

Overview of our 21-Day Fast

January 8th - January 28th, 2025

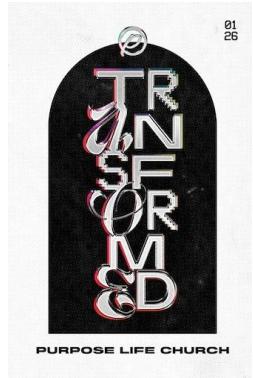
This 21-day fast is an intentional journey of transformation.

Not behavior modification.

Not surface-level change.

But a deep, internal forming that reshapes how we think, respond, desire, and live.

Anchored in Romans 12:2, this fast is a declaration that we are no longer content with being shaped by the patterns of this world. We are choosing transformation through the renewing of our minds.



Over these three weeks, we will move through a deliberate process:

- **Unforming** what never belonged
- **Renewing** the mind with truth
- **Embodying** a life that reflects who God is forming us to be

This fast is a sacred invitation to allow the Holy Spirit to interrupt old patterns, dismantle familiar but unhealthy formations, and rebuild us from the inside out. As we fast, pray, and engage Scripture, we are not asking God for an upgrade we are surrendering to transformation.

We are declaring together: *We are not going back.*

EVERY DAY:

Commit to a daily fast until 6 PM.

If this is your first time fasting, you may begin with a shorter goal (1 PM or 3 PM) and build from there.

Stay hydrated.

Drink plenty of water throughout the day. Adjustments for health are acceptable. If fasting from food is not advisable, consider the Daniel Fast or another meaningful alternative.

Engage daily.

Participate in the daily devotions. Transformation requires consistency, not intensity alone.

Break your fast wisely.

Choose a small, healthy meal to reintroduce food gently.

Reduce sugar intake.

Sugar increases cravings and distraction. Reducing it supports both physical and spiritual clarity.

Set boundaries for late-night eating.

Avoid eating past 11 PM whenever possible to help establish discipline and rhythm.

Limit social media.

Reduce screen time to 45 minutes or less per day. What you repeatedly consume shapes how you think.

Join Morning Glory Prayer.

Weekdays at 6 AM via Zoom or phone.

Stretch your faith (optional).

Those seeking deeper discipline may aim for a 40-hour fast once per week.

Night workers:

Adjust fasting windows to align with your schedule.

ON WEDNESDAYS:

Join us for weekly prayer services at **7:30 PM**

(LifeCenter Campus – in person or online)

- January 14
- January 21
- January 28 (Communion)

DURING THE ENTIRE 21 DAYS

Reduce passive consumption:

- Social media
- Streaming platforms
- Television
- Mindless scrolling

Increase intentional formation:

- Scripture reading
- Prayer
- Meditation
- Worship
- Faith-filled podcasts or teaching

Aim for **three intentional devotional moments daily.**

Transformation requires repetition.

Fasting for Kids

For children, fasting from food may not be appropriate. Instead, help them fast from something they truly enjoy and engage with often—such as a favorite snack, show, game, or toy.

The key is **replacement**.

When the fasted item would normally be used, replace that time with:

- Prayer
- Bible reading
- Conversation about God

This helps children experience the principle of formation in age-appropriate ways.

What Should I Be Seeking During This Fast?

1. Transformation for Personal Formation

Ask God to reveal patterns that have shaped how you think, respond, and desire. Pray not only for freedom from lies, but for a renewed mind that reflects God's truth consistently.

Key Focus: Internal alignment and lasting formation.

"Let God transform you into a new person by changing the way you think."

Romans 12:2 (NLT)

2. Renewal and Expansion for Our Church

Pray that Purpose Life Church continues to be formed by God's heart and not cultural pressure. Ask God to expand our capacity, clarity, and reach as we move together in unity and obedience.

Key Focus: Formation before expansion.

3. Unity in Formation

Transformation deepens when we walk together. Pray for unity in vision, humility in leadership, and shared obedience across generations.

Key Focus: A church formed by truth, not preference.

4. Embodied Faith in Every Sphere

Pray that transformation shows up in real life—homes, workplaces, schools, relationships, and communities. Ask God to form us into people whose lives reflect Him clearly.

Key Focus: Living what God is forming.

5. Lasting Transformation

Pray that this fast marks a turning point—not a momentary shift, but a permanent one. Ask God to do work that continues long after the fast ends.

Key Focus: "I am not going back."

How should I position myself to pray?

Prepare, Prepare, Prepare...Then Pray

The level to which one prepares is directly tied to the level of expectation. Think of how we prepare for significant moments in our lives—whether it's a job interview, a big test, or welcoming a guest into our home. Preparation signals anticipation, focus, and reverence. In the same way, preparing for prayer is essential to deepening our intimacy with God.

"He who fails to prepare for the big climb has already begun to trip on the first step."

A Prepared Time

A consistent, prepared time of prayer is foundational for developing a rhythm of deeper intimacy with God. It's a way of saying, "God, You are my priority." Without this intentionality, it's easy to fall into the "I'll do it later" trap, only to realize that the moment has passed.

Consider this: In a time before streaming services and DVRs, if you missed a highly anticipated show or music video, there was no way to rewind or stream it later—you simply missed it. Likewise, you cannot reclaim the time lost when you miss your moments with God. Make the decision today to set a consistent time to pray, and it will transform your walk with Him.

A Prepared Space

Do you have a space where you meet with God daily?

This could be a room in your home, a quiet corner, or even a walk in the park. Wherever it is, create a space that

is free from distractions and conducive to focusing on God. Imagine if Jesus were to walk into that space, would He feel welcome?

If your current environment doesn't lend itself to quietness, get creative. For example:

Challenge	Possible Solution:
Your space is noisy and distracting.	Use noise-canceling headphones and play instrumental worship music.
Your space is cluttered or chaotic.	Take a walk outside or designate a small, intentional area for prayer.
Your space feels too stimulating	Dim the lights, put a sheet or prayer cloth over your head, or wear an eye mask

Where there is a will, there is a way. Preparing your physical space sends a signal to heaven: "Lord, I'm here, and I'm ready to meet with You."

A Prepared Heart

Prayer is not just about consistency; it's about intentionality. A healthy rhythm of prayer includes both planned and spontaneous moments.

- **Planned Prayer Times:** These are consistent, intentional moments that are built into your daily routine. They help you maintain a stable and steady connection with God. If you miss one, don't linger in guilt, evaluate what happened, adjust, and find your rhythm again.
- **Unplanned Prayer Moments:** These arise from the prompting of the Holy Spirit or through sudden needs and concerns. Be sensitive to these moments, as they are often divine opportunities to intercede for others or hear God in unexpected ways.

Luke 22:8 says, "Jesus sent Peter and John, saying, 'Go and make preparations for us to eat the Passover.'" Just as the disciples prepared for the covenantal Passover meal, preparing your heart for prayer creates an intimate space for God to establish and renew His covenant with you.

Prayer is our opportunity to both speak and hear from God. When we prepare our time, space, and hearts for this sacred dialogue, we are better positioned to encounter Him deeply. Whether it's planned or spontaneous, every moment in prayer is a moment where the truth of God meets the needs of His people

When should I be praying?

Prayer is not confined to a specific time or place, but it is most powerful when it is intentional and consistent. To grow in intimacy with God and stay aligned with His purpose, you need both **planned prayer times** and **unplanned prayer moments**. Each has its unique value, and together they create a rhythm that keeps you in step with the Holy Spirit.

Planned Prayer Times

Establishing planned times of prayer creates a foundation for a consistent relationship with God. It shows intentionality and prioritizes Him in your daily rhythm. I find it best to condition ourselves to have at least three planned moments of prayer throughout the day.

1. Start Your Day with Prayer:

Begin your day by giving God your first moments. Dedicate an extra 30 minutes in the morning so your time with Him doesn't feel rushed. You may need to adjust your bedtime to ensure you're well-rested and ready to give God your best. The way we end one day impacts how we start the next, and the way we begin today influences how we experience the rest of it. Prayer at the start of your day sets the tone for everything else.

2. Midday Refocus:

Pause in the middle of your day to recenter your heart and mind on God. This can be as simple as stepping away for a few moments to pray, read a scripture, or thank Him for His presence. It's a way to recalibrate and keep your focus aligned with His truth amidst the busyness of life.

3. End Your Day with Gratitude:

Close your day in prayer by reflecting on God's faithfulness and grace throughout the day. Thank Him for what He's done and entrust Him with your tomorrow. Ending your day in His presence allows you to rest in His peace and renew your strength for the next day.

Unplanned Prayer Moments

In addition to planned prayer, God often invites us into **unplanned prayer moments**. These are spontaneous times of prayer, prompted by the Holy Spirit or in response to what you're feeling or witnessing.

- **Prompted by the Holy Spirit:**

These moments are like divine appointments. You might feel a nudge to pray for someone, intercede for a situation, or simply worship. They often happen when we least expect them but are perfectly orchestrated by God.

- **In Response to Life's Moments:**

Whether it's seeing a beautiful sunrise, facing a sudden challenge, or experiencing an overwhelming

emotion, unplanned prayers allow you to engage with God in real-time. These moments remind us that He is present in every detail of our lives.

Unplanned prayers are powerful because they align us with the rhythm of heaven. It's as though we're praying in sync with the **Conductor's wand**, responding to His perfect timing and direction.

The Balance of Prayer

Planned prayers build discipline and consistency, while unplanned prayers cultivate spontaneity and intimacy. Together, they help us stay connected to God throughout the day.

- **Planned prayers** keep you grounded and establish a rhythm of seeking Him first.
- **Unplanned prayers** keep your relationship with God dynamic and responsive to His leading.

Prayer is not about perfection; it's about presence. Whether planned or spontaneous, every moment spent in prayer is an opportunity to deepen your connection with God and align your heart with His will.

A structure of how we should pray.

When the disciples asked Jesus, "Teach us how to pray," as recorded in **Matthew 6**, His response was both instructive and transformative. He began by addressing not just **how to pray**, but **how not to pray**:

1. **Don't pray to bring attention to yourself.**

Prayer is not a performance. It is a private, sacred conversation with God, not an opportunity to impress others.

2. **Don't use empty, repetitive words.**

Prayer isn't about length or lofty language. It's about sincerity. A shorter, heartfelt prayer carries more meaning than a long, drawn-out prayer filled with meaningless repetition.

3. **Don't just talk—listen.**

Prayer is a two-way dialogue. Create intentional space to hear God's voice. Silence in prayer can often speak louder than words.

The Pattern of Prayer: The Lord's Prayer

Jesus then gave His disciples a timeless blueprint for prayer, which we refer to as **The Lord's Prayer**. This prayer is not merely a set of words to recite but a pattern that shapes our approach to God. Let's break it down:

1. Worship

Start by acknowledging God for who He is—holy, sovereign, and powerful. Worship sets the tone for your prayer, placing God at the center.

- **Example:** “Our Father in heaven, hallowed be Your name...”

2. Invitation

Invite God into your day, your thoughts, your heart, and every area of your life—known and unknown. Surrender control and allow Him to reign.

- **Example:** “Your kingdom come, Your will be done, on earth as it is in heaven.”

3. Honesty

Be honest about your needs, struggles, and dependence on Him. This is where vulnerability meets God’s grace.

- **Example:** “Give us this day our daily bread...”

4. Awareness

Acknowledge that we live in a broken world filled with temptation and sin. This is a moment of intercession for protection and deliverance.

- **Example:** “And lead us not into temptation, but deliver us from the evil one.”

5. Hope

Despite the brokenness, declare your trust in God’s power and authority. Speak hope over your circumstances, recognizing that He holds the final victory.

- **Example:** “For Yours is the kingdom and the power and the glory forever.”

6. Willingness

Express your willingness to be a vessel for God’s kingdom. Ask Him to align your heart with His mission, so His will can be established through you.

- **Example:** “Your kingdom come, Your will be done...”

Do's and Don'ts for Effective Prayer

Don'ts:

- **Don't pray for an audience.** Pray to be heard by God, not by others.
- **Don't use empty repetition.** God values the sincerity of your heart, not the repetition of your words.
- **Don't dominate the conversation.** Leave room for silence and listening.

Do's:

- **Do approach God with humility.** Recognize who He is and who you are in Him.
- **Do be specific.** Bring your needs, praises, and concerns to Him with clarity.
- **Do persevere in prayer.** Even when you don't feel like praying, remain steadfast, trusting that God is at work.
- **Do listen.** Prayer is a dialogue. Be sensitive to the Holy Spirit's voice.

Final Thoughts

The Lord's Prayer offers us not just a pattern but a posture of humility, worship, and dependence. As we align our prayers with this structure, we invite God's presence, power, and truth into every aspect of our lives.

Remember: the heart of prayer is not performance but connection. Approach Him with sincerity, and let Him guide your words and your silence.

This fast is not about doing more.
It is about becoming different.

Transformation is not comfortable.
It confronts what we've learned, what we desire, and what we resist.

But it is worth it.

And if you are willing to stay with the process,
you will not look the same when this journey is complete.