

# 21 *Days* OF PRAYER & *Fasting*

**Scripture References for Fasting:** Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

**Relation to Prayer and Reading of 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

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing. (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8)

## **Example Types of Fasts:**

### **Full Fast**

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

### **3-7 Day Fast**

This can be a Full Fast or one small meal a day fast.

### **Daniel Fast**

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables. (Usually 21 days)

### **What is the Daniel Fast?**

The Daniel Fast is a biblically based partial fast. It is a method of fasting that men, women and young people all over the world are using as they enter into the spiritual discipline of prayer and fasting.

### **Partial Fast**

A partial fast is from 6:00 am to 6:00 pm. You determine how many days.

## **Deciding 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.

## **How to Begin Spiritually:**

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 often daily and read the Bible.