

As the natural seasons begin to change from summer to fall, it becomes a gentle reminder to us that it's time to transition in the spirit. It's time to pause and reset!

Sometimes we find ourselves going through the motions and the routines of life. Therefore, God has created seasons that are designed to intentionally draw us deeper into His presence.

Each year we give ourselves over to fasting and prayer for **21-Days**. It is during this intentional time of corporate fasting and consecration that we join with one-mind, one-spirit and in expectation for God to renew, change, shift, rebirth and reset us again!

When we ask God to set things anew and sincerely mean it, our daily routines will take on a whole new meaning. Our attitudes will not remain as they were, we will walk tall and embrace our kingdom purpose. Hearts and minds will be transformed; souls will be saved and delivered. We will thrive and receive a fresh wind of the Holy Spirit.

Over the next **21-days**, we encourage you to draw close and spend some unhurried time in that secret, quiet place, where you can meet with God and He can meet with you!

Preparation (Spiritually and Naturally)

The very foundation of fasting and prayer is repentance. Un-confessed sin can hinder your prayers. Begin to prepare yourself spiritually by meditating on the following:

- Confess every sin that the Holy Spirit brings to your remembrance and accept God's forgiveness (1 John 1:9)
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; Luke 17:3, 4).
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to blend in with the world (Romans 12:1, 2).
- Meditate on the Word of God particularly the character of God, His love, sovereignty, power, wisdom, faithfulness, grace and compassion (Psalm 103:1-8; Psalm 103:11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Be prepared for spiritual opposition, the enemy will come to attack and test your commitment during this set-time of prayer and fasting (1 Peter 5:8-9).
- Preparation (Spiritually and Naturally)
Ask God to fill you with His Holy Spirit according to His Word in Ephesians 5:18 and His promise in 1 John 5:14, 15.
- Pray in the spirit (Jude 20) – using your prayer language (tongues). If you have not received the evidence of the speaking in tongues; then seek God for the fullness of all He has in store for you.
- Expect God to speak to you personally. Journal any insights or instructions the Lord gives you during this time.

Note: Prepare your body by eating smaller meals before starting the fast. Avoid high-fat and sugary foods prior to the fast. Use wisdom if you take prescription medication; consult your physician first while believing God for total healing; remember fasting is a spiritual discipline that begins in the physical realm. So prepare and command your body to submit. Make the necessary changes in your daily routine (modify exercise and sporting events).

My desire over the next **21 days** is that you will experience a closer relationship with the Lord and have greater vision, clarity and focus.

FAQ (Frequently Asked Questions)

Q: Can I skip a fast day for special occasions?

A: This time of consecration is not intended to be legalistic, use your own discretion.

Q: Can I start early and end early?

A: By all means start when you feel prompted. However, this set-time is designed to be a corporate experience.

Q: What time can we eat on the last day of fast?

A: We typically end the fast at the close of Sunday's Harvest Celebration service

Q: Can we eat veggie pizza on the second week?

A: Just no leaven (recommend gluten-free)

Isaiah 43:18-19

“Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.”

How Fasting Crucifies the Flesh

- Fasting causes us to hunger and thirst for a deeper relationship with God.
- Fasting delivers us from habitual sin—the things that can take us captive.
- Fasting delivers us from wrong mindsets.
- Fasting delivers us from things we carry such as unbelief and Un-forgiveness.
- Fasting produces an anointing to destroy yokes (offenses, heaviness and burdens).
- Fasting increases our capacity Reset and Defined:
 1. To set anew
 2. To make adjustments

The following prayer focus and fasting schedule is intended to be a religious exercise, but it is intended to be a daily guide as we corporately seek the face of God. Never underestimate the impact of discipline and obedience.

WEEK 1: RESET US (YOUR PEOPLE)

THE FAST (JANUARY 7-12, 2019)

Eliminate the following foods from your diet Beef, Pork, Bread and all fried foods Sugar/Sweets (i.e. candy, cake, pies & all related junk food)

WHAT TO EAT: Chicken (not fried) Turkey, Fish, Vegetables, Brown Rice, Fruit, Unleavened Crackers

- **Day 1: Pray that our whole hearts are turned to God only.** Joel 2:12-17 – As we break away from the normal routines and familiar rituals to seek the face of God. Let us completely turn, commit and expect God to do something new and fresh for us. What are you in expectation of?
- **Day 2: Pray for spiritual renewal.** 1 John 1:9 – Lord let us keep in mind every day when we rise that your mercies are renewed to us. Let us be assured that when we confess any sin that you are faithful to forgive us.
- **Day 3: Pray for the fire of repentance.** Acts 3:19 – Today is a good day to repent of any sins of omission (things you have failed to do) or sins of commission (things you have done). Today is the day for a fresh start.
- **Day 4: Pray for spiritual maturity.** 1 Pet. 5:10 – Give God the glory today for choosing to perfect, establish, strengthen and settle you in every situation.
- **Day 5: Pray for the joy and character of Christ to be manifested.** Ps. 51:12 – Declare that today is the day of restoration and RESET. Expect the joy of the Lord to over-flow in your life. Then be a blessing and share the joy of knowing Jesus with someone today!
- **Day 6: Pray for hearts and wills to be surrendered in exchange for a spiritual refreshing.** Hosea 6:1-3 – Today is a day of surrender. Let go of past hurts, pride or anything that can hinder complete healing and restoration
- **Day 7: Pray that we live the life that we were created for.** Eph. 4:20-24 – Put off, strip, deny, let go of the old man; that former conduct and put on Christ. RESET!

WEEK 2: RESET OUR PRIORITIES

THE FAST (JANUARY 13-19, 2019)

Eliminate Meat - Eat Only Fruits, Vegetables & Pasta. Friday through Sunday YOU CAN EAT - Fruit Only

- **Day 8: Pray for our priorities to be in proper alignment.** Matt. 6:33 – Priority defined: “that which is regarded as more important than anything.” – Choose not to be preoccupied with temporary things; but rather seek after the things that give meaning and substance to life.
- **Day 9: Pray for pure love, integrity and grace.** Deut. 6:5 – Lord our priority is to love you with our heart, soul and all of our strength. Today we purpose to give you our all, in our worship, in our devotion (in the study of your word), in our homes and on our jobs; we purpose to reflect the love of Christ towards others; for by doing so we demonstrate our love towards you.
- **Day 10: Pray for the fruit of the spirit to be manifested in every situation.** 1 Cor. 9:27 and Gal. 5:22-25 – Our priority is to become disciplined and to bear Godly fruit. Allow the Holy Spirit to work and produce fruit in every area of your life.
- **Day 11: Pray that we identify with the life and mission of Jesus, that we become a people prepared for greater works.** Luke 4:14 – Jesus fasted for 40 days in preparation for a great work. He went through temptation and came out with power. Let us follow His example in the wilderness places of life.
- **Day 12: Pray for the Lord to manifest His Presence - that we develop more of a passion for Him.** Matt. 9:15 – Social/physical appetites can distract us from God's presence. However, fasting fine-tunes our discernment and helps us come to the point of total reliance on God. Our priority is to grow deeper and become more spiritually aware of where God is and to hear His voice and follow His instruction.
- **Day 13: Pray for an undivided heart.** Ex. 20:3 – We are to serve diligently, in sincerity of heart, reverencing God alone. Nothing and no one should ever come before spending quality time with Him.
- **Day 14: Pray for unity in the body and restoration of covenant relationships.** John 15:13, Proverb 17:9 and Psalms 133:1-3 – Let us walk in peace and love with our brothers and sisters in Christ. Praying for one another and offering words of encouragement. When unity becomes a priority, we will reap contentment, honor and blessing.

WEEK 3: RESET OUR PURPOSE

THE FAST (JANUARY 20-27, 2019)

During this week, the Fast will continue on one of two levels: **Level I:** Nothing but liquids at all for the next 7 days, or

Level II: Nothing but liquids until 6 pm daily at which time you can eat fruit, vegetables & pasta

- **Day 15: Pray for a closer intimate relationship with Christ.** John 15:4 – Our purpose is to stay connected to the vine (Jesus) which is the source of all life. Only by restoring fellowship with God can our purpose in life be re-discovered.
- **Day 16: Pray to be a light in this dark world.** Matt. 5:14-16 and Rom. 12:2 – transformation and renewal comes from being detached from the things of the world and by becoming more Christ like.
- **Day 17: Favor over our Families (natural and spiritual)** Study: 1 Pet. 3:7, 8; Ps 127:1-5; Eph. 5:21-32; Eccl. 4:9-12; Gal. 6:10; Psalms. Pray for faith to be increased and for the vision of this house to be fully manifested Purpose in your mind to never let the “flames of your faith”, grow dim. Have faith in God, keep the faith, walk by faith, live by faith, and speak faith. We must see a performance
- **Day 18: Pray for souls to be saved and filled with the Holy Spirit.** Matt 28:19-20 – Our purpose is to Pray and intercede, to Evangelize and to Disciple people. Go make disciples! Never lose sight that our purpose is to connect people back to God.
- **Day 19: Pray for the fear of the Lord.** Proverbs 1:7 – True wisdom comes from understanding that God is holy, just and righteous and developing a reverence for Him. Our duty or purpose is to love God in such a way that we never want to grieve Him by any of our actions.
- **Day 20: Pray that we maintain focus while following Christ's example.** Isaiah 26:3-4 -Let us never forget to: be like-minded, on one accord, esteeming others, to walk in humility, to be obedient, continually saying yes to the cross.
- **Day 21: Release a prayer of thanksgiving for the Lord has heard our cry!** Joel 2:23-27 - Give God the praise Zion for the RESET is here! God is in our midst, expect overflow!