

21 Day Fasting Weekly Devotional Guide

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21 DAYS OF PRAYER



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FAMILY BIBLE FELLOWSHIP



WORDS FROM SR. PASTOR

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"
- Isaiah 58:6

It's Time Saints. God is calling us to a time of fasting and consecration as we position ourselves for His "NEXT". Our theme for 2024 is, "The Year of "Now" (Deuteronomy 1:6-8), "Next" (1 Corinthians 1:9-10) and "Never Again" (Exodus 14:13-14). The "Time Is Next" for us to prioritize God's Presence, Prepare for His Provision and Position ourselves to walk in His Power.

We must move together in unity as a church and "hear the same thing, see the same thing and then do the same thing". Take time to pray and meditate as you patiently and intently listen for God's voice.

If you are faithful, you will experience a significant shift in your personal life and family; miracles, signs and wonder will manifest in our church as bodies are healed, minds set free and souls saved; God will release favor on us in our community and doors of ministry and outreach will swing wide open.

Mark your calendar for February 4th-8th. We are fasting from 6:00am - 6:00pm daily. You have the liberty to choose which type of fast you will participate in, partial or normal (see details in the booklet). If you choose a partial you can either eat between 6am - 6pm or one meal after 6pm. However, you cannot switch for the duration of the fast. If you choose a Normal Fast you can only eat after 6pm.

We are asking all members to read Isaiah 58 in it's entirety and seek opportunities to compassionately care for those who are in need all around you. We are not merely pushing the plate back. We are stepping up to provide food, clothing and shelter for those in need.

CONSECRATE YOURSELF

Joshua told the people, "Consecrate yourselves, for tomorrow the LORD will do amazing things among you." Joshua 3:5

Consecration is an important spiritual act, but even if you've heard the term before, you may not understand what it means. Take a few moments to understand what *consecration* means.

1. Definition - consecration - In a general sense, the term refers to the act of dedicating oneself to a specific purpose or intention. To "consecrate" yourself essentially means to wholly dedicate yourself to something of greater importance.

"Consecration" refers to the act of setting yourself aside and dedicating yourself to Christ. The term is used in several ways but for most believers, it only refers to a personal act of dedication.

To "consecrate" something is to dedicate it as holy or sacred. Consecration can also be defined as the act of being made sacred.

2. There are discussions about consecration throughout the Bible.

One of the earliest biblical references to the act of consecration can be found in Joshua 3:5. After wandering through the wilderness for 40 years, the people of Israel were commanded to consecrate themselves before entering the Promised Land. By obeying, they were also assured that God would do great things and fulfill His promises.

The act of consecration is also referred to in the New Testament. In 2Corinthians 6:17, God instructs the Church to "touch no unclean thing" and promises to receive them in response. Similarly, in Romans 12:1-2, Paul describes the necessity of viewing the body as a living sacrifice to God, set aside wholly for the worship of God and no longer for the ways of the world.

3. Understand God's role in consecration. God calls humanity to be consecrated to Him. The ability to consecrate yourself is only made possible by God, and the calling to do so comes directly from God.

21 DAYS OF PRAYER

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Joshua told the people, "**Consecrate yourselves, for tomorrow the LORD will do amazing things among you.**" Joshua 3:5

All holiness comes from God, and any holiness demonstrated by a human being is transferred to that person from God. Only God has the power to transform a person into something sacred, so in a sense, God is consecrating you—making you holy—once you decide to consecrate yourself.

As the Creator, God wants each person to live a sacred and consecrated life. He wants each person to live in His image and likeness.

How to do this:

1. **Dedicate your heart to God.** To consecrate yourself is to answer God's call to spiritual consecration. This means making a conscious and willing decision to dedicate your soul, mind, heart, and body to God. This decision must be one of will, intelligence and affection. Only you can make the decision to consecrate yourself to God. No one else can push you into it.
2. **Reflect on your motives.** Since consecration is something that must be done voluntarily, you need to ask yourself if you are truly dedicated or if you are caving into outward pressures.

Only you and God know your heart, so don't worry about whether you appear to have the right motives.

You should view your commitment to Christ as a priority, not a secondary option or passive experience.

You should also be able to feel gratitude and love in your heart for God. If your heart is ready to be consecrated to God, it will love God in response to the love God has for you.

3. **Repent.** Repentance is one of the first acts you should undertake when you make the decision to consecrate yourself to God. The act of repenting involves the acknowledgment of your sins and the need for the salvation offered to you by Christ. If you have not been Baptize this would be the perfect time to do so, if so reflect on what baptism means to you.

4. **Draw closer to God.** Rejecting the wicked ways of the world will not be enough to truly transform you. The human spirit always needs to "drink" from some source. If you do not drink from a worldly source, you must drink from a divine source.^[5]

Just as the body hungers for the ways of the world, the spirit thirsts of the ways of God. The more you train yourself to yield to the longing of your spirit, the easier it will become to continually turn to God. There are practical things you can do to draw closer to God. Regular prayer is one of the most important. Weekly worship at a church and reading, as well studying the Scriptures are other common and highly effective practices as well. Spend time with God carefully, intensely and consistently every day. Any activity that allows you to keep God as the focus of your life and encourages you to approach God can be used as a tool for that purpose.

5. Stay committed. Consecration is not a single, one-time-only decision. It is a way of living. When you make the decision to consecrate yourself, you must be prepared to continue pursuing God for the rest of your life.

Even though you can only draw near to God after consecrating yourself, your consecration will never be "complete." You will never achieve perfect righteousness.

God does not demand complete perfection, though. You are only asked to make the commitment and to actively pursue it. You can stumble as you walk the path, but you must choose to keep walking.

Benefits of Consecrating yourself:

1. *To Experience God's Power* Exodus 19:15
2. *Strongholds are Broken* Leviticus 20:7
3. *Our Enemy is Defeated*.....Joshua 7
4. *Destiny is Revealed* 1 Samuel 16:5
5. *Revival is ushered in*.....Joel 16 - 27

21 Days of Prayer Instructions:

- Follow the 21 Day Prayer Guideline booklet.
- Memorize the weekly Memory Verse
- Spend some quiet time and journal as you reflect on the daily scripture.
- Chose a time and day for weekly family/individual devotions.
- Facilitate a nightly conversation around the daily scripture.
- Start reading the Scripture focus for each week during your quiet time.
- Fast as a family/an individual for 21 days. Encourage your children/teens to participate as well by challenge them to give up something (i.e. fast food, TV, secular music) instead of food. They need the nourishment for school.

TYPES OF FASTING:

Please seek Gods' direction for which type of fast you should participate in.

The Bible describes Three major types of fasts:

A Regular Fast - Traditionally, a regular fast means refraining from eating all food. Most people still drink water or juice during a regular fast. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, he was hungry." This verse does not mention Jesus being thirsty.

A Partial Fast - This type of fast generally refers to omitting a specific meal from your diet or refraining from certain types of foods. **Daniel 10:2-3** says, *"At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over."* In [Daniel 1:12](#), they restricted their diet to vegetables and water: *"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink."*

An Absolute Fast - These fasts are complete - no food and no drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus: *"For three days he was blind, and did not eat or drink anything."* Esther also called for this type of fast in Esther 4:15-16: *"Then Esther sent this reply to Mordecai: 'Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish."*

It is recommended that this type of fast be done with extreme caution and not for extended periods of time.

MEMORY VERSE FOR EACH WEEK OF THE FAST:

Week 1 “FAMILY” -

Joshua 24:15

¹⁵But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will **serve the LORD.**”
Joshua 24:15

Week 2 “ THE CHURCH” -

1 Peter 4: 10-11

¹⁰Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms. ¹¹If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.
1 Peter 4: 10-11

Week 3 “COMMUNITY”

Isaiah 58: 6

⁶ Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?” NIV

Isaiah 58:6

21 DAYS OF PRAYER

21 DAYS WEEKLY VIRTUAL PRAYER TIME:

1st Week Prayer Time*

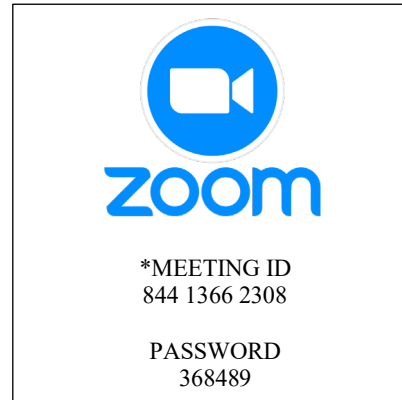
February 7-6pm-7pm

2nd Week Prayer Time*

February 14 - 6pm-7pm

3rd Week Prayer Time*

February 21 - 6pm-7pm



Corporate In Person Prayer:

**Friday February 23
(7pm - 9pm)**

PRAYER GUIDE FOR FAMILY WEEK 1: February 5-9

Joshua 24:15

Prioritize God's Will and Presence for your entire family!

DAILY DEVOTIONS:

February 5 - 2 Peter 1: 5-7

February 6 - Acts 20:24

February 7 - Colossians 1: 9-12

February 8- Luke 12: 6-7

February 9 - Philippians 2: 5-7, John 15: 2,5,8

21 DAYS OF PRAYER

Example: Praying for The Family

1. I pray “that my family is strengthened, and that we would be rooted and grounded in love, and able to comprehend with all the saints what is the breadth and length and height and depth of the love of Christ which surpasses knowledge, that _ may be filled up to all the fullness of God.” **Eph. 3:17-19**

2. I pray that the eyes of our hearts will be enlightened, so that we will know what the hope of His calling, what are the riches of the glory of His inheritance in the saints and what is the surpassing greatness of His power toward us who believe.”

Eph. 1:18-19

3. I pray “that utterance may be given to my family to make known with boldness the mystery of the gospel.” **Eph. 6:19**

4. I pray that my family would “walk in a manner worthy of the calling with which we have been called, with all humility and gentleness and patience showing tolerance for one another in love and being diligent to preserve the unity of the Spirit in the bond of peace.” **Eph. 4:1-3**

Phil. 1:9-10 *“And this I pray, that love may abound still more and more in real knowledge and all discernment, so that they may approve the things that are excellent, in order to be sincere and blameless until the day of Christ” 6. I pray that would “do all things without grumbling or disputing:*

5. I pray that my family would “do nothing from selfishness or empty conceit, but with humility of mind regard others as more important than themselves; and that they would not merely look out for their own personal interests, but also for the interest of others. And that they would have this attitude in themselves which was also in Christ Jesus.” **Phil. 2:3-5**

PRAYER GUIDE FOR THE CHURCH WEEK 2: February 12-16

1 Peter 4: 10-11

Seek God’s Presence, Power & Anointing to rest mightily upon our church. Pray that an army of servants will rise at FBF to minister through the gifts of the Holy Spirit and that miracles, signs and wonders will result in souls being added to family of God.

DAILY DEVOTIONS:

February 12 - Matthew 9:37-38,

February 13 - John 17:11-24

February 14 - Colossians 1:9-10

February 15 & 16 – Colossians 1:11-24

Example: Praying for The Church

- Pray that as God's people we will grasp that nothing of eternal value is accomplished without prayer.
- Pray that individually and corporately we will seek to better understand the purpose and power of prayer.
- Pray that a burden of prayer will come upon us as a Church, causing us to fervently seek God's help and direction in overcoming spiritual challenges and accomplishing Kingdom purposes.
- Pray that we will learn to follow Jesus' example of prayer, not only seeking God's help in times of crisis or decision but also as we continually live in communion with Him.
- Pray that we will learn to persevere in prayer when faced with great challenges, knowing that persistent prayer will bring God's sovereign intervention in His time and in His way.
- Pray for vision to invest in the spiritual formation of children and youth in our church.
- Pray that strong discipleship ministries within the church will establish firm spiritual foundations for our children, youth and adults.
- Pray that God's Word will be presented to the next generation in compelling and authentic ways, and will provide ministry and service opportunities for children, youth, and young adults that allow room for innovation and creativity.

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9 Scripture-Based Prayers for our Pastor and Leaders

1. Thank You, Father, that Your eyes are on our shepherd/leader and Your ears are attentive to pastor's/leaders prayers and Your face is against those who plot evil against them (1 Pet. 3:12). For I know that in all things You work for the good of ____ (insert your pastor's/leaders name) who loves You (Ro. 8:28). Who can accuse this pastor/leader who is daily interceded for by Christ Jesus? (Ro. 8:33-34). Therefore, in all things my pastor is more than a conqueror (Ro. 8:37). Thank You, God.
2. Lord, I pray for discernment in exposing any schemes of the enemy against pastor/leaders. Show our congregation how to pray against all powers of this dark world and the spiritual forces of darkness in heavenly realms. And, Lord, protect us as we wage warfare on behalf of our pastor /leaders (Eph. 6:11-12).
3. Father, I thank You that no weapons formed against pastor/leaders will prosper. Every tongue raised against shepherd/leaders will be cast down. Rumors and gossip will be turned aside. For ____ will be still before the Lord and wait on You. Pastor/leaders will dwell in the shadow of the Most High God and will be delivered from terror, darts of doubt, and diseases (Ps. 91:5-6). Set Your angels about pastor/leaders (Ps. 91:11) and no power of the enemy shall harm ____ (Lk. 10:19). Thank God forevermore!
4. Lord, let ____ have a discerning mind to prioritize the precious minutes in the day. Let pastor/leaders discern what is most important and be guarded against the tyranny of the urgent (2 Cor. 11:14, 1 Jn. 4:1).
5. Father, allow pastor/leaders to glory only in the cross (Gal. 6:14). Keep pastor/leaders from pride and pity. Let the cross be his/her reason for ministry.
6. Jesus keep pastor/leaders holy in every way (1 Pet. 1:16). Protect shepherd/leaders from seducing spirits especially when he/she is tired and hard-pressed. Give ____ comrades to help protect him/her, and to share with in personal holiness (Jas. 4:7). As pastor/leaders draws near to You, draw near to pastor/leaders (Jas. 4:8).
7. I pray that the eyes of pastor/leaders may be enlightened to know the hope to which we are called and know the riches of our glorious inheritance in the saints. Let pastor/leaders know the incomparable great power which is in us who believe (Eph. 1:18-19). Let ____ see the full revelation of Jesus Christ (Gal. 1:12). Place in him/her a desire to know Christ and the power of His resurrection (Phil. 3:10).
8. Lord, I lift up the hands of my pastor/leaders and his/her family. Place them in the shelter of the Most High to rest in the shadow of the Almighty. I will say of the Lord, You are their refuge and fortress. You will preserve their family time. You will cover their home. Your faithfulness will meet their financial needs in Christ Jesus (Phil. 4:19). You will command Your angels to guard them as they travel and win the lost. You have said, "I will be with [them] in trouble, I will deliver [them] and honor [them]. With a long life, I will satisfy [them] and show [them] my salvation" (Ps. 91:15-16). In Jesus' name I cancel all assignments of the enemy against them.
9. In Jesus' name I speak to church hurts, abuse, and ungrateful forces to move. I speak to mountains of criticism and inordinate expectations to be cast into the sea. I speak to stress and fatigue to be cast into the sea, and I believe every need, vision, and dream of ____'s will be completed (Mk. 11:22-24, Phil. 4:19). Guard my pastor/leaders from futile thinking (Eph. 4:17) and a vain imagination. Let every thought be taken captive to obey Christ (2 Cor. 10:3-5).

FAMILY BIBLE FELLOWSHIP

PRAYER GUIDE FOR THE COMMUNITY WEEK 3: February 19-23

Isaiah 58:6-10

Focus this week on how God can use you and our church to impact our community with the love of Christ through our sacrifice, service and by being sensitive to the needs around us.

DAILY DEVOTIONS:

February 19 – Isaiah 6:6-7

February 20 – Isaiah 6:8

February 21 – Isaiah 6:9-10

February 22 – Isaiah 6:11-12

February 23 - Isaiah 6:13-14

Example: Praying for Your Community:

Isaiah 40:1-3 Father, "Prepare the way of the Lord in the wilderness (lost communities in Newark); make a straight highway for our God in the desert of (dry souls). Let, Every valley be lifted up, and every mountain and hill will be leveled; the uneven ground will become smooth and the rough places, a plain. And the glory of the Lord will appear, and all humanity together will see it, for the mouth of the Lord has spoken."

Isaiah 64:1 "If only You would tear the heavens open and come down, so that mountains (community burdens) would quake at Your presence."

Matthew 10:7-8 "As you go (through your community/Prayer Walk), announce this: "The kingdom of heaven has come near. Heal the sick, raise the dead, cleanse those with skin diseases, drive out demons. You have received free of charge; give free of charge."

Intercede for those in Leadership:

Government

1 Timothy 2:1-2 "First of all, then, I urge that petitions, prayers, intercessions, and thanksgivings be made for everyone, for kings and all those who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity."

Education

John 8:31-32 "So Jesus said to the Jews who had believed Him, "If you continue in My Word, you really are My disciples. You will know the truth, and the truth will set you free."

Business

Deuteronomy 25:13 & 16 "You must not have two different weights in your bag, one heavy and one light... For everyone who does such things and acts unfairly is detestable to the Lord your God."

Ask for God's Blessing:

Psalm 5:11-12 "But let all who take refuge in You rejoice; let them shout for joy forever. May You shelter them, and may those who love Your name boast about You. For, You Lord, bless the righteous one; You surround him with favor like a shield."

Psalm 24:5-6 "He will receive blessing from the Lord, and righteousness from the God of his salvation. Such is the generation of those who seek Him, who seek the face of the God of Jacob."



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