

## 21 DAYS OF PRAYER AND FASTING, PART 1

### FASTING THEME: INCREASE

#### WHY CALLING A 21 DAY FAST?

- We are entering a new season – a new year - and we want God's blessing and favor on our year.
- Some things require fasting and prayer to make them happen!
  - This kind can come out by nothing but prayer and fasting. **Mark 9:29**

#### WHAT DOES FASTING DO? *WHEN WE FAST...*

- Miracles happen, bondages are broken, new strength comes to you.
- God gives divine wisdom, we are humbled under God's mighty hand to see His power.
- God does the supernatural in our lives, people come to Christ, bodies are healed.
- Even stubborn prayers get answered, supernatural protection is extended to us, miraculous provision and sustenance is made available to us.
- We find unexpected, unearned favor with God and men.
- We are thrusting the sword of God's Spirit into the heart of darkness... tearing away the veils that separate us from God's best in our lives.
- We open the windows of heaven over our lives and the lives of others around us to know and experience God like never before.
- Fasting and prayer is God's nuclear option when it comes to our spiritual lives.

#### JESUS EXPECTED HIS PEOPLE WOULD FAST AND PRAY!

**When you fast**, do not look somber as the hypocrites do... **But when you fast**, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting... **Matthew 6:16-18 (NIV)**

#### 3 TYPES OF BIBLICAL FASTS

1. **Absolute:** no food or water.
2. **Normal:** abstaining from food but drinking lots of water.
3. **Partial:** can be done in a variety of ways

#### WHAT AM I ASKING YOU TO DO DURING THIS 21 DAY FAST?

- To abstain from food in some manner.
- To fast other things as well, as God leads, but certainly food in some way.
- To earnestly pray daily.

### **WHAT ARE SOME THINGS WE ARE PRAYING FOR?**

- Pray for yourself, your friends and family, your church, for your state, your country, and God's Kingdom.
- Spiritual awakening across Florida and the U.S.
- For the people of Highpoint to be strong in the Lord.
- For the special services next week with Evangelist Chris Mikkelson.
- For people to be healed, delivered, saved, and more.
- For people to participate in our morning 6 AM prayer meeting.
- For the launch of Foundations Academy in Port St. Lucie.
- For Schools, Students, Teachers, Administrators across America because they are under siege today.
- For people to connect in Life Groups.
- For our 300 Men's Team.
- For financial favor and blessing, for promotion, for business success.
- For spiritual growth in all our campuses.
- For numerical growth at every campus.
- For the end of this COVID Pandemic, and all the real and politized aspects of it.

### **10 BIBLICAL EXAMPLES AND REASONS TO FAST**

#### **1. DANIEL'S 21 DAY FAST RESULTED IN ANSWERED PRAYER AND SPIRITUAL WARFARE VICTORY.**

He said, "Daniel, you who are highly esteemed... Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them."

**Daniel 10: 11-12 (NIV)**

With all **prayer** and **petition** pray at all times in the Spirit, and with this in view, be on the alert with all **perseverance** and petition for all the saints... **Ephesians 6:18 (ASV)**

#### **2. JESUS' 40 DAY FAST RESULTED IN SPIRITUAL AUTHORITY, POWER, AND STRENGTH TO RESIST TEMPTATION AND LAUNCH HIS MINISTRY.**

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them **he was hungry... Jesus returned** to Galilee **in the power of the Spirit**, and news about him spread through the whole countryside.

**Luke 4:1-2, 14 (NIV)**

Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit... **Ephesians 5:18 (NIV)**

### **3. MOSES' BACK-TO-BACK 40 DAY FASTS RESULTED IN SUPERNATURAL SUSTENANCE AND REVELATION OF GOD AND HIS WORD.**

Moses was there with the LORD forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant-the Ten Commandments. **Exodus 34:28 (NIV)**

### **4. NINEVEH'S 3 DAY FAST RESULTED IN GENUINE REPENTANCE AND DELIVERANCE FROM JUDGMENT.**

When Jonah's warning reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust. This is the proclamation he issued in Nineveh: "By the decree of the king and his nobles: Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink... **Let everyone call urgently on God. Let them give up their evil ways...** Who knows? **God may yet relent** and with compassion turn from his fierce anger so that we will not perish." When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened. **Jonah 3:6-10 (NIV)**

### **5. ESTHER'S 3 DAY FAST RESULTED IN GREAT FAVOR WITH GOD AND MAN**

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 attendants 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." **Esther 4:16 (NIV)**

### **6. EZRA FASTED AS INTERCESSION FOR THE UNGODLINESS OF OTHER PEOPLE**

Ezra withdrew from before the house of God and went to the room of Jehohanan son of Eliashib. While he was there, he ate no food and drank no water, because he continued to mourn over the unfaithfulness of the exiles. **Ezra 10:6 (NIV)**

### **7. SAUL FASTED FOR HEALING, FORGIVENESS, AND SPIRITUAL UNDERSTANDING**

Saul got up from the ground, but when he opened his eyes he could see nothing. So they led him by the hand into Damascus. For three days he was blind, and did not eat or drink anything. **Acts 9:8, 9 (NIV)**

### **8. CHURCH LEADERS FASTED FOR DIRECTION FOR GOD**

Now in the church at Antioch there were prophets and teachers... While they were worshiping 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. **Acts 13:1-3 (NIV)**

## 9. EZRA PRAYED AND FASTED FOR SAFETY

Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods. **Ezra 8:21 (NIV)**

## 10. FASTING FOR BREAKTHROUGH

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**

- Fasting can accelerate godly justice, the breaking of yokes off our necks, and the setting free of people who are in bondage to something. **This is what God wants to do!**

Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? **Isaiah 58:7 (NIV)**

- During a fast we are also called to be generous with those who may have less than we do.
- **This is God’s promise to us...**

Then **your light will break forth like the dawn**, and **your healing will quickly appear**; then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then **you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. Isaiah 58:8-9 (NIV)**

## Our Theme

That you may walk worthy of the Lord, fully pleasing *Him*, being fruitful in every good work and increasing in the knowledge of God. **Colossians 1:10 (NKJV)**

## WHY A FAST DOESN'T PRODUCE RESULTS

‘Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. **Isaiah 58:3-4 (NIV)**

## **TWO CAUTIONS ABOUT FASTING**

1. Prayer is not a weapon against God to blackmail Him into doing something for you, or to earn through human effort only that which is given by grace. Fasting humbles us and prepares us to receive from God for God is moved by humility (James 4:6)!
2. Fasting only as your health allows you to fast. Listen to your doctor, listen to your body, be smart, and drink, drink, drink water. It is better to do a partial fast and be well, than overreach and be unhealthy.