

21 Day

Prayer and Fasting Guide

Start: January 9, 2022 @ 6:00 pm

End: January 30, 2022 @ 6:00 pm

2022 Theme:

The Year of Restoration

Fasting for Spiritual Breakthrough

Elim Baptist Church

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TRANSFORMING POWER OF FASTING AND PRAYER

I believe the power of fasting as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and a spiritual harvest around the world.

Increasingly I have been gripped with a growing sense of urgency to call upon God to send revival to our beloved church. In the spring of 2016 I had a growing conviction that God wanted our church family to fast 21 days for revival in our church and for the fulfillment of the Great Commission in obedience to our Lord's command. I so believe God desires to bring revival during our next 21 days of fasting beginning January 9, that I'm willing to ask for a 100% participation. **WE NEED YOU!**

Therefore, starting January 9, 2022 @ 6:00 p.m. and ending January 30, 2022 @ 6:00 p.m. our church will be engaged in a 21 day fast. Just as I believed before that such a fast is a sovereign call of God because of the magnitude of the sins in our community and of the Church. The Lord impressed that upon my heart, as well as the urgent need to help accelerate the fulfillment of the Great Commission in this generation by reaching more people for Christ than at any other time before in the history of our Church.

I believe that there is going to be a divine visit from heaven that will kindle the greatest spiritual harvest in the history of our Church. But before God comes in revival power, the Holy Spirit is calling not only our church but millions of God's people to repent, fast, and pray in the spirit of 2 Chronicles 7:14:

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 will forgive their sin and will heal their land.

The scope of this revival depends on how we are as believers in Christ in being obedient to the word and command of God! This handy reference guide, ***Seven Basic Steps to Successful Fasting and Prayer by Bill Bright***, will help make your time with the Lord more spiritually rewarding. I encourage you to keep it with you during your fast and refer to it often because it gives easy-to-follow suggestions on how to begin your fast, what to do while you fast, and how to end your fast properly.

How to Begin Your Fast

How you begin and conduct your fast will largely determine your success. By following these seven basic steps to fasting, you will make your time with the Lord more meaningful and spiritually rewarding.

STEP 1: Set Your Objective

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? I believe the Lord is calling us to pray collectively as a body of baptized believers for spiritual renewal and revival. However, I also believe the Lord is impressing upon many of you to fast not only for revival but for varied individual reasons as well. Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

21 breakthroughs for which you could fast...

1. Financial Provision & Blessing or to get out of debt
2. Physical Healing for a family member, friend, or yourself
3. Victory over a sin of righteousness like pride, legalism, or self-righteousness
4. Restoration of a Relationship
5. To quit a bad habit like Smoking, or others
6. Overcome Drug or Alcohol addiction for a family member, friend, or yourself
7. The rebuilding of our Airline Campus
8. Salvation of a friend or family member
9. Promotion or New Opportunity at Work
10. Wisdom or Direction for a Critical Decision
11. Deliverance from Spiritual Oppression
12. The influence and growth of a ministry you lead or serve in
13. Victory over anxiety, fear, depression, or loneliness
14. The courage to make a decision you know you need to make.
15. Improved Communication or Conflict Resolution in your marriage.
16. A resurgence of your passion and love for the Lord
17. The development of a devotional time with the Lord
18. Spiritual Awakening for your spouse or children
19. To stop living a double life, one at church and one at work
20. Overcome Sexual Issue like pornography, lust, or impure thoughts
21. For people in your Life Group or Ministry Team to step up and become leaders

Through fasting and prayer, we humble ourselves before God, so the Holy Spirit will stir our souls, awaken our churches, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

STEP 2: Make Your Commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15) For Him it was a matter of *when* believers would fast, not *if* they would do it. Before you fast, decide the following up front:

- How long you will fast - one meal, one day, a week, several weeks, forty days (Beginners should start slowly, building up to longer fasts.)
- The type of fast God wants you to undertake (such as water only, or water and juices; what kinds of juices you will drink and how often)
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's Word

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

14 ways you could fast...

1. All meals for 21 days
2. 2 meals a day for 21 days
3. 1 meal a day for 21 days

4. All meals 3 days a week for 3 weeks
5. All meals 1 day a week for 3 weeks.
6. Only Eat Nuts, Grains, Fruits, and Vegetables for 21 days
7. All food and drink Water only 1 day a week for 3 weeks
8. Television for 21 days
9. Coffee or Caffeine for 21 days
10. Only water to drink for 21 days
11. Video Games for 21 days
12. Myspace, Facebook, Second Life or other social websites for 21 days
13. Desserts, Sweets, Soft Drinks, or Chocolate for 21 days
14. All meals for 7 days, 2 meals a day for 7 days, 1 meal a day for 7 days

During the 21 day fast, you may decide to fast in one of the following ways:

1. Full 21 days
2. One week of the 21 days
3. One full day each week for 21 days
4. One meal a day for 21 days
5. If health prevents fasting food, one might choose to fast some other pleasures.
(TV, MySpace, Face book, leisure activities, listening to the radio, ect.)

STEP 3: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His *command* in Ephesians 5:18 and His *promise* in 1 John 5:14,15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).

STEP 4: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- Do not rush into your fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruit and vegetables for two days before starting a fast.

While You Fast

Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider:

- Avoid drugs, even natural herbal drugs and homeopathic remedies. Medication should be withdrawn only with your physician's supervision.
- Limit your activity.
- Exercise only moderately. Walk one to three miles each day if convenient and comfortable.
- Rest as much as your schedule will permit.
- Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
- Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

3 Dangers to guard against...

1. The "God will reward me for this" mentality. Fasting is not the "work" that earns blessings from the hand of God. This is a demonic lie from our consumer culture

2. The Pride and Self-righteous attitude that can come with practicing spiritual disciplines. This is not about you being the best disciple, this is about your desire and hunger to draw closer to God.
3. The idea of breaking your fast because you've already done enough. Several times during the fast you will think to yourself "I can't do this any longer", and you will try to justify breaking your fast since you've already done more than ever before. Don't quit. Stick to your commitment

STEP 5: Put Yourself on a Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

Morning

- Begin your day in praise and worship.
- Read and meditate on God's Word, preferably on your knees.
- Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.
- Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.
- Pray for His vision for your life and empowerment to do His will.

Noon

- Return to prayer and God's Word.
- Take a short prayer walk.
- Spend time in intercessory prayer for your community's and nation's leaders, for the world's unreached millions, for your family or special needs.

Evening

- Get alone for an unhurried time of "seeking His face."
- If others are fasting with you, meet together for prayer.
- Avoid television or any other distraction that may dampen your spiritual focus.

When possible, begin and end each day on your knees with your spouse for a brief time of praise and thanksgiving to God. Longer periods of time with our Lord in prayer and study of His Word are often better spent alone.

A dietary routine is vital as well. Dr. Julio C. Ruibal - a nutritionist, pastor, and specialist in fasting and prayer - suggests a daily schedule and list of juices you may find useful and satisfying. Modify this schedule and the drinks you take to suit your circumstances and tastes.

5 a.m. - 8 a.m.

Fruit juices, preferably freshly squeezed or blended and diluted in 50 percent distilled water if the fruit is acid. Apple, pear, grapefruit, papaya, watermelon, or other fruit juices are generally preferred. If you cannot do your own juicing, buy juices without sugar or additives.

10:30 a.m. - noon

Fresh vegetable juice made from lettuce, celery, and carrots in three equal parts.

2:30 p.m. - 4 p.m.

Herb tea with a drop of honey. Avoid black tea or any tea with caffeine.

6 p.m. - 8:30 p.m.

Broth made from boiling potatoes, celery, and carrots with no salt. After boiling about half an hour, pour the water into a container and drink it.

Tips on Juice Fasting

- Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue.
- The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. In cold weather, you may enjoy a warm vegetable broth.
- Mix acidic juices (orange and tomato) with water for your stomach's sake.
- Avoid caffeinated drinks. And avoid chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach.

Breaking Your Fast

When your designated time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

STEP 6: End Your Fast Gradually

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

- Break an extended water fast with fruit such as watermelon.
- While continuing to drink fruit or vegetable juices, add the following:
First day: Add a raw salad.
Second day: Add baked or boiled potato, no butter or seasoning.

Third day: Add a steamed vegetable.

Thereafter: Begin to reintroduce your normal diet.

- Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

A Final Word

STEP 7: Expect Results

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence ([John 14:21](#)). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

A single fast, however, is not a spiritual cure-all. Just as we need fresh infillings of the Holy Spirit daily, we also need new times of fasting before God. A 24-hour fast each week has been greatly rewarding to many Christians.

It takes time to build your spiritual fasting muscles. If you fail to make it through your first fast, do not be discouraged. You may have tried to fast too long the first time out, or you may need to strengthen your understanding and resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness.

I encourage you to join me in fasting and prayer again and again until we truly experience revival in our homes, our churches, our beloved nation, and throughout the world.

Daniel Fast Guidelines

STEP ONE: BE SPECIFIC

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately. 1. The king's food was against dietary laws. 2. Daniel and his friends had vowed against wine. 3. The king's food had been offered up to idols/demons.

STEP TWO: FAST AS A SPIRITUAL COMMITMENT

The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" (Dan. 1:8).

STEP THREE: REFLECT INNER DESIRE BY OUTER DISCIPLINE

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that were not good for health. The physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following factors: a. Your food choices. b. The level of your spiritual commitment as reflected in constant prayer during the fast. c. Your time commitment. If you determine to fast for a specific time, keep it. For example, if you determine to fast 21 days, don't stop on Day 9. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body. Faith is foundational to the Daniel Fast.

STEP FOUR: PRAY TO PERCEIVE SIN'S ROLE IN POOR HEALTH

Notice James 5:13-16: • Sin is something related to the cause of sickness. • Lack of health/healing may be the result of spiritual rebellion. • Lack of health/healing may be due to sin of wrong intake, i.e., drugs, pornography. • Repentance is linked to health according to James • Elders have a role in healing both spiritual and physical health. • Sick people must desire to be well • The anointing oil could mean 1. medicine for healing, 2. symbolic of the Holy Spirit, or 3. it could be baptism • Prayer alone may not gain healing, faith is the major factor. • In Greek there are several words for "sick". James uses "Kanino", which not only includes disease, but also means weak or weary. • Attitude is important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."

STEP FIVE: FAST AS A STATEMENT OF FAITH TO OTHERS

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

STEP SIX: LEARN THE EFFECTS OF THE FOOD YOU EAT

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

STEP SEVEN: YIELD ALL RESULTS TO GOD

Daniel said, “**as you see fit, deal with your servants**” (Dan. 1:13). REMEMBER: • The Daniel Fast will lead to spiritual insight. “**to those four young men God gave knowledge**”. • The Daniel Fast is longer than one day. These young men fasted for ten days. • The Daniel Fast is a partial fast. They ate, but only vegetables and water. • The Daniel Fast requires abstinence from party or junk foods. • There is no indication that they ever began to eat the king's food.

GUIDELINES FOR DANIEL FAST (Foods We May Eat)

Whole Grains: Brown Rice, Oats, Barley Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

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

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

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

Foods to Avoid: Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives Refined Sugar, Sugar Substitutes, White Flour, and All Products Using Margarine, Shortening, High Fat Products

Daily Prayer Guide

DAY 1 January 9

Genesis 16:1-18:15, Matthew 6:1-24, Psalm 7:1-17, Proverbs 2:1-5

Today is the first day of something new. Regardless of where you are in your relationship with God, 21 days of prioritizing the Lord over essential needs in your life will draw you closer to him and transform whatever needs to change. So today pray that God will help you to envision how you will resemble him more closely at the end of these 21 days.

DAY 2 January 10

Genesis 18:16-19:38, Matthew 6:25-7:14, Psalm 8:1-9, Proverbs 2:6-15

Pray for the finances of your fellow church members. Due to the rise in cost of living, gas prices, insurance, and housing many of us are struggling to prioritize our finances. Pray that we would all be faithful to the Lord, and that He would provide his blessing for us.

DAY 3 January 11

Genesis 20:1-22:24, Matthew 7:15-29, Psalm 9:1-12, Proverbs 2:16-22

Pray we would all depend upon him and recognize He is the one who meets all of our needs in life. Pray today for the families in our church. Improved communication in marriages, Singles who are focused on their commitment to the Lord, teenagers who will obediently follow the Lord, and children who will start off their walk with the Lord the proper way.

DAY 4 January 12

Genesis 23:1-24:51, Matthew 8:1-17, Psalm 9:13-20, Proverbs 3:1-6

Pray today that God would provide all of the resources necessary to complete “Project Hope” to meet the growing needs of our congregation. We need God to perform a miracle in our resources to properly budget for this service. Pray for this miracle of overflow and blessings.

DAY 5 January 13

Genesis 24:52-26:16, Matthew 8:18-34, Psalm 10:1-15, Proverbs 3:7-8

Pray today for an increase in your personal faith. Ask God to show you that which you believe is impossible, and then specifically ask him to give you the faith to entrust him with the responsibility of it. Ask God to give you a refreshing measure of faith to believe with Him all things are possible.

DAY 6 January 14

Genesis 26:17-27:46, Matthew 9:1-17, Psalm 10:16-18, Proverbs 3:9-10

I hope you’ve stayed to your commitment up to this point. If you have not, then today is “get back on your horse” day. Pray that God will renew your commitment and give you the strength to re-commit to him. If you’ve been going strong ask him to give you a renewal of passion to keep on going with this journey.

DAY 7 January 15

Genesis 28:1-29:35, Matthew 9:18-38, Psalm 11:1-7, Proverbs 3:11-12

Pray today for our Youth Ministry. Pray for God to work mightily in the lives of the young people and that we'd see many young people prioritize the Lord in their lives. Pray for spiritual renewal in the lives of many teenagers and that they would be influential leaders in the lives of their friends.

DAY 8 January 16

Genesis 30:1-31:16, Matthew 10:1-23, Psalm 12:1-8, Proverbs 3:13-15

Pray for the physical healing of those battling illness, disease, and injury in our church. Pray for them to have an increase in faith to believe that with God even the impossible becomes possible. Pray for strength for their families and peace from the anxiety and fears associated with the illness and injury of a loved one.

DAY 9 January 17

Genesis 31:17-32:12, Matthew 10:24-11:6, Psalm 13:1-6, Proverbs 3:16-18

Pray for the residents of the Parkland community. Pray that our church will be able to reach people with the life transforming hope brought by Jesus Christ. Pray that God will enable them to see the work He is doing in their lives and the supernatural hope and provision He wants to bring to that area. Pray for our campus leaders.

DAY 10 January 18

Genesis 32:13-34:31, Matthew 11:7-30, Psalm 14:1-7, Proverbs 3:19-20

Pray for the nations where Christians are persecuted and killed for their faith. Pray for strength and passion for them as they face intense challenges to sharing their faith with others. Pray for the protection of their families from the physical threat of government and local religious leaders who oppose them. Pray for great favor for them amongst their people that many will surrender to the call of Jesus Christ.

DAY 11 January 19

Genesis 35:1-36:43, Matthew 12:1-21, Psalm 15:1-5, Proverbs 3:21-26

Pray for those in our church family who are personally or who have someone living in their house that is battling alcohol or drug addiction. Pray for the teenagers and children in our church who have parents with addiction struggles. Pray for God's breakthrough for them from the patterns and behaviors that are damaging their lives and relationships.

DAY 12 January 20

Genesis 37:1-38:30, Matthew 12:22-45, Psalm 16:1-11, Proverbs 3:27-32

Pray for the government of our city and state to have an increase in Godly leaders who can shape the policy and funding of our area to improve the education, safety, morals, economy, and political structure and effectiveness.

DAY 13 January 21

Genesis 39:1-41:16, Matthew 12:46-13:23, Psalm 17:1-15, Proverbs 3:33-35

Pray for the opportunity to share your faith this week with someone who does not have a relationship with Jesus. Pray that God would open the doors and align your path with someone who needs the power and salvation of a new relationship with the Lord. Pray that God would give you the courage to share when the door opens.

DAY 14 January 22

Genesis 41:17-42:17, Matthew 13:24-46, Psalm 18:1-1, Proverbs 4:1-6

Pray for your neighborhood today. Pray that God would allow you to build relationships with those you live near, so that you could share your faith and influence their relationship with God. Pray that God would give you an idea of how you could serve one of these neighbors or even invite them to your Life Group or a Worship Service.

DAY 15 January 23

Genesis 42:18-43:34, Matthew 13:47-14:12, Psalm 18:16-36, Proverbs 4:7-10

Pray for the children of our church. Pray that God would raise them up to be mighty men and women of God who prioritize their relationship with the Lord over material possessions, education, or social status. Pray that God would use them to prepare the way for the return of Jesus.

DAY 16 January 24

Genesis 44:1-45:28, Matthew 14:13-36, Psalm 18:37-50, Proverbs 4:11-13

Pray for the Metro Louisville Area. Pray that God would open the eyes of the city to the work we are doing and we would have the opportunity to help the members of our community to build a life-changing relationship with Jesus Christ.

DAY 17 January 25

Genesis 46:1-47:31, Matthew 15:1-28, Psalm 19:1-14, Proverbs 4:14-19

Pray for the spiritual protection and welfare of our church body. The devil comes to steal, kill, and destroy, but we have been and are covered by the power of the Blood of Jesus Christ. He has disarmed, disgraced, and defeated the devil and we need to remind the devil of what happened on the Cross of Calvary. Pray for the protection of your family and put on the whole armor of God in Ephesians 6:10-20.

DAY 18 January 26

Genesis 48:1-49:33, Matthew 15:29-16:12, Psalm 20:1-9, Proverbs 4:20-27

Pray for God to give you the perspective of your life that He sees for you. God has great plans for your life and you want to be able to have the vision to see the direction and paths He wants you to travel on. Pray for discernment in critical decisions and the wisdom to know what to do and when to do it.

DAY 19 January 27

Genesis 50:1 - Exodus 2:10, Matthew 16:13-17:9, Psalm 21, Proverbs 5:1-6

Pray for ways to become a better leader and difference maker in your family, your work, your neighborhood, and your church. Pray for God to give you the passion and focus you need to serve Him by serving others. Ask Him to show you ways that you can step up and increase the way that you impact the lives of others.

DAY 20 January 28

Exodus 2:11-3:22, Matthew 17:10-27, Psalm 22:1-18, Proverbs 5:7-14

Take today to write out some reflections of what God has spoken to you during this emphasis of focusing on the Lord. What has He shown you about distractions? What have you learned about your relationship with Him? How has He blessed you? How has He stretched you? Going forward...how should this change your life? Write this out and then pray about implementing a new relationship and commitment with God in the future.

DAY 21 January 29 6:00 - Concluding January 30 @6:00

Exodus 4:1-5:21, Matthew 18:1-20, Psalm 22:19-31, Proverbs 5:15-21

Today is the final day of our emphasis. We will break our fast tomorrow at 6:00 p.m.. Whenever you complete a major accomplishment its always time to celebrate. So today is a day of praise. Shout to God and Sing to Him and call out the praises He so rightly deserves. Celebrate with Him the changes you've experienced and the blessings He's provided.

How to Experience and Maintain Personal Revival

1. Ask the Holy Spirit to reveal any unconfessed sin in your life.
2. Seek forgiveness from all whom you have offended, and forgive all who have hurt you. Make restitution where God leads.
3. Examine your motives in every word and deed. Ask the Lord to search and cleanse your heart daily.
4. Ask the Holy Spirit to guard your walk against complacency and mediocrity.
5. Praise and give thanks to God continually in all ways on all days, regardless of your circumstances.
6. Refuse to obey your carnal (worldly) nature (Galatians 5:16,17).
7. Surrender your life to Jesus Christ as your Savior and Lord. Develop utter dependence on Him with total submission and humility.
8. Study the attributes of God.

9. Hunger and thirst after righteousness (Matthew 5:6).
10. Love God with all of your heart, soul, and mind (Matthew 22:37).
11. Appropriately receive the continual fullness and control of the Holy Spirit by faith on the basis of God's *command* (Ephesians 5:18) and *promise* (1 John 5:14,15).
12. Read, study, meditate on, and memorize God's holy, inspired, inerrant Word daily (Colossians 3:16).
13. Pray without ceasing (1 Thessalonians 5:17).
14. Fast and pray one 24-hour period each week. Seek to share Christ daily as a way of life.
15. Determine to live a holy, godly life of obedience and faith.