

WHAT SCRIPTURES CAN I READ AND PRAY DURING MY FAST?

Scriptures for fasting: *Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14.*

Relation to prayer and reading the Word: *1 Samuel 1:6-8, 17-18; Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2.*

Corporate Fasting: *1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37.*

1 Timothy 2:1-2, “ I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For Kings, and for all that are in authority; that they may lead a quiet and peaceable life in all godliness and honesty.”

Romans 12:1 “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, (which is) your reasonable service.”

Matthew 6:33 “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

Isaiah 58:6 “(Is) not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing. May God bless you as you fast!

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21 Day Fast:
January 11-31, 2021
“Totally Devoted to God” *Leviticus 26, 27*

Matthew 6 mentions three duties of every Christian: " to give, to pray and to fast." The results are a manifestation of God’s power and presence in our lives. During our 21 Day Fast, God is going to show us direction and guidance during prayer that will affect our finances, our faith and our families.

Biblical fasting takes a lot of discipline, strength and grace which we can only receive from God. Our private discipline will bring us the public rewards of Heaven.

As we begin 2021, we recognize the principles of First Fruits. For example, when I pray in the morning, I set the course for the rest of the day. As we begin with a 21 Day Fast, we are setting the course for the entire year.

Dr. Marcus L. Arrington, Senior Pastor

Fasting Facts **WHAT IS A FAST?**

Biblical fasting is refraining from food for a spiritual purpose.

WHY SHOULD I FAST?

There is never a “good time” to fast. I suggest that you just fast and everything will work out.

Blessings will happen for you and your family throughout the year because you fasted in January. God will bless you in May, August or in October. You will receive blessings because you fasted at the beginning of the year.

Matthew 6:33 principles, "Seek ye first the kingdom of God and His righteousness: and all these things will be added unto you." You are seeking God at the first of your year. Now get ready for “things” to “be added unto you.”

When you go on a 21 day fast, there are thousands of believers all over the world who are fasting at the same time. When you begin to fast and “link” with them spiritually, the same blessings that are upon them and the same answers to prayer and spiritual breakthroughs that they receive, you receive also.

WHAT SHOULD I FOCUS ON WHILE I AM FASTING?

- Are you in need of healing or a miracle?
- Do you need the touch of God in your life?
- Is there a dream inside you that only He can make possible?
- Are you in need of a fresh encounter of His presence?
- Do you desire an intimate and powerful relationship with the Lord?
- Are you ready to have heightened sensitivity to the desires of God?
- Do you need to break away from bondages that have been holding you hostage?
- Is there a friend or loved one that needs Salvation?
- Do you desire to know God's will for your life?

Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our entire year. (*Matthew 6:33*)

WHAT ARE THE DIFFERENT TYPES OF FASTS?

The one to choose is between you and God. He will honor your best sacrifice. If you are in poor health or have concerns about your physical ability to fast, please consult a physician before beginning your fast. Your physician can provide advice on how you can fast in a way that is healthy for you.

Full Fast — Drink only liquids (you establish the number of days).

The Daniel Fast — Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

3 Day Fast — This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast — A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select the fast that is best for you. Full Fast, Daniel Fast or give up at least one item of food.

HOW DO I BEGIN AND END MY FAST?

How to Begin — Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible in these areas.

Prepare Spiritually — Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (*Mark 11:25; Luke 11:4; 17:3-4*). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you. (*Romans 12:1-2*)

Decide What Fast — The type of fast you choose is up to you. You could go on a full fast in which you only drink liquids, or choose to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

Decide How Long — You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

What To Expect — When you fast your body detoxifies, eliminating toxins, from your system. Mild discomfort can occur such as; headaches and irritability during withdrawal from caffeine and sugars. You will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to End — Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.