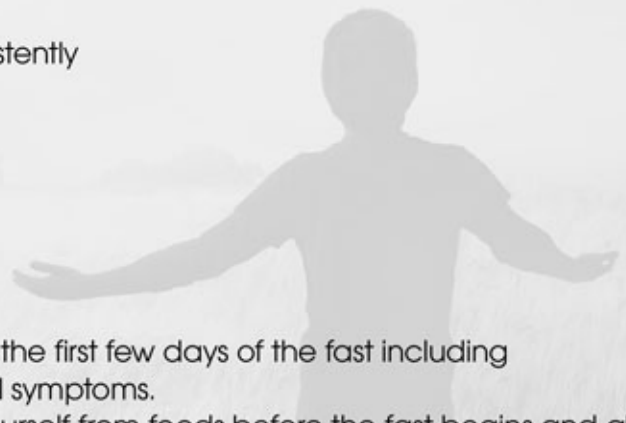
- Starving the Flesh and Feeding the Spirit
- Sacrifice and Submission
- Intensified Spiritual Warfare
- Temptation (e.g. doubt; compromise; negativity)
- Faith and Commitment
- Devotion, Discipline and Determination
- Much Prayer
- Halting Unhealthy Habits
- Resisting Sin
- Obedience to God: Completely, Carefully and Consistently

## 3. Prepare Yourself Spiritually, Mentally, and Physically:

- Repent and seek forgiveness from God for sins
- Forgive others
- Meditate on God's Word
- Get an accountability partner or group
- Avoid and turn away from worldly desires
- Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps and other typical symptoms.
  - You can reduce these effects by weaning yourself from foods before the fast begins and also by drinking at least 1/2 gallon of pure or distilled water each day before, during and after the fasting period.
- Anytime you have concern about symptoms you may experience, be sure to contact your health professional. Fasting should never be harmful to the body!
- If taking medication, please consult your physician first before beginning a fast.

## 4. Results to Anticipate

- Spiritual Blessings (expect overflow spiritually, within the family, financially, mentally and emotionally)



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- Spiritual Breakdowns (walls, strongholds and curses)
- Spiritual Breakthroughs (clarity, direction, wisdom, release, resolution, conquering)
- Physical Health Improvement (weight loss, normalized blood pressure, management of stress, improved self-esteem, deliverance from unhealthy habits/addictions)

## Healthy Lifestyle Habits to Continue

- Fast regularly throughout the year
- Prioritize a daily devotional time
  - Read the Bible everyday
  - Spend 5-20 minutes in prayer everyday
  - Journal your prayer request, biblical insights and life experiences daily
- Eat a cup or more of vegetables with every meal each day
- Drink 6-8 tall glasses of water daily
- Limit intake of red meat
- Limit intake of fried foods
- Limit processed sugar and flour
- Limit the use of salt (use sea salt)
- Exercise at least 3-4 times a week



### GETTING STARTED

Fasting brings one into a deeper, more intimate, and powerful relationship with the LORD. When you eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to things of God.

#### On your first day of fasting, remember:

1. Drink lots of water
2. Keep your focus and avoid temptation
3. Remember your fast and its purpose
4. Get with an accountability partner or group

#### Physical Effects:

1. Hunger pangs and cravings

#### Today's Quote:

"Jesus, while being a very public figure, was actually a very private person. You do not see Him praying in public nearly as much as you see Him praying in private. In fact, our Savior was so committed to prayer that He would often pray for hours on end, even all through the night. He seemed to crave intimate moments alone with His father in heaven."

- Jentezen Franklin

*"Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. . . . Humble yourselves in the sight of the Lord, and He will lift you up"*  
**(James 4:8,10).**

**Prayer for the Day:** Lord, sanctify me. I need You. Nothing else will satisfy me. Fill me with the Holy Spirit today. I want to be baptized in the Spirit. I want to walk in the Spirit. I want to talk in the Spirit. I want to live in the Spirit. I'm tired of living where everybody else is. I don't want to be like everybody else. I'm coming up higher after You. I'm going to seek You with all of my heart.

Keep a journal as you go through this experience. Every day you will be provided with a few questions to guide you with your thought process. Here are a few questions to help get you started...

#### Thoughts for your Journal:

1. What are your own personal reasons for fasting?
2. Do you desire sensitivity to the things of God?

### HUNGERING FOR LIVING BREAD

"As David stated in Psalm 42, 'Deep calls unto deep.' Week 1 is that first step down the path to your breakthrough. The first step is many times the hardest step, but as you walk through this journey, you will find that God is there to meet you at every critical point along the way."

– Jentezen Franklin

#### On your second day of fasting, remember:

1. Drink lots of water
2. Rest to conserve your energy
3. Pray...The second and third days are the hardest

#### Physical Effects:

1. Tongue begins to coat
2. Hunger pangs increase
3. Cravings are intense at times
4. Headaches can begin
5. Your body starts burning fat for energy, this is called ketosis

#### Today's Quote:

"Out of those private and profound times alone with His Father came an enormous outpouring of public demonstration where God's power would be poured forth in healings, raising the dead, abundance and more. Victories are not won in public, but in private. That is why fasting, whether corporately or individually, is a private discipline."

– Jentezen Franklin

*"Your ears shall hear a word behind you, saying, 'This is the way, walk in it,' Whenever you turn to the right hand Or whenever you turn to the left" (Isaiah 30:21). "The steps of a good man are ordered by the LORD, and he delights in his way" (Psalm 37:23).*

**Prayer for the Day:** Father, You have a perfect plan for my life. I ask You to give me knowledge of the path that You want me to walk that I will not miss Your will. Thank You. God, you know where I am. You planned my life before I ever showed up; I ask for Your perfect will now. Show me your way and direct my life, giving me guidance beyond my mind into your perfect will. I ask you for it, I receive it and I believe it. I worship You, Father. I thank You that You are going to guide me, lead me, walk beside me. I will be led by Your peace. I will delight in Your way, O God.

#### Thoughts for your Journal:

1. Do you need a deeper, more intimate and powerful relationship with the Lord?
2. Do you need a fresh encounter with God?

### GETTING PAST YOUR QUITTING POINT

Are you ready for a breakthrough unlike anything you've ever experienced before? Remember to continually pray because only God can provide you with the strength, both physically and emotionally, that you will need during these 21 days

#### On your third day of fasting, remember:

1. Drink lots of water
2. Chew on some sugar free breath mints or gum
3. Pray for encouragement
4. Avoid smells and other temptations
5. This will be the toughest day of the Fast

#### Physical Effects:

1. Tongue begins to coat
2. Hunger pangs increase
3. Cravings are intense at times
4. Headaches can begin
5. Your body starts burning fat for energy, this is called ketosis

#### Today's Quote:

"I have seen people who have never fasted before experience marvelous breakthroughs in their lives. If you are ready to bring supernatural blessings into your life and release the power of God to overcome any situation, begin today making the discipline of fasting a part of your life. God is no respecter of persons...what He has done in our church, in the lives of our members, He will do for you when you set your heart to seek Him through fasting."

- Jentezen Franklin

*"I can do all things through Christ who strengthens me" (Philippians 4:23).*

**Prayer for the Day:** Lord I'm Yours. Oh, I need thee every hour. I really need thee. I offer you my weakness "for your strength is made perfect in my weakness..." (II Corinthians 12:9). Empower me to stay strong through the physical challenge of the fast and to grow stronger in my faith. All I need is You. You alone are my Strength, O God. Thank You, Lord Jesus that You are touched with the feeling of my infirmities. You see the struggles in my life, and You know how they have shaken me. They've not shaken You, Lord. Free me from every fear, every limitation, from drawing back, from intimidation. You are my Peace, my Strength.

#### Thoughts for your Journal:

1. What is that dream inside you that only He can make possible?
2. What are other people's goals in your accountability group?
3. How can you obtain these goals with God's help?

### TARGET YOUR PRAYERS

"But this kind does not come out except by prayer and fasting." (Matthew 17:21)

#### On your fourth day of fasting, remember:

1. Drink lots of water
2. Get support from your accountability partner or group
3. Listen as you pray
4. Record His response to your prayers

#### Physical Effects:

1. You begin to settle into the fast
2. Cravings begin to subside
3. Headaches sometimes occur at this stage
4. Your body begins ridding itself of toxins

#### Today's Quote:

"As important and intriguing as divine depths might be, they defy discovery by the natural means of our minds. He reserves these things for those whose hearts are completely His...for those who take the time to wait before Him. Only in that way can there be intimacy with the Almighty."

– Charles Swindoll

*Intimacy with the Almighty*

"So it was, after three days, that the officers went through the camp, and they commanded the people, saying, 'When you see the ark of the covenant of the Lord your God, and the priests, the Levites, bearing it, then you shall set out from your place and go after it. Yet there shall be a space between you and it, about two thousand cubits by measure. Do not come near it that you may know the way by which you must go, for you have not passed this way before.' And Joshua said to the people, 'Sanctify yourselves, for tomorrow the Lord will do wonders among you'" (Joshua 3:2-5).

**Prayer for the Day:** Thank You, Lord. God, I ask You to sanctify me as I push back my plate and as I pull away from the TV and read Your Word during this period of fasting. Cut off the works of the flesh. Cut them off so I can be used for your glory. I seek Your face. I'm hungry for You. Lord, I want to feel conviction again. I need to raise my standard. Convict me of it. I lay down, "Every weight that does so easily beset me" (Hebrews 12:1). I need your touch. I'm coming after You. There's a dream in me. There's a call for my life. I'm going for it.

#### Thoughts for your Journal:

1. Do you have a friend or loved one that is in need of Salvation?
2. Is there any healing that you need physically?
3. What are the needs in your family right now?

### FASTING AND PRAYING

Solomon speaks about the three-fold cord and how it cannot be broken. (**Ecclesiastes 4:12**)

#### On your fifth day of fasting, remember:

1. Utilize your Prayer Journal
2. Concentrate on your own personal prayer time and prayer place

#### Physical Effects:

1. Headaches begin to subside
2. Cravings subside
3. Weight loss can be noticeable

#### Today's Quote:

"Tragically, precious little in this hurried and hassled age promotes such intimacy. We have become a body of people who look more like a herd of cattle in a stampede than a flock of God beside green pastures and still waters."

– Charles Swindoll

*Intimacy with the Almighty*

*"For God sent not his Son into the world to condemn the world; but that the world through him might be saved. He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God" (John 3:17-18).*

**Prayer for the Day:** Lord, I want to go beyond courtyard kingdom living, and move into that "intimate" place with You. I have carried tremendous guilt and condemnation, but your promise is, "Therefore now, there is no condemnation to them that are in Christ that walk not after the flesh, but after the Spirit" (Romans 8:1). I worship You, God. I'm entering into Your rest this day. I receive supernatural peace. I thank You, my Father. No condemnation, no guilt, no shame, Jesus, You are my righteousness. Thank You for dying for me. Thank You for the cleansing power of Your blood that gives me confidence toward God. Thank You for loving me while I was yet a sinner. Oh, I bless You Lord, I bless You Lord.

#### Thoughts for your Journal:

1. Why do you think fasting is important in order to achieve your greatest breakthroughs?
2. Jesus fasted, and He intimately related to His Father in heaven. How has this experience so far helped you to relate to your Heavenly Father?



### GOD DELIGHTS IN RENEWAL

Sometimes we need renewal in our spiritual lives. Fasting is one of the ways that you can cleanse your body and aid the process of communicating with the Father.

#### On your sixth day of fasting, remember:

1. Drink lots of water
2. Rest to conserve energy
3. Utilize your personal prayer time and prayer place
4. Journal your experience
5. Concentrate on prolonged times of meditation and listening

#### Physical Effects:

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues

#### Today's Quote:

"Our forefathers knew, it seems, how to communicate with the Almighty...but do we? We must learn anew to think deeply, to worship meaningfully, to meditate unhurriedly."

– Charles Swindoll

*Intimacy with the Almighty*

"All your children shall be taught by the LORD, And great shall be the peace of your children" (**Isaiah 54:13**).

**Prayer for the Day:** Father, I know that only homes with Christ positioned in the middle of every day living will succeed in this wicked time. I need You, Lord, in order for me to be the man/the woman that You call me to be in my home. Give me wisdom to create a place of physical rest and of spiritual rest where my family can bring a crisis and lay it on a "bed" of faith. Help me to communicate with my spouse and my children. Your Word is a lamp unto my feet and a light unto my pathway. God, we really need You in our home. We need a little church in our home. God, I give You everything; take my home; take my family; take my future; in Jesus' Mighty Name.

#### Thoughts for your Journal:

1. How is experiencing fasting as a private discipline bringing you closer to God?
2. Has God revealed anything to you since the Fast has begun?

### FEED ON THE WORD

"I have not departed from the commandment of His lips; I have treasured the words of His mouth more than necessary food." **Job 23:12 (NKJV)**

#### On your seventh day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen

#### Physical Effects:

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues

#### Today's Quote:

"It is my prayer that you are drawing strength from each other and that you are truly experiencing the power that is found in fellowship with the Body of Christ."

– Jentezen Franklin

*"And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house" (Acts 16:31).*

**Prayer for the Day:** Oh God, save my children. My cry Father, is save my children. Touch my children. Straighten their paths. I paint them as a target for Your Spirit to touch them and mark them. Anoint them this day. I thank You and praise You that salvation will come to this house because of the blood of Jesus. Even when it looks like it is not working, I thank You that the blood of Jesus covers my family. "No weapon formed against us shall prosper." Your promise is that if the enemy comes one way, he sees seven.

#### Thoughts for your Journal:

1. How do you keep from resisting the temptation of hunger?
2. How can resisting hunger relate to avoiding other temptations in your life?

### WALK WITH GOD

"Therefore go..." Jesus says. "God is with you...and so am I."

#### On your eighth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen

#### Physical Effects:

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues
4. You begin to find what is known as the "sweet spot"

#### Today's Quote:

"So are the saints and pioneers of faith down through the ages. And they're all saying—shouting—You can do it, in Jesus' mighty name! Go for it! Think big! Dream without boundaries! Be limited only by what He limits. Change the world!"

– Bill Bright

Founder, Campus Crusade for Christ

*Amazing Faith, the Authorized Biography of Bill Bright*

*"Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh" (Genesis 2:24).*

**Prayer for the Day:** Lord, we need You in our home. We need You in our marriage. We need You in our family. We need You, Father, to be the Lord of our rings. Forgive us, Lord, for angry words spoken. Forgive us Lord for wrong actions taken. Forgive us if we have broken the covenant. Help us today Lord, to love You by loving our mate. Allow our children to see parents who care, who love, who touch, who talk and who communicate, because the marriage they will duplicate will be the one they see between us. So help us, Lord. We need Your supernatural power in our marriage. Help us and strengthen us to keep You as the focus of our marriage.

#### Thoughts for your Journal:

1. How can this fast give you supernatural insight?
2. Reflect on how there is great power and supernatural blessing that awaits the man or woman who forsakes all flesh for the chance to know their Savior and hear His voice.

### IS HE SPEAKING TO YOU?

Remember, Paul was fasting when God called him and shared the assignment for his life, and Peter was fasting on the rooftop when God gave him a new revelation and called him to take the gospel to the Gentiles. What will God reveal to you during your Fast?

#### On your ninth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen

#### Physical Effects:

1. Senses are heightened
2. Weight loss continues
3. You become mentally aware of the Lord's presence all around you
4. Your hunger for His provision and His attention is intensified

#### Today's Quote:

"Fasting prepares the way for God to give you fresh revelations, fresh visions, and clear purpose. God will do this for you. Stay the course, finish the race. An incredible reward of fresh wind and fresh fire awaits you on the other side."

– Jentezen Franklin

*"The LORD will open to you His good treasure, the heavens, to give the rain to your land in its season, and to bless all the work of your hand. You shall lend to many nations, but you shall not borrow" (Deuteronomy 28:12).*

*"And you shall remember the LORD your God, for it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day" (Deuteronomy 8:18).*

**Prayer for the Day:** Father, I thank You that You are my source of supply. I thank You that You know how to break bondages off your people. Help me to attack my lack by applying the wisdom of Your Word. Oh God, You said, "I'll bless the work of your hands." I'm going to pay my debts and live on the rest. I ask You that the anointing of the Holy Spirit break every yoke of bondage, break the yoke of borrowing, break the yoke of overspending from my life. I decree that this is the year of the Lord's release. I receive it and thank you, Lord. Father, in the Name of Jesus, I thank You that You will bring increase and cause me to profit even right in the middle of a famine.

#### Thoughts for your Journal:

1. Think about the mental, physical and spiritual battle you encounter as you combat the hunger pangs.
2. Reflect on the battle that ensues between the carnal man and the spirit.
3. How has God's presence become clearer through this experience?

### EVERY ASSIGNMENT HAS A BIRTHPLACE

Are you listening? Every assignment God gives you has a birthplace. What is He saying to you today?

#### On your tenth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. You must commit again to speaking regularly with an accountability partner from your group.

#### Physical Effects:

1. Continued weight loss
2. Your senses become heightened
3. Hunger pains continue

#### Today's Quote:

"Do you want to hear the voice of the Creator? Do you want to know Jesus more deeply? Do you want to know the direction He desires you to take? I do. I am convinced that we will never walk in the perfect will of God until we seek Him through fasting. God knows your hunger...but He also knows that what you need is Living Water and the Bread of Life. Taste and see that the Lord is good!"

- Jentezen Franklin

*"And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me" (Mark 8:34).*

**Prayer for the Day:** Father, in the Name of Jesus, I come to You today, and I want to be a cross bearer in the marketplace. I want people to see You through me. I want You to anoint me with a kingly anointing. I receive this high call that is just as sacred as the call to preach. I understand my purpose and I WILL go into the marketplace with a fresh anointing. In my job I will carry Your cross. In unseen and unspoken ways, people will know there's a difference on my life. I receive that anointing right now as I dedicate myself to You. Use my life for Kingdom authority. Help me to be a culture changer where I work. Help me to change the culture in my workplace until it's actually abnormal for somebody to take Your Holy Name in vain...not because I preached a sermon to them, but because Jesus has shined through me into that darkness. I give You the praise for that Lord. In Jesus' Name I will not fail You in my calling.

#### Thoughts for your Journal:

1. What do you think the specific assignments are that God has for your life?
2. What do you currently desire in your life? Remember to pray about your dreams and ask God for guidance in what is best for your life.

### FASTING TRULY HUMBLER YOU

Fasting is a biblical way to truly humble yourself in the sight of God. King David said, "I humble myself through fasting." (**Ezra 8:21**)

#### On your eleventh day of fasting, remember:

1. Drink water or juice throughout the day
2. Rest and relax
3. Go to your prayer time and prayer place
4. Write your experience in your prayer journal
5. Continue to meditate and listen to God
6. Speak with your accountability partner from your group.

#### Physical Effects:

1. Decreasing weight
2. The Lord's presence becomes more apparent
3. Cravings are still apparent

#### Today's Quote:

"Most of the fasts mentioned in the Bible were public fasts initiated by the priests; Jesus gave us the model for private fasts in Matthew 6:16-18 and 9:14-15.

– Jentezen Franklin

*"Let the elders who rule well be counted worthy of double honor, especially those who labor in the word and doctrine" (1 Timothy 5:17).*

**Prayer for the Day:** Father, I pray for our pastors, for their wives and for their precious children. In Jesus' Name, Lord, Let Your Kingdom come, let Your will be done in their lives and in my church as it is in Heaven. I pray for my church. I pray for every ministry and for every pastor to be led by Your Spirit and to walk in peace. Lead them not into temptation, but deliver them from evil. Anoint them with fresh oil. Your anointing makes the difference. Your anointing breaks yokes. Thank You for Your precious anointing, Holy Spirit. I stand against every spirit of division, in Jesus' Name. Touch our pastors, Lord. I pray that You bring a spirit of unity to our church. Father, I ask You to release Your glory in our church, in Jesus' Name.

#### Thoughts for your Journal:

1. Humility is a discipline and not something that just comes naturally. Fasting places one truly in the hands of God, dependent upon Him for spiritual nourishment in the absence of physical nourishment. Journal how this experience has humbled you and made you trust God more.

### THE HOLY SPIRIT IS USING YOUR FAST

The Holy Spirit is using your fast to reveal your true spiritual condition, resulting in brokenness, repentance and a transformed life.

#### Today's Quote:

"My sheep hear my voice, and I know them, and they follow me: And I give unto them eternal life; and they shall never perish, Neither shall any man pluck them out of your hand."

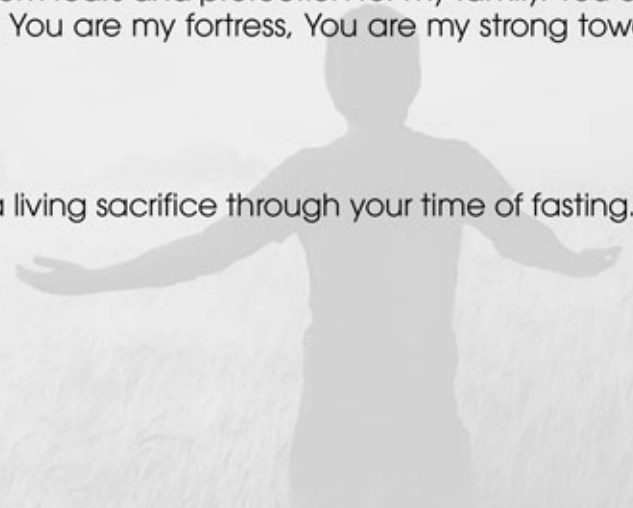
– Jentezen Franklin

*"Let the elders who rule well be counted worthy of double honor, especially those who labor in the word and doctrine" (1 Timothy 5:17).*

**Prayer for the Day:** Lord, I want You close in my life; I want to be under the shadow of the almighty. You are my refuge. You are my fortress. You are my God. I will not be afraid. I will not fear because I will call on that Name that is above every Name, JESUS. Lord, teach me to appreciate my life in this season. Help me to quit looking into the future, never living in the now. You will be with me in the day of trouble. I worship You, Jesus. Thank You for the blood path right into the secret place of the Almighty. You lift me out of depression, out of unfounded fears, out of the strike of the adder and the attack of the lion. I praise You, Lord. I praise You. I worship You, oh God. Lord, I enter into that tent where every provision is made... even for protection from fears and protection for my family. You are worthy, Lord. I worship You, Jesus. You are my refuge, You are my fortress, You are my strong tower, Jesus. Whom shall I fear?

#### Thoughts for your Journal:

1. Has God revealed anything to you personally?
2. Reflect on what it means to present your body as a living sacrifice through your time of fasting.



### HOLD ON TO THE PROMISE

God will not allow you to give in to temptation! Remember your dream to complete the fast and keep your feet on the path of righteousness.

#### On your thirteenth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. You must commit again to speaking regularly with an accountability partner from your group.

#### Physical Effects:

1. Continued weight loss
2. You are mentally aware of the Lord's presence all around you
3. Cravings have returned

#### Today's Quote:

"Hold on to your dream, and let it hold on to you. Joseph knew terror in the pit and frustration in the prison, but he never lost his dream."

– Mark Rutland

*Dream*

*"For I will restore health to you, And heal you of your wounds," says the LORD" (Jeremiah 30:17).*

**Prayer for the Day:** Lord, thank You that You are our Healer. You were wounded for our transgressions and You were bruised for our iniquities. Through Your stripes we are healed! And Lord, I just claim miracle healing in my life and the lives of my loved ones. I worship You, Jehovah-Rophe, the God that healeth. Your Words "are life unto those that and them, and health to all their flesh" (Proverbs 4:22). Thank you for sending your Word to heal me. "...my Hope is in you God: for I shall yet praise You, You are the HEALTH of my countenance, and my God" (Psalm 43:5). I give you praise and thank You today that my body is being healed by the life-giving power of Your Word, in Jesus' Name! Thank You, Lord.

#### Thoughts for your Journal:

1. What are the various ways you can experience guidance from God?
2. Reflect on how you can resist more temptation in these next days as the hunger pangs continue.



### MAGNIFYING YOUR WORSHIP

"If my people who are called by name will humble themselves, and pray and seek my face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sin and heal their land." **II Chronicles 7:14 (NKJV)**

#### On your fourteenth day of fasting, remember:

1. Drink water or juice
2. Go to your prayer time and prayer place
3. Listen to a few of your favorite worship CD's
4. Dialogue in your prayer journal
5. Focus on your meditation and listening
6. Continue to speak regularly with an accountability partner from your group

#### Physical Effects:

1. Weight loss continues
2. You become spiritually aware of the Lord's presence all around you
3. Cravings can be strong at times

#### Today's Quote:

"Fasting and praying will provide the perspective of God that can only be described as magnification as His perfect will, His presence and His power come into focus with greater clarity than ever thought possible."

– Jentezen Franklin

*"But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him" (John 4:23).*

**Prayer for the Day:** Father, I humble myself before You today to seek Your face. I repent for complacency in my worship. I repent for being content in my worship. I repent. I'm not "face to face" with You like Moses was, but I do want to know You more intimately. Like Paul said, "I have not apprehended." I'm not satisfied. I'm hungry for You, O God. I love you and I praise You, Lord. Worthy! Worthy! Worthy are You, Lord! Blessed be the Name of the Lord! Oh, God it allows out of You; I'm coming after You. You are my Reward, not success, not material things. You exceed all of those things! In Your presence is fullness of joy. If I am in Your presence, then I get joy. Out of that joy comes strength. Out of that strength comes spiritual warfare to resist the devil, and he sees from me. I want to be close to You more than anything. Here I am. I give You my all. I give everything to You. Thank You that in Jesus' Name, I enter into Your rest, enter into Your peace, and enter into Your grace. I worship You Lord. I worship you. Hallelujah!

#### Thoughts for your Journal:

1. Praise God for bringing you this far and thank Him for His steadfast presence.

### RENEWAL

What was your reason for starting this fast? Have you had a spiritual awakening? God is rejoicing in your dedication – thank Him for His strength.

#### On your fifteenth day of fasting, remember:

1. Keep hydrated
2. Pray to God at your personal time and in your personal place
3. Listen to music as a motivational tool
4. Keep up with your prayer journal
5. Listen to God as you pray
6. Continue to speak regularly with an accountability partner from your group

#### Physical Effects:

1. Weight loss continues
2. You become mentally aware of the Lord's presence all around you
3. Cravings begin to return, but avoid temptation

#### Today's Quote:

"If you are in a rut or a routine where your worship just isn't cutting it...if you have not heard God speak to you in a long time...if your circumstances seem to be the biggest obstacle in your life...stop everything and begin a fast."

– Jentezen Franklin

*"Turn ye even to me with all your heart . . . with fasting and with weeping . . . I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm . . . ye shall praise the name of the LORD your God . . . and my people shall never be ashamed" (Joel 2:12, 25-26).*

**Prayer for the Day:** Father, in Jesus' Name I humble myself before You in fasting. Thank You for releasing me from my past & forgiving all my sins. Thank You for restoring my life and giving me the reward of eternal life. I give You praise and glory and honor. Bless Your people as we continue to fast and pray. Bring the "spirit of release" causing Your people to walk in financial freedom. "Release" our loved ones. "Release" those that are bound by fear, depression and abuse. Release those bound by nicotine, gluttony and other addictions. Release them from all bondage. Loose the bands of wickedness. Undo the heavy burdens. Let the oppressed go free. Release our families from every shame and guilt. Thank You that the wicked bands will be broken! Hallelujah! Lord, the palmerworm has attacked the roots of Christian heritage in our families. But You said, "I will RESTORE THE FAMILY TREE OF FAITH!" I give You praise. My family IS GOING TO WALK IN THE SPIRIT! Oh Hallelujah! Father the greatest "reward" is You. Thanks for the stuff, but we're fasting for more of You. You are our Reward and our exceeding greatness. We praise You, Jesus. Glory to God!

#### Thoughts for your Journal:

1. Reflect on how worship and obedience has provided you with the opportunity for God to reveal Himself and His purposes to you, His special servant.
2. Write down the details that were a concern in the beginning of the Fast that no longer seem as of great concern.

### PUREST WORSHIP

As you continue on this journey, keep your focus...on God. He will guide you and direct you so that your life will honor Him.

#### On your sixteenth day of fasting, remember:

1. Drink water and juice throughout the day
2. Observe your prayer time and prayer place
3. Listen to worship music for inspiration and support
4. Write in your prayer journal
5. Reflect on your fast and how it is helping you to grow spiritually
6. Speak with your accountability partner for encouragement

#### Physical Effects:

1. Weight loss continues to be apparent
2. Your senses are heightened
3. Avoid temptation as hunger pangs come

#### Today's Quote:

"Worship is totally God-centered! God Focused! Out of worship comes a clearer and more focused relationship of faith and obedience with God. Worship is God's way of developing character and directing the life into the center of His will."

– Henry Blackaby

*Created to be God's Friend*

*"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land" (II Chronicles 7:14).*

**Prayer for the Day:** Father, I come to You today once again to lift up this nation, offering prayer and supplication. Once again, I ask You, Lord for Your will to be done in this nation and around the world. I plead the Blood of Jesus over all nations! In Jesus' Mighty Name, I stand against all the weapons of the enemy, the plans and strategies of terrorism against our nations. I ask for a covering over our military and our representatives. I plead the Blood of Jesus and release the angels of the Lord around their paths. Guard our borders, Lord. Touch our leaders. I ask you, O God, to visit them and give them dreams and visions that stir their hearts toward You as never before. I pray for those in the inner circle of power that You would turn their hearts to walk in Your wisdom. I ask for Your mercy on us! Forgive us for we have sinned against You as a nation. We need a sword that will cut through the homosexual obsession. We need a sword that will cut through the lies of abortion! We need a sword! God, let the re burn in the churches, and in our lives until we get a sword in our hands! Purge us, cleanse us; heal our lands we pray in the mighty Name of Jesus Christ, the Son of God, the strong and mighty One! The One mighty in battle! Jesus, we worship You. Pour out Your Holy Spirit upon our nations, in Your mighty name. Amen.

### Thoughts for your Journal:

1. Remember to stay the course. Write out your thoughts on how you can continue to present your body as a living sacrifice and see if the Lord does not open up the windows of heaven to you and shower you with His presence.
2. Fasting is a form of worship that will humble you. Remind yourself of your dependency on God.



### NOTHING IS IMPOSSIBLE WITH GOD

“Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be a special treasure to Me above all people; for all the earth is Mine. And you shall be to Me a kingdom of priests and a holy nation.’ These are the words which you shall speak to the children of Israel.” **(Exodus 19:5-6)**

#### On your seventeenth day of fasting, remember:

1. Seek encouragement from your accountability partner
2. Keep hydrated with water and juice
3. Continually pray
4. Listen to your favorite worship CD
5. Write your thoughts in your prayer journal
6. Meditate and listen to what God is saying

#### Physical Effects:

1. Weight loss continues
2. You see the Lord’s presence all around you
3. Cravings are apparent

#### Today’s Quote:

“We must get to the place where we are desperate for God again. We must begin to desire Him more than food or drink. Let us be filled with the Bread of His Presence instead of the refuse of religion.”  
– Jentezen Franklin

*“For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith” (1 John 5:4).*

**Prayer for the Day:** Father, I’m making a choice. I’m going to “put on the garment of praise for the spirit of heaviness.” Lord, You said, “Sing, Oh barren one.” So I will sing to You, God, even when it looks like I don’t have anything to sing about. I will give You songs of deliverance and praise, O God. Glory to Your Name, Jesus! I will keep on praying. I will keep on praising. I will keep on living for You, God. My faith is overcoming. I’m never going to get tired of fighting the flesh and the devil until I make it through the pearly gates of Heaven. I am an overcomer. My faith makes me an overcomer, not my feelings. You are with me now as You have been and forever shall be. I praise You for total victory. I’m driving the devil out. Praise God. I’m tired of mixing the Word with everything else and not having the strength in me to overcome anything. I am making a choice to praise You in all things.

#### Thoughts for your Journal:

1. Reflect on comments of encouragement that others have expressed throughout your Fast. Thank God for people in your life that have touched your heart.

### GOD IS YOUR ROCK

God doesn't want you to worry. He wants to be in control of your life and guide you through your daily challenges. As you are fasting, and giving God your body, give Him your spirit, too.

#### On your eighteenth day of fasting, remember:

1. Lean on your group and your partner for support
2. Keep water and juice with you
3. Use your prayer time and prayer place
4. Worship and find strength with music
5. Journal your experience
6. Meditate on what this experience means to you

#### Physical Effects:

1. Continued weight loss
2. Your awareness of God's power is heightened
3. Cravings are evident, but avoid temptation

#### Today's Quote:

"This frightening hour calls aloud for men with the gift of prophetic insight. I am talking about His coming and possessing the full body and mind and life and heart, taking the whole personality over, gently but directly and bluntly, making it His, so that we may become a habitation of God through the Spirit."

– A.W. Tozer, *Gems from Tozer*

*"Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing" (John 15:4-5).*

**Prayer for the Day:** Father, if Your Word abides in me, I can ask what I will and it shall be done. I don't want anything in my will that You don't have in Your will for my life. Father, in the Name of Jesus, I just lay everything on the altar today. Everything I know I just lay it on the altar and say, "If it is Your will Lord." I say again, "Not my will, but Your will be done in my life." I'm asking You, Father, to put on me a new mantle for prayer. Teach me how to abide in Your presence every day. And Father, in the Name of Jesus I just thank You for authority to decree a thing and it shall come to pass.

#### Thoughts for your Journal:

1. Examine any areas of un-forgiveness and bitterness that the Lord is asking you to surrender to Him.

### REWARDED OPENLY

"Now, therefore, if you will indeed obey my voice and keep my covenant, then you shall be a special treasure to Me above all people; for all the earth is mine." **(Exodus 19:5)**

#### On your nineteenth day of fasting, remember:

1. Continue to speak regularly with an accountability partner from your group – you will need this more than ever these last few days
2. Continue to drink water
3. Pray for guidance and strength
4. Worship God through music and praise
5. Document your thoughts in your prayer journal

#### Physical Effects:

1. Weight loss continues
2. You become mentally aware of the Lord's presence all around you
3. Cravings are still apparent, but you've lasted this long!

#### Today's Quote:

"Purpose today to make fasting a regular part of your Christian walk and to watch as the Lord reveals himself to you in wonderful and miraculous ways."

– Jentezen Franklin

*"But whoever has this world's goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him? My little children, let us not love in word or in tongue, but in deed and in truth" (1 John 3:17-18).*

**Prayer for the Day:** Touch my heart, oh God. Touch my heart. Touch me. I don't want to be cold. I don't want to be hard shelled. I want to be tender. I want to be sensitive. I want to show the world your compassion and grace. I want Your anointing on me. Touch my heart. I feel the incrustation of worldliness and materialism and the cares of this life. Melt it! Melt it!

#### Thoughts for your Journal:

1. Consider what you would be willing to share with others today, and how you will articulate your experience and what it has meant to you in terms of your relationship with God.

### HIS WILL, NOT YOURS

“And you shall be to me a kingdom of priests and a holy nation.’ These are the words which you shall speak to the children of Israel.” (Exodus 19:6)

#### On your twentieth day of fasting, remember:

1. Continue to speak regularly with an accountability partner from your group – you will need this more than ever these last few days
2. Continue to drink water
3. Pray for guidance and strength
4. Worship God through music and praise
5. Document your thoughts in your prayer journal

#### Physical Effects:

1. Weight loss continues
2. You become mentally aware of the Lord’s presence all around you
3. Cravings are still apparent, but you’ve lasted this long!

#### Today’s Quote:

“The proof that we have the vision is that we are reaching out for more than we have grasped. Our reach must exceed our grasp. If we have only what we have experienced, we have nothing; if we have the inspiration of the vision of God, we have more than we can experience. Beware of the danger of relaxation spiritually.”

– Oswald Chambers, *My Utmost for His Highest*

*“Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, And to those who have no might He increases strength” (Isaiah 40:28).*

**Prayer for the Day:** Lord, my flesh is weak, but Your Promise is, “They that wait upon the LORD shall renew their strength” (Isaiah 40:31). I am waiting on You today and asking You to fill me with new strength. Fill me with Your life force. As I seek Your face, I praise You that I will not get weary! I receive Your strength in my body and in spirit, in Jesus’ Name. Thank You, Lord. Holy Spirit, Comforter, Counselor, I need you to take control of this situation. Fill me with Your power; I worship you. Hallelujah.

#### Thoughts for your Journal:

1. Take some time today and go back to read your journal entries from the start of the fast to this 20th day.
2. What do your journal entries tell you about your own personal journey these last three weeks?
3. Take a moment and journal about the breakthroughs you have experienced or key things the Lord has shown you during the fast. Spend time in prayer and thanksgiving.



### YOUR FINAL DAY

"Proclaim this among the nations: Prepare for war! Wake up the mighty men, Let all men of war draw near, Let them come up...Multitudes...multitudes in the valley of decision! For the day of the Lord is near in the valley of decision." **(Joel 3:9-14)**

#### On your twenty-first day of fasting, remember:

1. Find someone and share your experience with them
2. Replenish yourself with liquids, and prepare to ease back into solid food on the 22nd day
3. Go to your prayer place and praise God
4. Be thankful and rejoice
5. Write your feelings in your prayer journal

#### Physical Effects:

1. You continue to lose weight
2. You become exhilarated as you cross the finish line
3. Cravings will be strong the first few days after the fast...be careful to ease back into hard foods over the next few days to a week

#### Today's Quote:

"Jesus said to His followers, 'whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock' (Matt. 7:24). You have heard His Word, you have obeyed. And you are victorious!"

– Jentezen Franklin

*"And He said to them, 'Go into all the world and preach the gospel to every creature'" (Mark 16:15).*

**Prayer for the Day:** Lord, here I am, send me. Use me. Witness through me. There's a "field" in my home. There's a "field" in my neighborhood. There's a "field" on my job. There's a "field" in this city. There's a "field" in my family. Oh God, forgive me for not praying; forgive me for not witnessing. Forgive me for not really believing that I can "reap a harvest" for You. Forgive me for not believing that You can use my influence, my affluence, everything that I have to reach the lost for Your glory right where I am! Father, I ask You to use me as a light to a dark dying world. I give You glory and I give You praise for all that You will do through me! Praise God!

#### Thoughts for your Journal:

1. On this final day, ask the Lord to reveal to you if there is any un-forgiveness, bitterness or other hindrances that you have yet to lay fully before your Lord.
2. Prepare for blessing, harvest and an anointing like you have never experienced before.
3. Get ready because the rest of this year will not be like any other before it!



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