

rekindle 2025

21

**days
of
prayer &
fasting**

TIMOTHY 1:6 - "FAN INTO FLAME THE GIFT OF GOD..."

Welcome

We are excited to start this new year with 21 days of prayer and fasting.

Prayer and fasting are important parts of the Christian life that are frequently associated repentance, humility, and a hunger for more of God. This hunger often leads to spiritual awakening and revival. Jesus expected his followers to pray and fast. In Matthew 6, He says “when you pray” and “when you fast”, as opposed to “if you pray” and “if you fast.” This was because prayer and fasting are expected for all of Christ followers.

We see the importance of the regular pattern of fasting in the early church. Luke tells us that “While they were worshipping the Lord and fasting, the Holy Spirit said, ‘Set apart for me Barnabas and Saul for the work to which I have called them.’ So after they had fasted and prayed, they placed their hands on them and sent them off.” The important idea I want you to see here is how integral fasting is to hearing God and acting on His word.

It is our desire that you hear God more clearly as we move into this 21 day fast. We want you to be empowered to become “Ground Zero” for a move of God in your life, your family, your community, and your church. We want you to be led by the Lord in unique ways as you hear His voice amplified in your spirits. I'm believing that these next 21 days will be a time of great empowerment and overflow of the Holy Spirit in your life.

The fast runs from January 6th through January 26th at 6pm when we will welcome special guest Evangelist Greg Hubbard. We are believing that this night, will be the climatic culmination of our passionate pursuit of God demonstrated during the fast.

I am excited to go on this journey alongside of you.

-Pastor Matt

21 Day Focus

This booklet is divided into 3 SECTIONS: *Praying, Fasting, and Bible-Reading*. Each focal point highlights different resources to help you be successful over the next few weeks. Read sections ONE and TWO in their entirety at the beginning Scan Code of your 21-day journey, and then revisit them as needed throughout the fast.

SECTION ONE: PRAYING

Make a daily commitment to spend extra time praying and seeking God.

SECTION TWO: FASTING

For 21 days, we are encouraging you to participate in the Daniel Fast—no meat, no bread, no dessert. If you'd like to go deeper, you may also choose something unique and personal to fast, such as TV, social media, or anything that will specifically stretch or challenge you. Explore fasting types in this section.

SECTION THREE: BIBLE-READING

Daily Bible-Reading is a vital discipline! Included, you'll find a few tips that will help you enhance your personal devotional time.

Section One

Praying

Make a daily commitment to spend extra time praying
and seeking God.

Tuesday Prayer

Weekly prayer services will be held Tuesday at 9:30am
at the FLC. Everyone is invited to join us on this
spiritual journey.

“If my people, who are called by my name, will
humble themselves and pray and seek my face
and turn from their wicked ways, then I will hear
from heaven, and I will forgive their sin and will
heal their land.”

- 2 Chronicles 7:14

How to *Pray*

When developing a prayer focus, rather than drafting up a wishlist of prayers you want answered, we urge you to keep it simple and specific. Instead, write out the top two or three things most pressing on your heart. Be open to hearing what God wants to show you in those areas, knowing that the breakthroughs, miracles, and answers will be byproducts of drawing closer to Jesus.

Pray prayers of total surrender, aim to glorify God, and make knowing Jesus your primary goal. Focusing first on His character will allow you to see everything else through that lens.

Set a time and place to pray daily. Don't overcomplicate this! Just talk to God. If you don't plan to pray, you won't be disciplined. Do you find it a challenge to disconnect from the busyness of your day? Try engaging in worship music to prepare your heart for prayer.

Can't think of what to say?

*USE THIS SECTION
TO WRITE YOUR
PRAYERS DOWN.*

Following the A.C.T.S. PRAYER MODEL is a holistic and easy-to-remember template for prayer.

A.C.T.S. PRAYER MODEL	
ADORATION Praise God for who He is!	CONFESSION Admit your sins & ask for forgiveness.
THANKSGIVING Thank God for what He has done.	SUPPLICATION Present your prayer requests to God.

Our *Focus*

Those Who Need Salvation:

Things I need Breakthrough For:

Those Who Need Healing:

Needs in Your Household:

Praise Report:

Other:

FIVE- FINGER APPROACH

If you are often overwhelmed on what to pray for, the five-finger approach keeps it simple! Great for both kids and adults, this method helps categorize and prioritize our daily prayer times into 5 focuses.

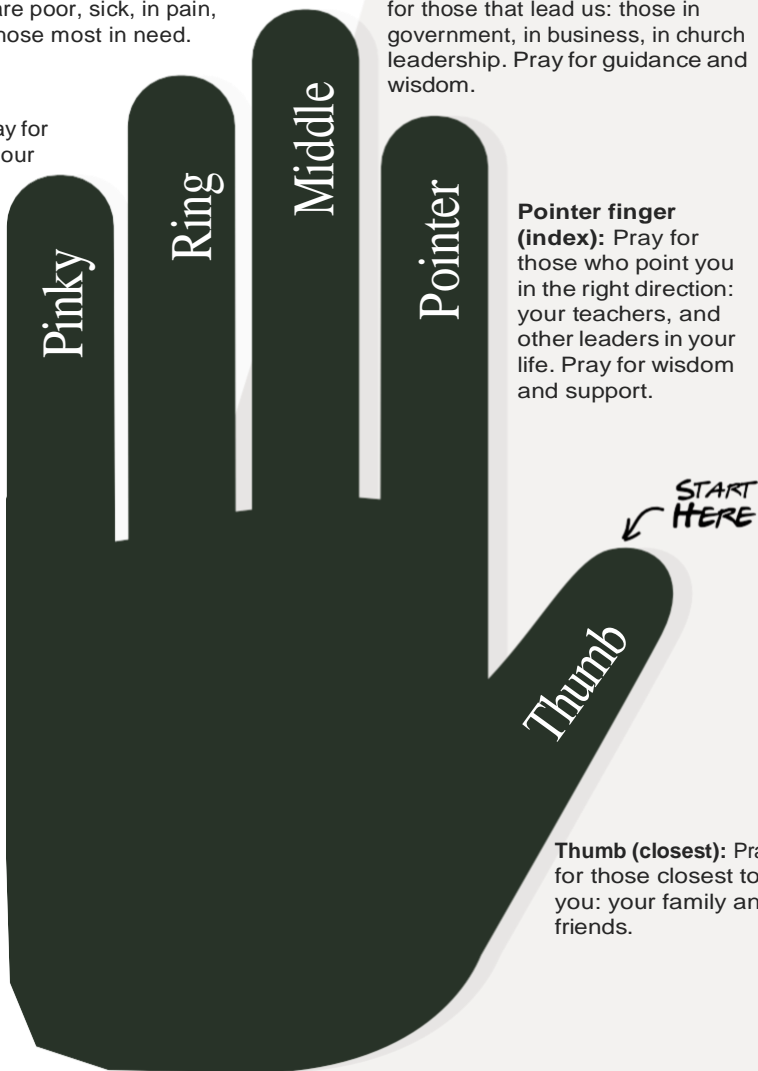
Ring finger (weakest): Pray for those who are poor, sick, in pain, in trouble: those most in need.

Pinky finger (smallest): Pray for ourselves and our own needs.

Middle finger (tallest): Pray for those that lead us: those in government, in business, in church leadership. Pray for guidance and wisdom.

Pointer finger (index): Pray for those who point you in the right direction: your teachers, and other leaders in your life. Pray for wisdom and support.

Thumb (closest): Pray for those closest to you: your family and friends.



Section Two

Fasting

We are encouraging you to join your FLC family in a 21 day fast that begins January 6th and ends at 6pm, January 26th at our special worship night. The type of fast you enter into is up to you.

This section will introduce you to basic fasting principles.

“So we fasted and petitioned our God about this, and he answered our prayer.”

- Ezra 8:23

Start Where You Are

Important Note: Fasting requires reasonable precautions for those with health concerns. Please consult your physician prior to beginning your fast, especially if you have any pre-existing conditions, are taking medication, are pregnant, or are nursing a baby.

“Hindsight is 20/20,” so it is inevitable that at the end of this three-week journey, you’ll look back and receive revelation on how to improve in the future; however, don’t let the entire fast pass you by, only to wish you had a clear vision and plan from the beginning. The key to finishing strong is to start strong.

Do not allow what you choose to eat or not eat to become the focus. Keep the main thing the main thing: disconnecting from your regular patterns and habits in order to connect to God more closely.

We are all in different places in life. Our jobs, daily schedules, health conditions, and personal walks with God each present various levels of demands on our energy and time. Whether you’ve fasted before or this is your first time, start where you are. While your personal fast should present a level of challenge, it’s very important to know your own body and follow what the Holy Spirit leads you to do. Remember, the goal of fasting is not just to abstain from food. The goal is to draw nearer to God.

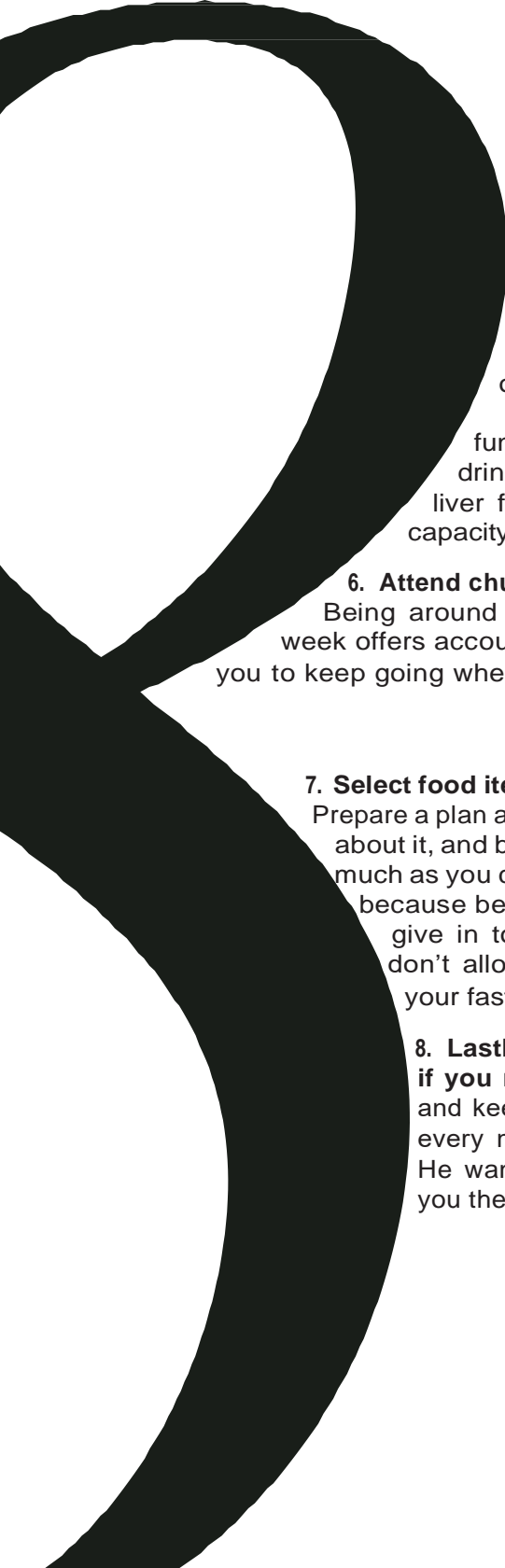
Fasting Tips

In preparation for this 21 Days of Prayer & Fasting, we've collected our top tips that will make your journey as successful as it can be. Please read the following information and prayerfully consider how it may or may not apply to your personal circumstances and convictions.

1. Begin and end well. Prepare your body before beginning the fast. If needed, take a week or so to transition into your fast so you don't get sick. The same principle applies to breaking your fast. When your fast is over, add foods back into your diet very gradually. (ie. It may not be wise to break your fast with a greasy cheeseburger!)

2. Consult your doctor. If you're nursing, pregnant, have an eating disorder, or suffer from a pre-existing health condition, then fasting certain foods or changing your nutritional diet drastically may not be the safest, healthiest, or wisest choice for you. Consider modifying the fast menu to meet your dietary restrictions and/or sacrificing something such as television shows, movies, or social media.

3. Plan out your meals ahead of time. Determine what each day and week will look like. Keep your fridge and pantry stocked with the items you need. Set your personal guidelines ahead of time.



4. Replace food time with God time Fasting without spending time with God is just a diet. So be sure to replace the time you would normally spend eating, with time spent with God.

5. Drink tons of water. About one hundred ounces of water per day will support your critical liver function as it filters the body. Not drinking enough water can stop the liver from functioning at its highest capacity.

6. Attend church as often as possible. Being around other believers throughout the week offers accountability and will encourage you to keep going when fasting gets difficult.

7. Select food items wisely.

Prepare a plan ahead of the fast, don't get legalistic about it, and be intentional. Stick to raw food as much as you can, and limit artificial ingredients, because being unprepared will set you up to give in to temptation. With that in mind, don't allow food to become the focus of your fast.

8. Lastly, don't get discouraged — even if you mess up. Get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22–23). He wants you to finish and He will give you the grace and strength to do it.

Types of Fasts

1. Normal Fast: Typically go without food of any kind for a certain number of days. You drink plenty of water! Depending on the length of the normal fast you may also choose to take clear broth and juices in order to maintain strength.

2. Partial Fast: A partial fast usually involves giving up particular foods and drink for an extended period of time. (most common example is Daniel's fast where he refused to eat choice meats and sweets from the King's table, asking instead to only eat vegetables and water.)

3. Soul Fast – Some Christians use the word “fast” when abstaining from pleasures besides food, like TV, internet or, for married couples, sex. You might know people who have gone on a “social media fast” or a “screen fast” for spiritual reasons. Social Media, TV, Entertainment, Outings, etc.

Daniel Fast

The Daniel Fast is an extremely effective model to follow. With a healthy balance of spiritual focus and bodily discipline, benefits also include purification of the body and soul. Although it is one of the most commonly referred-to fasts, there is still room for broad interpretation.

The book of Daniel documents two separate accounts where the prophet Daniel fasted. We read in chapter 1 that he only ate vegetables and water, meanwhile chapter 10 states that Daniel ate no rich (or “choice”) foods and that he abstained from meat and wine. When referenced together, we can see that either of these, or combinations of the two, constitute a Daniel Fast.

Participating in the Daniel Fast means you’re primarily allowed to eat fruits and vegetables— completely abstaining from meat, bread, and dessert (sugar) for 21 days. Allowing starchy vegetables and dairy is an individual decision.





Grocery ideas for participating in a Daniel Fast.

For your convenience, we've outlined grocery recommendations, recipes, and a suggested daily menu along the next few pages.

Legumes

Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Oranges, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tomatoes, Tangelos, Tangerines, Watermelon

Vegetables

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Turnips, Watercress, Yams, Zucchini.

*Veggie burgers are an option if you are not allergic to soy.

Liquids

Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices, Herbal Teas.

*You may drink protein drinks if they do not include dairy products.

Others

Brown Rice, Oats, Seeds, Nuts, Sprouts.

Foods to Avoid:

All refined or processed food products

All animal products (meat, dairy, fish, etc.)

Meat (beef, poultry, lamb, etc.)

Bread and other baked goods

Dairy products (milk, cream, etc.)

Fried foods

Caffeine

Carbonated beverages

Foods containing preservatives or additives

Refined sugar and sugar substitutes

White flour and all products containing it

Margarine, shortening, and high-fat products

Thick and Creamy Corn-Potato Soup

- 6 ears corn (cut off the cob)
- 1 medium-large onion (finely chopped)
- 2 bay leaves
- 2 teaspoons marjoram
- 2 teaspoons sea salt
- 3 32oz. boxes of vegetable broth water
- 6 carrots (finely chopped)
- 2 green peppers (finely chopped)
- 3 teaspoons thyme
- 3 teaspoons cumin
- 2 teaspoons pepper
- 6 medium-large red potatoes (chopped in 1/2 inch pieces)

Put vegetables and spices in a large soup pot. Cook on medium heat, stirring occasionally for 15 minutes. Add broth and maintain a light boil. Cook 45 minutes to 1 hour. Remove from heat. Blend 3/4 of the soup mixture in a blender in batches. Put blended soup in a large bowl or container until the blending process is complete. Pour the blended soup back into the pot. Add water to thin and obtain the desired consistency. Heat through and serve.

Baked Apples or Pears

Slice a pear or apple in half. Use a grapefruit spoon to scoop out the seeds and the tough, center portion. Place halves, skin side down, in a glass baking dish. Brush with 1/2 teaspoon pure maple syrup and sprinkle with cinnamon. Microwave for 10 minutes or until tender. Serve warm.



Grilled Vegetables

Toss yellow squash, zucchini, and asparagus with 2 tablespoons extra-virgin olive oil. Salt and Pepper to taste. Grill indoors or out until tender.

Baked Sweet Potatoes

Wash sweet potatoes, prick with a fork several times and place in a 400 degree oven for an hour and a half. Less time may be needed if potatoes are small.

Guacamole

Blend ripe avocados in a food processor with juice from 1 large lime, 2 cloves garlic, 1 roma tomato and a dash of salt. If you like spice, you can add 1/4 of a jalapeno pepper seeded. Serve on black beans, Portobello mushrooms or use as a dip with vegetables.



▶ Toasted Nut Snack

Pre-heat oven to 400 degrees. Place raw walnuts, almonds, cashews or other desired nuts on a baking sheet. Bake for 15 minutes or until slightly browned. Cool completely and mix in a bowl with unsweetened raisins.

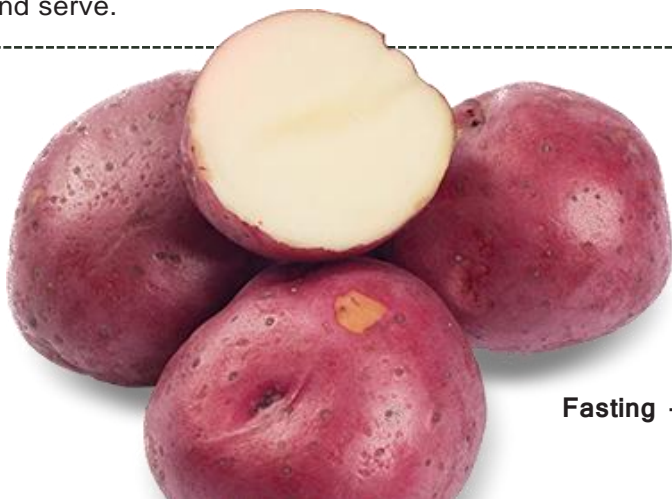
Daniel

Fast QUICK RECIPES

Red Potato Ratatouille

- 1 tablespoon olive oil
- 2 tablespoons roasted garlic
- 1/2 pound steak topper vegetables
- 1 large zucchini
- 1 medium yellow squash
- 2 cups boxed tomatoes
- 2 cups refrigerated potato wedges
- 2 teaspoons Italian seasoning (contains fresh pre-sliced mushrooms, onions and red/green bell peppers)

Preheat sauté pan on high for 2-3 minutes. Add olive oil, garlic, steak topper vegetables; reduce heat to medium-high and sauté for 3 minutes, stirring occasionally. Wash, trim ends off and slice zucchini and squash lengthwise, then slice into 1/8-inch slices. Add zucchini and squash to pan, cover and sauté for 2 minutes. Add tomatoes, Italian seasoning and potatoes; stir, cover and reduce heat to low. Simmer for 6-8 minutes, stirring occasionally. Remove from heat and serve.



Portobello Steaks

- 6 Portobello mushroom caps
- 2 tablespoons apple cider vinegar
- 2 teaspoons fresh grated ginger
- 1/2 cup fresh squeezed lemon juice
- 2 tablespoons Pure Maple syrup
- 1/2 teaspoon marjoram

Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through. Serve with baked sweet potatoes and grilled squash and asparagus.



Tomato Basil Soup

- 12 Vine Ripe Tomatoes
- 1 Large Ripe Avocado
- 4 Cloves Garlic (chopped)
- 2 Tablespoons Pure Honey
- 1 teaspoon Oregano
- 1 Tablespoon Red Pepper Flakes
- 2 1/2 Cups Fresh Carrot Juice
- 1 Package Cherry Tomatoes
- 2 Yellow Onions (chopped)
- 5 Stems Fresh Basil
- 1 Bay Leave
- 1 teaspoon Sea Salt
- 2 Tablespoons Olive Oil

Cook onion and garlic in olive oil until tender. Cut tomatoes and avocado in quarters and place all ingredients in blender and blend on low speed for one minute. Continue to blend on high for an additional minute until creamy. Pour into large soup bowl or crock pot and cook on medium low for 2 to 3 hours.

Meal Panner

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sample Menu for a day of Daniel Fasting

Breakfast

1–2 servings whole grains
with fresh fruit

Mid-Morning Snack

Fresh fruit or fresh
chopped vegetables

Lunch

1–2 servings whole
grains, fresh salad with
legumes and light, organic
dressing

Mid-Afternoon Snack

Fresh fruit juice or
fruit smoothie with whey
protein

Dinner

1–2 whole grains,
steamed vegetables, fresh
salad with legumes and
light, organic dressing

Grocery List

Section Three

Bible-Reading

Daily Bible-Reading is a vital discipline!
Included, you'll find a few tips that will
help you enhance your personal
devotional time.

“All Scripture is God-breathed and is
useful for teaching, rebuking,
correcting and training in
righteousness, so that the servant of
God may be thoroughly equipped for
every good work.”

2 Timothy 3:16-17

In addition to prayer and fasting, reading your Bible is essential towards connecting with God in a powerful way. It is not about duty, but about relationship. Because God's Word is living and active, reading it allows us to engage in His presence, draw closer to His character, and posture ourselves to hear from Him directly.

Once again, as with prayer and fasting, we urge you to designate a daily time and place to read your Bible. Being prepared to hear what He wants to tell you will help you get the most out of your devotional time with God. Here are three notable things to remember:

1. READ CONSISTENTLY

Don't bite off more than you can chew, and certainly don't compare your "performance" with that of others. It is better to read a little every day than to knock out two hours of Bible reading in one sitting. If you miss a few days, pick up at the next reading, but stay with it and don't give up.

The key is to keep it simple and sustainable.

2. READ PRAYERFULLY

Talk to God as you're reading. Don't rush through. Leave space for pauses where you can ask God about parts of the text you may not understand. Reading prayerfully goes both ways, making space and time to talk to God while giving Him time and space to talk to you. Meditating on God's Word is just as important as reading it.

3. READ EXPECTANTLY

Foster an attitude of expectancy as you partake in the Bread of Life. Believe that God is going to speak to you through His Word. Meditate on what God shows you by recording thoughts in your journal. Maximize your devotional time by using the SOAP method — a simple, yet practical, approach to journaling.



SOAP *Method*

The SOAP method is used for Bible-reading to help you go beyond the words and instead apply Scripture to your life. This method can be used with any daily Bible-Reading Plan. Here's how the SOAP method works.



S

S for Scripture. Read prayerfully. Note which scriptures catch your attention and mark it in your Bible. When you're done, reread the verse(s) you marked and look for one that particularly speaks to you. Write it in your journal.

O

O for Observation. Focusing on that Scripture, tune in and listen to what God is saying to you through His Word. What is it about this Scripture that specifically stands out? What does God want to reveal to you or teach you? Ask the Holy Spirit to be your guide and show you what God is saying.

A

A for Application. Think of how this verse(s) applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or correction for a particular area of your life. Use your journal to write how this Scripture applies to you today.

P

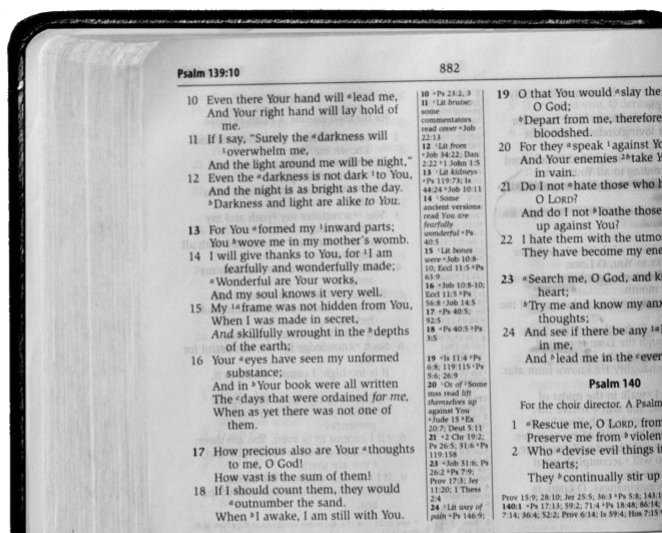
P for Prayer. Wrap up your SOAP time in prayer. Talk to God about what you've just read. This can be as simple as thanking Him for revealing a truth from the Scripture, or it may be asking Him for greater insight or wisdom as to how it applies to your life. Remember, prayer is all about relationship. It's a two-way conversation, so be sure to listen to what God has to say.

Additional Tips

Want to go deeper in your study? Here are some additional tips:

- Reread the daily passage in different Bible translations to help widen your understanding.
- Utilize online resources such as www.bible.com.
- Consult a written commentary or a digitally sourced library at www.biblegateway.com.
- Cross-reference your daily reading, using the footnotes in your study Bible.
- Research words in their original language using Strong's Concordance.

Our prayer is that your passion for God and His Word will be ignited and that you will develop a hunger for His presence that is greater than ever before!



by referring to its two extremes (merism), vv. 8–9 specify all spatial reality, the whole creation:

139:10 *lead me . . . lay hold of me.* Though this language occurs in 73:23–24 to indicate God's solicitous care, it here denotes God's inescapable supervision, not unlike the thought of v. 5.

139:11–12 Just as the whole creation offers no hiding place (vv. 8–9), neither does even the darkness.

139:13–16 You Yourself put me together in the womb and ordained the span of my life before I was born. . . . **139:13** *inward parts.* Lit. "kidneys"—in Hebrew idiom, the inmost center of emotions and of moral sensitivity—that which God tests and examines when He "tries" a person (see note on v. 9).

139:14 *fearfully . . . wonderfully . . . Wonderful.* You know me as the One who formed me (see vv. 15–16), but I cannot begin to comprehend this creature You have fashioned; I can only look upon him with awe and wonder (see note on v. 6)—and praise You (see Eccl 1:15).

139:15 *in secret . . . depths of the earth.* Reference is to the

139:17 Your thoughts. As expressed in His word, "I will think of you" (v. 2).

139:18 *When I awake.* The sleep of exhaustion; every attempt to count God's thoughts (vv. 119:148), and waking only floods my soul on the sense of the presence of this God.

139:19–22 My zeal for You sets me against all those trying to be the faithful servants of

139:19 *O that You would.* Jealous impatience toward the wicked—whose end will be death. But the psalmist leaves it to God.

139:20 *take Your name in vain.* Perhaps by calling on those trying to be the faithful servants of God. **139:21–22** A declaration of loyalty that is required by ancient Near Eastern kings of v. 2. "With my friend you shall be friend, and with my enemy, from a treaty between Me and Letet of Nabata, 14th century B.C.).

139:23–24 Examine me, see the integrity of keep me true (see 17:3–5 and note).

139:23 *heart.* See note on 4:7, anxious to

The Next 21 days

Be just as intentional about the next 21 days...and the next 21 days after that...and so on. As long as the fire and zeal for God are burning in your heart, your relationship with Him will continue to be fresh and new.

Turn your deep desire to experience God into a discipline by serving and obeying Him daily. Knowing that the joy of your salvation is unchanging can help you stay firm in your walk, regardless of what life brings your way. The prayer, fasting, and personal devotion you have practiced over the past twenty-one days are all simple principles that you can incorporate long-term into your everyday life.

These last few weeks have been all about creating space for God to fill. The best way to sustain this Christ-centered lifestyle is to keep that space open indefinitely. Don't allow it to close up! Protect that time and make God your priority each day.

Establish a frequency and consistency of fasting and stick to it; just like maintaining Bible-reading, church attendance, or a prayer-filled life, fasting is a lifestyle. Remember – this is not a legalistic thing.

This is an “I GET TO experience God” thing. It is like going into heaven for a tune-up, so we can keep our passion for God and enjoyment of Him at a high level. Figure out what works for you, commit to it, and make it a part of your life forever.

Don't ever settle for anything less than a life full of passion and spiritual zeal for God. Keep the fire for God burning in your heart and do whatever it takes to feed your spiritual hunger for God.

