

**21-DAY PRAYER & FASTING GUIDE
40TH ANNIVERSARY**

**CELEBRATING GOD'S GOODNESS
"WALKING IN DOUBLE GRACE"**

*"And with great power the apostles
gave witness to the resurrection of the Lord
Jesus. And great grace was upon them all."*

Act 4:33 (NKJV)

MONDAY, JANUARY 6, 2025

TO

SUNDAY, JANUARY 26, 2025

LIVING FAITH CHRISTIAN CENTER

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INFORMATION

WHY FAST... AND PRAYER SCHEDULE

The Bible states in Daniel 10:3 (AMPC), "I ate no pleasant or desirable food, nor did any meat or wine come into my mouth; and I did not anoint myself at all for the full three weeks." Similarly, in Matthew 6:16 (NIV), Jesus said, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full." These verses remind us that fasting is a significant practice for believers.

While this is a 21-day corporate fast, it requires a personal commitment to truly experience its blessings and benefits. Fasting is a time to reduce our intake of physical food and limit natural activities so that we can "feast" on the Word of God. Coupled with the spiritual discipline of prayer, fasting enables us to draw closer to God, hear His voice more clearly, receive divine guidance, and strengthen our spirits.

KEEP A SPECIAL JOURNAL DURING THESE 21 DAYS. TAKE ADVANTAGE OF ALL GOD HAS FOR YOU. ENJOY!!!

PRAYER SCHEDULE:

Daily Phone Prayer

- Call in number: (605) 313-4829
- Access code 536623#

Monday—Friday (January 6 to January 24); 6:00 am to 6:30 am

Wednesday Midweek (Zoom meeting ID: 3473967644 Passcode: PRAYER)

- Corporate Hour of Prayer from 7:30 pm to 8:30 pm
- January 8, 15, & 22

Saturday Morning (In-Person)

- Corporate Prayer from 9:00 am to 10:00 am
- January 11, 18, & 25

PLEASE CHECK THE CHURCH WEBSITE AND SOCIAL MEDIA PAGES FOR DETAILS ON THE

Revised 1/3/2025

FASTING INFORMATION & TIPS

FASTING OPTIONS:

- Fast “THINGS” as a substituted for those with medical concerns.
- Please consult your physician before participating in this fast.
- Please make sure you drink plenty of water.
- Do not enforce this fast on children.

OPTION 1—DANIEL FAST: (NO Meats, sweets, snacks, or junk foods).

VEGETABLES: Fresh, frozen, dried, juiced or canned.

WHOLE GRAINS: Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, and rice cakes.

LEGUMES Canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, and white beans.

FRUITS: Fresh, frozen, dried, juiced (all natural)

NUTS & SEEDS: Including but not limited to sunflower seeds, cashews, peanuts, and sesame. Also, nut butters including sugar free peanut butter is allowed.

OILS: All quality oils including but not limited to olive, avocado, grape seed, peanut, sesame, coconut, and palm oil.

BEVERAGES: Water, distilled or other purified water, herbal teas, and black coffee.

OTHER: Tofu, soy products, vinegar, seasonings, sea salt, herbs and spices, honey, and natural sweeteners (i.e. stevia, xylitol, monk fruit, etc.)
NO PROCESSED FOODS, DAIRY, OR REFINED SUGARS.

OPTION 2—TURN DOWN ONE OR TWO MEALS EACH DAY.

(No sweets, snacks, or junk foods).

Fast one or two meals of choice per day.

You may eat whatever clean foods you choose, including meats, however, no fried or processed foods.

LIMIT TV (INCLUDES CHRISTIAN & SPORTS TV), MOVIES, TELEPHONE, SOCIAL MEDIA, EMAIL, (EXCEPT FOR WORK) ETC. TO 2 HOURS OR LESS PER DAY.

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FOCUS POINTS DURING 21-DAYS OF PRAYER & FASTING

PRAYER POINT 1 - Developing a Clean Heart:

- From the works of the flesh (Gal. 5:19-23; Ephesians 5:1-7 (NKJV)
- Washing by the Word (Ephesians 5:26)
- Walking in the Light (1 John 1:5-9)
- From fear (2 Timothy 1:7; Psa. 118:6; Matt. 10:28)
- From unforgiveness, bitterness, and resentment (Eph. 4:31, 32; Heb. 12:14-15; Matt. 6:12-15; Luke 6:37; Ps. 24:4; Matt. 5:8; James 4:8)

PRAYER POINT 2 - Growing in Grace (2 Peter 3:18)

- Saved by Grace (Eph. 2:8,9)
- Grace for gifts (Rom. 12:3-8)
- Grace for marriage and family (1 Peter 3:5-7)
- Grace for the humble (1 Peter 5:5; James 4:6-10)
- Grace for trials (2 Cor. 12:7-10)
- Grace through our words (Eph. 4:29)

PRAYER POINT 3 - Grace and Power for Increase in Salvation

- Through reconciliation and witnessing (2 Cor. 5:17-19)
- Through signs and wonders (Acts 2:41-43, 47; Acts 5:12-16)

PRAYER POINT 4 - Refreshing Breath from Heaven

- Acts 3:19; John 18:6; John 6:63
- Where the Spirit of the Lord is, there is Liberty (2 Cor. 3:17)
- Manifested presence of God's glory in the earth (Hab. 2:14)

PRAYER POINT 5 - Pray for the Peace of Jerusalem

- Victory over her enemies (Psa. 25:2; 27:6)
- Peace within her borders (Psa. 122:6-7)
- Those who bless and help her will be blessed. (Gen. 12:3)

PRAYER POINT 6 - Restoration of our Nation

- Prayer for our nation's leaders (1 Tim. 2:1,2)
- That the righteous would rule (Prov. 29:2)
- Pull down the wicked leadership in our nation. (Psalms 75:7)
- Raise up righteous leaders in our nation. (Psalms 75:7)
- Bring back prayer and the Bible. (Psalms 75:7)
- Bring back Biblical marriages. (Psalms 75:7)
- Bring back peace within our borders. (Psalms 75:7)