



TWENTY ONE DAYS OF PRAYER & FASTING

About Prayer.

Prayer is the key to an ongoing, intimate relationship with God. When we pray, we acknowledge God as an authority in our lives and your dependency on Him. God wants us to not only recognise Him as an authority in our lives, but wants us to see Him as a loving Father.

The disciples saw the effects of prayer in the life of Jesus and asked Him to teach them how to pray.

“One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, “Lord, teach us to pray, just as John taught his disciples.” - Luke 11:1

They knew that the power and authority Jesus had was a result of His daily prayer life.

Jesus taught them to pray.

“This, then, is how you should pray: “Our Father in heaven, hallowed be Your name, Your kingdom come, Your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.” - Matthew 6:9-13

Prayer is a powerful weapon available to each believer. Prayer gives us the advantage over the enemy who constantly seeks to steal, kill and destroy God's plan for our lives.

Reasons For Prayer

There are four main reason why we pray:

- Put God First
- Honour God
- Unity
- Power

Reasons For Fasting

There are four main reason we partake in fasting:

- Growing Closer to God
- Hear God's Voice
- Breakthrough
- Receiving vision from God.

Connect with God as your Father.

“Our Father, hallowed be your name...”

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by Him we cry, “Abba, Father.” - Romans 8:15

God loves us to call Him “Father”. Connect with Him as your Father. Give thanks for the relationship you have with Him.

Worship His Name

“...hallowed be your name.”

God's name is a place of protection - good people can run there and be safe. - Proverbs 18:10

What are His Names?

- Righteousness (He makes me righteous)
- Sanctifier (He cleans me and sets me apart)
- Healer (He heals all my diseases)
- Provider (He supplies all my needs)
- Shepherd (He leads and guides me)
- Peace (He is my peace in every storm)
- Victory (He gives me victory because He has defeated my enemy, Satan)

Types of Fasts

Complete Fast Water Only

We recommend getting medical advice before doing this type of fast for an extended period of time. It involves only consuming water during the fasting period.

Selective Fast

This is when you cut out certain foods for the period of the fast

(Example: Daniel fast – eat no meat, no sweets, no breads. Drink water and juice and eat fruit and vegetables).

Foods you can eat:

- All fruits
- All vegetables
- All whole grains
- All seeds and nuts
- All legumes
- All quality oils, herbs, spices and seasonings
- Pure water, fresh fruit juices and smoothies
- Meat substitutes such as tofu and soy

Foods you should avoid:

- All meat and animal products
- All dairy products
- All sweeteners
- All leavened bread
- All refined and processed foods
- All deep fried foods
- All solid fats
- Carbonated beverages

Partial Fast

Fasting for a period of time- eg: 6am - 6pm

Soul Fast

This is cutting out something other than food. Something like social media or TV. This type of fast is recommended to be done in conjunction with either the Selective or Complete Fast.