

Prayer & Fasting 2021

Isaiah 58:6-8 (NASB)

6 "Is this not the fast which I choose, To loosen the bonds of wickedness,
To undo the bands of the yoke, And to let the oppressed go free And break every yoke?
7 "Is it not to divide your bread [a]with the hungry And bring the homeless poor into the house;
When you see the naked, to cover him; And not to hide yourself from your own flesh?
8 "Then your light will break out like the dawn, And your recovery will speedily spring forth;
And your righteousness will go before you; The glory of the Lord will be your rear guard.

WE commit ourselves to BE A PRAYING PEOPLE ... Let 2021 be a year of BREAK THROUGH

We are canceling and condemning words spoken against us through Thankfulness and Praise and through prayer and fasting.....

We are OVERCOMING Obstacles.....

Prayer and fasting is the duty that provides faith to unlock the doors before us ...

If you wish to remain clueless Then remain prayerless

Get out of a "STATE of FRUSTRATION" break "Spiritual Rigor Mortis" through prayer & fasting

1. Pray God's Will – NOT YOURS.

- Jesus clearly teaches us through the Lord's Prayer a proper way to pray. Pray for the Father's will on earth to be done We have no time to waste in this hour praying our will instead of the Father's.
- Knowing and praying God's will is a FREQUENCY ISSUE. Get on God's frequency and pray his WILL and PURPOSE on earth. Don't broadcast your own frequency.
- First before launching into your prayers ASK GOD for WISDOM
- James says you have not because you ask not We often quote that portion of the verse but James goes on to say that you even ask and "receive not" because you ask selfishly ... for your own gain and your own pleasure ... **James 4:1-3 (NASB) Things to Avoid**
- Prayer isn't God acting as your personal Genie to bring into your life all the things your heart desires ... some would differ and say "if it's in your heart it must be good RIGHT?" NOPE! Your heart can be deceptive. Pray to know the Father's heart. The key is to listen and follow the one who is the ruler of your heart – KING JESUS.

1 John 5:14-15 (NASB)

¹⁴This is the confidence which we have ^[a]before Him, that, if we ask anything according to His will, He hears us. ¹⁵And if we know that He hears us *in* whatever we ask, we know that we have the requests which we have asked from Him.

2. When you're unsure of his WILL – Pray Scripture

- Pray the word you will never miss it when you pray scripture over any area or any need.
- When I pray "by your stripes I am healed" that's not a thought that originated from my head That is a truth from his word that was inspired and written in scripture thousands of years ago and I'm simply reminding him of that truth and standing on it.....

- When all hell has broken loose around me ... I don't need to bark at the devil like a babbling idiot I just simply tell the enemy what God said and I look to heaven and I pray "greater is he who is in me than he who is in the world".
- Lord you word says that "you will never leave me nor forsake me"
- Find nuggets of truth and quote them in your prayers Not as babbling repeated words but literally as promises that God has given you that you have to hold on to.

3. When you have prayed God's Will – Thank HIM.....

- Just cause you don't see the manifestation ... or the reality of that prayer yet That doesn't mean that that prayer hasn't been heard or answered.
- I remind you that when Daniel prayed to God and he failed to see the answer it wasn't till 21 days later that the Angel appeared to Daniel and informed him that his prayer was answered the moment he uttered it but the enemy had detained the manifestation of that prayer.
- Even though your eyes haven't seen the reality of that prayer yet in the spiritual realm in the realm that really matters That prayer has indeed been heard and answered.
- Daniel would not have been out of line to thank the Lord the moment he uttered the request.
- How many prayers there must be that you have prayed that have been answered the moment you uttered them – but the enemy has delayed the outcome or you have not yet been positioned to see it.
- Let's begin 2021 praying to see the manifestation of things ask for. Let those answers be delayed no more!
- Give God the Glory, the Praise and thanks for the prayers that you have given up on as unanswered and start thanking him for having heard and answered the moment that you prayed..... You're on the verge of that prayer being manifested in your life.....
- Don't give up! Don't stop believing! Just start thanking him and watch and see!!!!
- Also as you pray, you may have some things that you desire that you may not have confidence that they are the Lord's will, I call these things.... things that are HOPEFUL Meaning, I'm not sure how much of that request is me or how much is really him SO I lay them before him in this manner Lord if it be your will then would you allow this to happen.... I place it in your hands ... I trust you Lord that your grace is sufficient for me no matter what Not my will but yours be done.
- Those "hopeful" things I hold loosely because the fulfillment of those things in the long run may not be in my best interests. God knows much better than I so I choose to trust him in those areas....
- James 4 goes on to say that our lives are but a vapor and that we don't know what tomorrow holds and that instead of being arrogant to say you're going to do this or that Instead you say it like this "if the Lord wills and we're alive or he hasn't returned by thenthen we will do it.....

When You FAST

Matthew 6:16-18 (NASB) Fasting

¹⁶“Whenever you fast, do not put on a gloomy face as the hypocrites *do*, for they ^[a]neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. ¹⁷But you, when you fast, anoint your head and wash your face ¹⁸so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees *what is done* in secret will reward you.

- Fasting I'm going to push your button a bit in saying this, when Jesus spoke of fasting he was speaking of food.
- If you are medically fit and able, you should fast in the scriptural sense – FROM FOOD.
- I won't quibble with you that you can't fast from TV or people at times those are probably legitimate vices to refrain from BUT I can assure you when Jesus said WHEN YOU FAST He wasn't talking about Facebook, phones, the news, movies..... he was talking about FOOD.

- There are three parameters that Jesus is addressing when he speaks about “when you give” “when you pray” “when you fast”
- GIVING – deals with the surrender of your possessions to God
- PRAYER - deals with the surrender of your SOUL to God ... through prayer you lay your mind, will, and emotions before him.
- FASTING – you are surrendering your body..... FASTING is surrender of flesh.....
- For most of us, our GUT RULES the body ... For many their LUST rules the body
- IF YOU WANT FREEDOM, learn to say NO to your body and YES to only feeding on him and his presence for a window of time the dividends are immeasurable in this lifetime.
- All that is in the world – the lust of the eyes, the lust of the flesh..... and the boastful pride of life...
- Giving is the Godly Duty that counters the lust of the eyes
- Prayer – when praying God’s will and not your own YOU’RE eliminating the boastful pride of life...
- AND FASTING quells and eradicates the lust of flesh

Helpful STEPS and REMINDERS for fasting.

The following information is from <http://danielwiginton.blogspot.com/2010/04/fasting-outline.html>

1. Steps NOT to take

- i. Ignoring or forgetting about God’s call to fast
- ii. Jumping into fasting without prayer
- iii. Jumping into fasting without considering it medically

2. Steps TO take

3. If you have any concerns, get a doctor’s advice first. **If your doctor says no, then do not fast.** God is gracious and will understand.
4. If you haven’t fasted much before, start with missing only one, two, or three meals.
5. Don’t plan a fast for a period of time when you’ll be doing more vigorous physical activity than usual.
6. Drink plenty of liquids, especially water. (But don’t drink milk, smoothies, or other filling drinks, which would defeat the purpose.)
7. If you are fasting and feel like you might pass out, then thank God for the time of fasting He gave you and go get something to eat.
8. When the fast is over, don’t gorge yourself. Go back to eating a normal amount on a normal schedule.
9. Pray about and plan for fasting. Put a date on your calendar today, perhaps Thursday, May 6, which is the National Day of Prayer.
10. During the fast, use the time when you would have eaten meals instead as time for reading God’s Word and praying. Each time you feel a hunger pain throughout the day, let it remind you to seek God’s face and to declare that your belly is not your god (Phil 3:19).
11. Abstain from more than just food when you’re fasting. Also take that time to step away from other things that you tend to indulge in such as TV, movies, music, internet, video games, etc. God wants it to be a time of self-denial.
12. Do good for others while you fast. If your fast doesn’t move you to act out your faith, then it’s just an empty ritual (see Isaiah 58:1-11).

Helpful Resources for the Daniel Fast

<http://www.ultimatedanielfast.com/>

www.daniel-fast.com

<http://www.daniel-fast.com/aboutthefast/>

21 Days of Prayer and Fasting

I. Preparing for Victory:

Day 1 Reflection – reflect on the purpose of the fast to worship God, to seek His face, preparations to fight through, write down problems which need solving, situations need healing, expectations of new beginnings. Isaiah 58; Isaiah 42; Isaiah 43; Matthew 6:17-18; Matthew 9:14-15; Daniel 1,9,10; Joel 2:1-17; Matthew 17:21; Acts 10; 1 Corinthians 7:1-5; 2 Chronicles 20:1-4; James 4:1-9; Mark 9:14-29

Day 2 Resolution – purpose in your heart that you will see and hear God's heart during this time of fasting and prayer; set your heart to live a fasted life; time will be spent in God's presence – sometimes talking and most of the time listening to Him – this fast will set the tone for the entire year ahead. Matthew 22:37; Daniel 9:3; Psalm 27:8; Ephesians 4:13-32; Philippians 4:8; Colossians 3:1-3; Matthew 6:17-18

Day 3 Repentance – (day of weeping) time of godly sorrow for every known, hidden, secret or revealed sin in your life and be willing to turn from them to God. 2 Corinthians 7:8-11; 2 Peter 3:9; 2 Chronicles 7:14; Acts 17:30; Revelations 2:16, 3:3, 3:19; Psalm 51; Acts 3:19; Daniel 9:3-5

Day 4 Restore- Relationships with God and man – let God impress upon your heart anyone you need to forgive and seek forgiveness from. When He speaks, obey! Matthew 5:44; Matthew 6: 14-15; Matthew 18: 21-35; Mark 11:21-26; Luke 6:20-38; 1 John 1:5

Day 5 Remember – past victories, present victories, future victories; the faithfulness and kindness of God. Psalm 20:1-7; Deuteronomy 8:1-18; 15; Psalm 42:1-4; Isaiah 46:9; Numbers 15:39; Psalm 77:11; Ephesians 2:1-11

Day 6 Revisit – go back and revisit your time before salvation when the Lord was calling you; revisit the place in your mind of your salvation; revisit the power, the wonder, the overwhelming love, the sense of forgiveness you experienced on that day. Romans 5:1-10; Rom. 10:9-13; Ephesians 2:1-8; 5:5-8; 1 Timothy 1:9-17; 2 Timothy 1:9

Day 7 Release – refuse to worry about anything. Focus on what God can and will do. Release and surrender all to God by the power of the Holy Spirit. Remember, worrying is choosing not to believe God. Replace worry with prayer. Psalm 37:1-11; Matthew 6:25-34; Philippians 4:4-9; 1 Peter 5:6-10

Day 8 Restoration – believe God for healing, renewal and repair in your life and the life of others. God is a Restorer of every area of our lives. God is able! Matthew 8:1-4; Ephesians 4:1-16; Joel 2:25; Galatians 6:1; Psalm 51; 1 Peter 2:25

Day 9 Reward – God rewards His children for obedience with both temporal and eternal gifts according to His word – Galatians 6:1-9; 2 Thessalonians 3; Isaiah 58:7-8; Luke 6:22; Hebrews 10:35; Revelations 22:12; Mark 9:41; Mark 10:29-30; 2 Corinthians 9:15; James 1:16-17

II. Pray for the Favor (Grace) of God:

Day 10 Blessings and Favor on Our Year – Psalm 5:11–12; Psalm 79:13; 95:7; 100:3; Romans 8:31-39; 65:9–13; Esther 4:16, 5:2; 2 Ch 1:7; Deuteronomy 11:8-15; Proverbs 3; Lamentations 3:21-26; Joel 2:23-26

Day 11 Blessings and Favor on Others (friends or foes) – Luke 6; Matthew 5; Exodus 23:4-5; Psalm 7:1-4; Psalm 35:3; Proverbs 25:22; Luke 23:34; Romans 12:14-21; 1 Corinthians 13; 1 Peter 2:11-25

Day 12 Blessings and Favor on Our Life – Psalm 84:11; Jeremiah 29:11; Proverbs 8:32-36; 1 Chronicles 4:10; Genesis 32:24-26; Proverbs 3:1-22

Day 13 Blessings and Favor on Our Finances – Genesis 22:14; Matthew 6:19-21; Deuteronomy 28:12; Malachi 3:10; Psalm 115:1-15; Philippians 4:6, 19; Luke 6:38; Proverbs 3:9-10, 11:24-25

Day 14 Blessings and Favor on Our Faith/Understanding – John 14:12-15; Luke 18:1-8; 27-30; Proverbs 10:22; Psalm 37:4; Hebrew 11:1; Mark 11:22-24; 2 Corinthians 4:13-16; Matthew 9:24; Psalm 119:34, 125, 144

Day 15 Blessings and Favor on Our Marriage and Family (natural and spiritual)- 1 Peter 3:7, 8; Proverbs 5:15-18, 31:10; Ps 127:1-5; Ephesians 2:10, 1 Peter 3:7, 8; Proverbs 5:15-18, 31:10; Ps 127:1-5; Ephesians 2:10, 5:31-32; Genesis 2:18-25; Mal 2:14; Philippians 1:6; Ecclesiastes 4:9-12; Galatians 6:10; Psalms 92:13; 122:9; Romans 6:17; 2 Thessalonians 1:3

Day 16 Blessings and Favor on Our Work – Colossians 3:23-24; Proverbs 10:4, 22; 21:5; 22:1; 27:18; Romans 12:11; 1 Peter 5:6-7; Proverbs 14:23; Ephesians 6:5-8; 2 Samuel 7; Deuteronomy 28:3-6

Day 17 Blessings and Favor on Our Thinking and Speaking – Ephesians 6:10-24; 2 Corinthians 10:1-6; Philippians 4:8; James 1:5-8; Romans 15:13; Job 27:4; Psalm 19:14; 34:13; 49:3; 119:172; 139:4; Isaiah 50:4; Colossians 4:6; Titus 2:8

Day 18 Blessing and Favor on Our Nation and Israel – 1 Timothy 2:1-6; Isaiah 62:6; Titus 3:1-8; Psalm 122:6; Psalm 83; 122:6-7; 137:1-6; 51:18

III. Day 19 Pray for Spiritual Power

1) New Spiritual Power to Resist – 1 Peter 5:8-9; Leviticus 26:8; 2 Corinthians 2:11; Ephesians 6:11-18; James 4:7-10; Isaiah 54:17; 1 John 4:4; Revelations 12:9-11; Colossians 2:15; Psalm 34:7

2) New Spiritual Power to Stand in the Gap – Ezekiel 13:4-5 22:30-31; Lamentations 2:18-19; 1 Timothy 2:1; Isaiah 59:13-16; Luke 2:36-37; Revelations 8:3-4; Romans 8:26; John 15:16

3) New Spiritual Power to Focus on God – Psalm 14:2, 78:38-39, 86:15; Numbers 23:29; 1 Kings 8:56; Lamentations 3:21-23; Hebrews 12:2, 10:23; Jeremiah 9:23-24, 32:17-19; Hosea 6:6; Isaiah 46:6-9; Job 11:7; 1 Chronicles 22:19

4) New Spiritual Power to Breakthrough – Micah 2:13; Psalm 24:7-10; Matthew 12:29; Genesis 22:17; Isaiah 58:8-9, 11, 64:1-2; Mt 12:21; Joshua 8:18, 26; Philippians 3:12-14

5) New Spiritual Power to reach the Lost – 2 Corinthians 4:4-5; Acts 4:29-31, 17:4-5; Isaiah 61:1; Matthew 9:36-37, 13:40-42, 18:18; Isaiah 43:5-6, 58:6; 1 John 3:8; Ephesians 6:19; Mark 2:17; Revelations 14:11, 20:12-15

6) New Spiritual Power to be Specific – Luke 11:11-13; Jas 1:7; John 15:7-8; Mt 21:22; John 5:14-15; Isaiah 55:8-9; Luke 9:41; Jeremiah 33:3; Romans 8:26

7) New Spiritual Power to Rest in the Lord – Psalm 37:1-7; Isaiah 30:15; Jeremiah 6:15; Zephaniah 3:17; Hebrews 4:11; Isaiah 57:2; 2 Corinthians 1:20; 2 Corinthians 7:1

III. Day 20 Pray for Spiritual Power

1) Fresh Anointing on Our Personal Vision – 1 Timothy 1:18-19; 2 Chronicles 1:7; Ezekiel 1:1; 1 Corinthians 14:14-15; 1 Samuel 3:10; Ephesians 1:17-18; Acts 16:9-10, 26:19; James 3:4; 2 Timothy 4:7

2) Fresh Anointing on Our Church Leadership – Isaiah 62:6-7; Joel 1:13-14; Numbers 11:16-17; Ecclesiastes 4:9-12; Proverbs 31:23; 2 Corinthians 10:8; 1 Peter 5:1-7; Jeremiah 29:11-12; 1 Corinthians 2:4-5, 9-10; 1 Kings 2:13-15

3) Fresh Anointing on Our Church Vision – Isaiah 54:1-3; Joshua 17:14-17; Habakkuk 2:1-3; Jon 3:7-10; Daniel 9:19; Genesis 13:17; Zechariah 4:1-2; Joshua 17:17-18; 2 Chronicles 2:5; Acts 4:33, 26:19

4) Fresh Anointing on Our Prayer and Worship – Romans 8:26-27; Hebrews 5:7; Psalm 5:7, 9:1-2, 22:3, 111:1, 141:2; Revelations 5:8, 8:3-5; Isaiah 61:1-3; Ac 1:14, 2:42, 4:31; Ephesians 6:18; 1Timothy 2:1; 1Peter 2:5

5) Fresh Anointing on Our World Vision – Isaiah 60:1; Matthew 24:14, 28:16-20; Acts 1:8, 134:1-3; Revelations 7:9-10, 14:6; Genesis 18:18; Psalm 2:8, 24:1; John 1:29, 3:16; Isaiah 25:6-7; 2Co 5:19

6) Fresh Anointing on Our Faith for Miracles – Matthew 8:2-3, 16:16-18, 15:25-26,28; John 5:1-4; Jas 5:15; 1Corinthians 2:9-10; Hebrews 13:8; Luke 7:16; Judges 6:13; Acts 6:8-10, 14:3, 14:3, 15:28, 19:11-13

7) Fresh Anointing on Our Personal Lives – Luke 4:18; Ac 1:8, 6:3, 9:17, 10:38; Zechariah 4:1-14; Isaiah 61:1-4; 1Samuel 10:1, 16:1; Psalm 16:11, 45:7, 51:11; Hebrews 1:9; Judges 16:19-20; Exodus 33:14-16

V. Day 21: Day of praise, worship, and thanksgiving (Psalms 150)