

Community Pentecostal Center's – 21 Days of Prayer and Fasting for Breakthrough

Monday, March 31st – Easter Sunrise Sunday, April 20th (6:45 am)

Fasting is voluntarily going without food — or some other regularly enjoyed gift from God — for spiritual purposes. In short, we fast from food so we can feast on God. Fasting is not our attempt to manipulate God to do what we want Him to do. Fasting does not bring God into alignment with our desires but brings our desires into alignment with God's. Why are we embarking on a 21-day corporate fast? Two words: **Dependency** and **Desire**. We are fasting because we are aware of our utter dependency upon God. We can do nothing without God. We cannot endure trials, be of one heart and mind, fight sin, grow in prayer, love our neighbors, or reach our world without God. We need God like we need food. And we don't just need Him; we desire God. We know God is more satisfying than food or anything else this world can offer.

We long to be closer to Him, to experience greater degrees of His manifest presence, to know Him more intimately. It is the combination of dependency and desire that moves us to fast. During this fast we are seeking the active presence of God to bless our church, resulting in greater intimacy, purity, unity, and power in our witness.

During the 21 days between March 30 – Easter Sunrise Sunday (April 20 .. 6:45 am), we will engage corporately in prayer & fasting.

There are four types of fast you may choose from:

- (1) **Total Fast** – (Doctor Approval Recommended) This is a total fast from food. You can consume liquids to sustain your health. (Not recommended for those who have health issues).
- (2) **“Daniel Fast”** - modeled after the fast of the prophet Daniel. In this type of fast you remove meat, sweets, and bread from your diet, consuming water and juice for fluids and fruits and vegetables for food.
- (3) **Partial Fast** - You can fast from one particular meal during the day, setting that time apart to meet with God. For example, you may choose to use your lunch time daily. Another option is to fast daily from sunup

to sundown. With this option you can fast from morning and afternoon meals and then eat dinner in the evenings. Or you may choose to fast from one particular type of food such as 'bread' .. 'chocolate' .. etc.

(4) **Distraction Fast** - While fasting usually involves going without food, removing other unnecessary distractions from your life for the purpose of seeking intimacy with God is also spiritually beneficial. If you cannot fast from food due to medical conditions, then you may consider removing social media, TV, or some other activity in your life that can become a distraction in your pursuit of God. Even with this fast, remember, the goal is not merely to remove something from our life but also to intentionally seek the Lord.

Week 1 – Our Focus is Repentance and Reconciliation

Day 1 – Monday, March 31st .. (Isaiah 66:2) - “All these things my hand has made, and so all these things came to be, declares the LORD. But this is the one to whom I will look: he who is humble and contrite in spirit and trembles at my word.”

Today we pray for heart preparation for these twenty-one days of prayer and fasting. Pray that God’s Spirit would give us hearts of humble contrition. Pray that our hearts would not be like the Pharisees who were “stiff necked and slow to hear,” but rather that we would have hearts that are responsive to God’s Word and Spirit. Pray that God would give us ears to hear what He wants to say to us and that He would give us the grace to respond with faith and repentance. AMEN!

Day 2 – Tuesday, April 1st .. (Joel 2:13) - “Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.”

Pray that God would reveal where repentance is needed in your own life. Ask Him to flood your heart with conviction and contrition. Take time to listen to the Spirit. As He brings specific sins to your mind, confess them, and ask Him

to help and lead you to turn from them. Ask God to lead you in the way of repentance in the coming days and weeks.

Day 3 – Wednesday, April 2nd .. (Hebrews 12:1-2) - “Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

This verse calls us to lay aside, not only the “sin” that clings to us, but also “every weight” that may hinder our pursuit of Christ. There may be aspects of our lives that are not sinful in themselves, but hinder us from “walking in the Spirit.” Like an ankle weight on the legs of a runner, these hinderances slow us down as we run the race God has put before us. Pray today that God’s Spirit would reveal these hinderances in our lives that are slowing us down, which He is calling us to “lay aside.” Pray that God would lead your heart to desire Him more than anything else in this world. Give time and space to listen to what the Spirit reveals in your own life. As the Spirit convicts you in specific areas, share what He is saying to you with your spouse (if married) and Sunday School for accountability.

Day 4 – Thursday, April 3rd .. (2 Chronicles 7:14) - “If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.”

While this verse is often pulled out of context and misapplied, it nevertheless is an important verse for God’s people. When rightly applied, this verse speaks to the principle of corporate repentance. To be sure, the “my people” in this verse was originally the people of Israel. God’s people under the New Covenant is the Church (not America or any other earthly nation). Similarly, the “land” in this verse actually referred to the land God had given Israel (again, not America or any other earthly land). All that said, this verse shows the significance of corporate repentance for God’s people. It’s not enough for individuals to repent of sin. We are one body; we are a people. Not only may there be sins we need to repent of in our individual lives, there may be sins

corporately God is calling us to turn away from as a church. This verse reminds us of the importance of seeking God and repenting corporately, and it assures us that God hears and responds to this type of corporate repentance. Pray today that God would reveal to our church where repentance is needed. Pray for the Holy Spirit to lead us corporately in the way of turning away from sin and toward Christ.

Day 5 – Friday, April 4th .. (Matthew 5:23-24) - “So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.”

When Paul commands us not to grieve the Holy Spirit, he does so in the context of unity and reconciliation in the church (Eph. 4:3 & vs 30). Anger, rivalries, suspicions, gossip, critical spirits, etc. in the body grieves the Spirit. Pray today that God would reveal anywhere in your own life where reconciliation is needed. Perhaps it is anger or bitterness you have been holding onto against someone in your family or the church that needs to be addressed. Perhaps you are aware that you have offended someone but have not sought reconciliation with them. Spend time listening to what the Spirit says to you. As He speaks, respond in obedience. Pray that God would lead our church in the way of reconciliation.

Day 6 – Saturday, April 5th .. (Ephesians 4:1-6, 30-32) - “I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit — just as you were called to the one hope that belongs to your call — one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all ... And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

Pray today for a Spirit produced unity in our church that is built on the gospel. Pray we would be of “one heart and one mind,” as we each die to ourselves

and embrace the agenda of Christ (Phil. 2:1-3). Pray that we would find our identity, individually and corporately, in the gospel of Jesus Christ. Pray that God would give us an eagerness to protect unity in the body. Pray against “bitterness and wrath and anger and clamor and slander ... and malice” in the body. Pray for a spirit of kindness, tenderheartedness, and forgiveness in our church. Pray that the Spirit would produce deep affection for one another in our hearts.

Day 7 – Sunday, April 6th .. (Matthew 5:6) - “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”

Pray that God would give us hearts that hunger and thirst for righteousness. Pray for the Spirit to produce in us both the desire and power to walk in victory over sin. Pray for a Spirit produced zeal for righteousness within us. Pray for purity and righteousness to be characteristics of our church.