

**ANTIOCH**  
CHRISTIAN CHURCH  
*Building people to reflect Jesus*

21 *Day*  
*Prayer And Fasting Journal*

*O God, You are my God; Early will I seek You; My Soul thirsts for You;  
My flesh longs for You; In a dry and thirsty land; Where there is no water."*

*Psalm 63:1*



**ANTIOCH CHRISTIAN CHURCH**

Senior Pastor Norris Q. McGill • Executive Pastor Tonya McGill  
2041 West Walnut Hill Lane, Irving, Texas 75038 • 972.756.0010  
[www.antiochchurchfamily.org](http://www.antiochchurchfamily.org)

# 21 Day

## *Prayer And Fasting Journal*

*O God, You are my God; Early will I seek You; My Soul thirsts for You;  
My flesh longs for You; In a dry and thirsty land; Where there is no water."*

*Psalm 63:1*



Bless the Lord and Welcome to a New Year - 2011,

We are so excited that you have made a decision to begin this year by setting aside 21 days to pray, fast and draw near to God. Fasting is not just something we do as a ritual or routine task. Fasting is actually something that should be part of every believer's spiritual life. As we incorporate fasting into our lives, we will be strengthened spiritually and discipline our flesh so that we can better hear from God and obtain greater sensitivity to spiritual things.

As you embark upon this 21 day journey, our prayer is that the daily devotionals will strengthen and edify you as you spend time meditating upon God's Word. Each daily devotional is intended to strengthen you and encourage you to draw nearer to the Lord.

We pray that you will experience the presence and power of God in an amazing way as you commit yourself to Him over the next 21 days. May the Lord richly bless you in all things as you seek Him with your whole heart.

In His Love,

Senior Pastor Norris Q. McGill

Executive Pastor Tonya McGill

Antioch Christian Church

## Why Pray?

Prayer is **two- way** communication with God. Prayer is not just you talking to God but also you listening to God to hear what He has to say. During these next 21 days, we encourage you to really pour your heart out to the Lord and listen to what He has to say. Use this journal to record your conversations with the Lord.

Our primary goal in prayer should be to know Jesus and experience Him more not limit our conversation to telling Him all about our troubles. When you pray, pour your heart before God, surrender totally to Him and tell Him your desire to glorify Him in and through your life. Focus on who He is and His character – love, goodness, greatness.

We must communicate with God DAILY. Set aside some time everyday to spend with Him. If you don't plan to pray, you won't. Find some worship music to listen to as you set the atmosphere for you entering into the presence of the Lord.

***Jeremiah 33:3 NIV, "Call to me and I will answer you and tell you great and unsearchable things you do not know."***

## Why Fast?

The purpose of fasting is to strengthen you spiritually, mentally and physically. The goal is to help cleanse your temple of destructive and negative forces that interfere with your relationship with God. By incorporating fasting as a part of your Christian walk and seeking God through prayer, you will grow closer to the Lord and mature in the faith like never before.

The goal of fasting is to increase your ability to deny the flesh when needed. ***Fasting without prayer is a diet and does not manifest any supernatural benefits.*** During your time of fasting, be diligent in your study and meditation of God's Word.

## Preparing to Fast

Before you begin a fast, it is important that you prepare yourself to fast. Here are some steps that you should take to ensure your fast is effective. **Isaiah 58:3-6**

### Step One: Why are you Fasting?

What is the purpose of your fast? What is it that you are expecting God to do during this fast? Is it for spiritual direction? Healing? Discipline? Ask the Holy Spirit to lead you as you determine your personal reason for fasting. In addition, corporately we are praying for God to:

- Draw us nearer to Him as we fast and humble ourselves before Him
- For Him to stir our hearts and passion for Him
- For souls to be drawn into the Body of Christ through our local church
- For God to heal the land according to 2 Chronicles 7:14
- Build People to Reflect Jesus.

We are all at different places in our walk with God so we must start where we are. We should not fast to impress others or to prove our spirituality. We fast to draw nearer to God.

***Matthew 6:16, "Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward"***

### **Step Two: Make Your Commitment**

Make your commitment to the Lord after giving consideration, thought and planning to a few key areas such as:

- What type of fast will you undertake? There are ways everyone can fast and participate in fasting. ***Read the Types of Fast section***
- What changes will you need to make to your daily schedule? I.E. modification of exercise routines, sporting events, etc. When fasting, your energy levels will be different so you may have to modify your schedule during the fast.
- How much time of day will you devote to prayer and study of God's Word? Set a goal of beginning and ending the day reading/meditating/studying the Word.

When you think of these things and make your commitments before you begin your fast, you will be able to sustain the fast when temptations and life's challenges tempt you to quit the fast.

### **Step Three: Prepare Yourself Spiritually**

Spiritual preparation is essential for a successful fast. The very foundation of fasting and prayer is repentance. Unconfessed sin can hinder your prayers. Begin to prepare yourself spiritually by meditating on the following in your heart:

- Remember that God is your Father and He loves you and is for you.
- Confess every sin that the Holy Spirit brings 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; Luke 17:3,4).
- Ask God to fill you with His Holy Spirit according to His Word 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 blend in with the world (Romans 12:1,2).
- Meditate on the Word of God particularly the character of God, His love, sovereignty, power, wisdom, faithfulness, grace and compassion (Psalm 48:9,10; Psalm 103:1-8; Psalm 103:11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Be prepared for spiritual opposition, the enemy will come to attack and test your commitment to seeking the Lord through prayer and fasting (Galatians 5:16, 17).

#### **Step Four: Prepare Yourself Physically and Naturally**

Before you begin fasting, if you take prescription medication or have a chronic condition please consult your physician first.

Prepare your body by eating smaller meals before starting the fast. Avoid high-fat and sugary foods. Eat raw fruit and vegetables for two days before starting a fast.

Depending upon the type of fast that you choose, you may need to purchase foods specifically for the fast (raw fruit, vegetables, etc) and even gather recipes for meal preparation.

Remember when Jesus went on His forty-day fast, He went by Himself out into the wilderness. Depending upon the fast that you do, you may need to modify your daily habits or routines. Many people are able to fast and function fine without much fatigue; bless God if this is you. However, if this is not you exercise wisdom during this twenty one day period and make adjustments as necessary if you are able. If your job or other obligations such as athletes will not allow you to modify your energy level, choose a fast that you can still perform but deny yourself something so you can draw closer to the Lord.

#### **Types of Fasts**

While preparing for your fast, it is important to choose ahead of time what type of fast you will participate in. This decision will help you prepare in advance so you can finish strong.

Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition.

Your personal fast should present a level of challenge to it, but know your body, know your options and most importantly, seek God in prayer about this and follow what the Holy Spirit leads you to do. **Do not allow what you eat or do not eat become the focus of your fast, God should be the focus of your fast.** This is a time to disconnect enough with your regular patterns and habits in order to grow closer to God.

Here are a few options for your fast. If you have any health concerns, please consult your physician prior to beginning your fast especially if you are taking medication, have a chronic condition or if you are pregnant or nursing.

### **Fasting from a specific activity or food**

This type of fast refers to omitting a specific item(s), activity or habit from your daily routine in order to spend time in prayer and seeking the Lord. For example, you may choose to eliminate red meat, fast food, sweets, caffeine. It could also involve fasting from an activity or habit such as watching secular television, social media (Twitter, Facebook, etc).

### **Daniel Fast**

The Daniel Fast is a great model to follow that proves to be extremely effective for spiritual focus, discipline and purification in the body and soul. It is one of the most common types of fasts. In the book of Daniel, we find two different times Daniel fasted (Daniel 1 and Daniel 10). Daniel 1 states that he ate vegetables and water, and in Daniel 10, it states that Daniel ate no rich (or choice) foods as well as no meat or wine. The foundation for the Daniel Fast is fruits and vegetables. Some starchy foods and dairy can be included, that depends on the person and their convictions. Seek the Lord's guidance and follow the leading of the Holy Spirit.

A resource for more information concerning the Daniel Fast - [www.daniel-fast.com](http://www.daniel-fast.com).

### **Juice/Water Fast**

Juice or water fast is when no solid food is consumed and instead water (water fast) or vegetable/fruit juices and water (juice fast). Extreme precautions should be taken and under the direct supervision and monitoring of your physician for the water fast.

Many people include whey protein in their liquid plan when on a juice diet. You may even use one of your meals for this type of fast.

## **Total (Full) Fast**

A total fast is where nothing – neither liquid, solid food or even water is consumed for a period of time. We do not recommend total fasting as this can be very dangerous to your health. Attempting to go without water especially for any period of time can be extremely harmful to the body. Please consult a physician and take extreme precautions.

**Feel free to mix up the types of fast during your 21 day journey. For example, do a fruits and vegetables fast for a week. Then do all liquids for some time or even mix in a few days of water only if you believe you can handle that.**

## **Fasting While Nursing or Pregnant**

Strict fasting while pregnant or nursing is not recommended. If you would like to participate in the twenty one day fast, here are some options you may consider with the approval of your physician:

- A modified Daniel fast including whole grains, legumes, whey protein, calcium and other iron supplements
- Fasting sweets and desserts
- Fasting red meat
- Fasting certain pleasurable activities (television shows, movies, social media such as Facebook/Twitter, video games, etc)

As a pregnant or nursing mother, your priority is the health and development of your baby. You can still participate and be a wise steward over your child.

## **Beginning the Fast**

Depending on the type of fast you choose, it is important to prepare your body before the beginning of the fast. Take some time before the fast begins to transition into your fast; otherwise, you could do harm to your physical body. For example, if you are doing the Daniel Fast, start eliminating meat, refined sugars, white grains from your diet the week before. Also start cutting back on your caffeine intake and dairy products.

To keep your energy up throughout the day, it is important to eat or drink every two and a half to three hours. If you go longer than that, you can experience an energy lull and be tempted to overeat at the next meal. Even if you're fasting on fruits and vegetables, overeating is never a good idea.

It is very important to drink lots of water while fasting. Drinking about 100 ounces of water per day will help to support your critical liver function. The liver is the filter for the



body, so when you don't drink enough water, the liver doesn't function at its highest capacity.

Select your food items wisely. The key is to prepare a plan ahead of the fast, to not get legalistic about it but choose well. You should consider choosing healthy, organic options whenever possible.

## **Ending Your Fast**

The way you end your fast is extremely important for your physical and spiritual well-being. When your fast is over, add foods back in very gradually. A greasy cheeseburger would not be the best choice to end the Daniel Fast. Because your body is so cleansed and detoxified, you will most likely get sick if you do this.

Begin eating gradually. 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 tips to help 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 a baked or broiled 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.

## Final Thoughts...

1. As you select your type of fast, plan ahead and determine what each day and week will look like. **Luke 14:28 NIV, "Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it?"**
2. Keep your household stocked with items you will need. Being unprepared to fast sets you up to give into temptation. Make wise choices, read the labels, choose natural and raw foods as much as you can avoiding artificial ingredients.
3. Make it a priority to attend church during your fast. Being around other believers will encourage you to keep on going when fasting gets difficult.
4. If you mess up, don't get discouraged or condemned. Get back on track and keep going. Everyday His mercies are new (**Lamentations 3:22-23**). He will give you the grace and strength to finish, don't quit (**Galatians 6:9**).
5. Understand that when you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars.
6. Naturally, you will have hunger pains.
7. Limit your activity and exercise moderately. Take time to rest.
8. Fasting brings about miraculous results. You are following Jesus' example when you fast.
9. Spend time listening to praise and worship music.
10. Pray as often as you can throughout the day.
11. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

## **SAMPLE MENUS**

### **Sample Menu 1: Fruits, Vegetables, Juices, and Water**

Breakfast – Fruit smoothie with whey protein

Mid-morning Snack – Fresh fruit or fresh vegetables

Lunch – Raw vegetable salad with light, organic dressing and vegetable broth soup

Mid-afternoon Snack – Fresh fruit or fresh vegetables

Dinner – Fresh salad with light, organic dressing and steamed or grilled vegetables

### **Sample Menu 2: Juice or Water Only**

Breakfast – Fruit smoothie with whey protein

Mid-morning Snack – Herbal tea or vegetable broth soup

Lunch – Raw vegetables

Mid-afternoon Snack – Fresh fruit juice or fruit smoothie with whey protein

Dinner – Vegetable juice or vegetable broth soup

### **Sample Menu 3: Modified Daniel Fast**

Breakfast – 1-2 servings whole grains with fresh fruit juice

Mid-morning Snack – Fresh fruit or fresh chopped vegetables

Lunch – 1-2 servings whole grains; fresh salad with light, organic dressing

Mid-afternoon Snack – Fresh fruit or fruit smoothie with whey protein

Dinner – 1-2 whole grains; fresh salad with light, organic dressing

# MY 21 DAY FASTING COMMITMENT

I commit to participate in our Church Corporate wide fast from **Sunday, January 9, 2011** to **Saturday, January 29, 2011** (fast concludes at **midnight** on January 29<sup>th</sup>).

My **purpose** for fasting is: \_\_\_\_\_

\_\_\_\_\_

Specific things I am **praying and believing** God for during this fast:

\_\_\_\_\_

\_\_\_\_\_

The type of fast I will do: \_\_\_\_\_.

I will not eat the following foods or drink the following beverages during my fast:

\_\_\_\_\_

\_\_\_\_\_

In addition to changing my eating habits, I will also fast from the following pleasurable activities to delight myself in drawing closer to the Lord:

\_\_\_\_\_

\_\_\_\_\_

## MY SUCCESS PLAN:

1. I will find an accountability partner, someone who will encourage me when the temptation to quit arises. *Note: This person should be in agreement with your desire to complete the fast and a spiritually mature person who can encourage you with the Word. Ecclesiastes 4:12, "A threefold cord is not quickly broken". My accountability partner for this fast is \_\_\_\_\_.*
2. I will set aside time every **morning** from \_\_\_\_\_ am to \_\_\_\_\_ am to praise God, read my Word and spend time in prayer.
3. I will set aside time every **evening** from \_\_\_\_\_ pm to \_\_\_\_\_ pm to praise God, read my Word and spend time in prayer.
4. I will NOT allow the enemy to accuse me or shame me should I fall short. I am determined to use this time to draw closer to the Lord. Remember, choose a fast that stretches you but also is one you can complete. No comparison, no competition, do what you can do for the Glory of God.

## Daily Devotionals

It is important during this time of seeking the Lord that you spend time reading the Word of God and establishing a daily devotional. When we spend time in the Word of God, we spend time with God. He and His Word are One and His Word is living and active. As we read the Word, we are learning more about Him and His ways.

We have included a devotional each day along with a scripture for reading. Set aside time to read and meditate upon the devotionals and of course the Bible reading. Do not just rush through reading, set aside time where you can sit, read, understand and think on what you have read. If you come across something you don't understand, ask the Holy Spirit to teach you. You may need to read a different translation of the Bible, you may need to look up words in a dictionary, you may need to read again. Take time to understand not just read the Word of God. Utilize online resources including commentaries that may provide insight into the passage you are studying. Research words in their original language using a Strong's Concordance or online resource such as biblegateway.com. You should also consider reading other passages of scripture other than the one provided for you each day.

Be sure to record what you read and any insight/revelation you receive. Also record things God speaks to your heart. This will serve as a reminder to you in days to come of what God said. Be sure to open your devotional in prayer and close in prayer. Remember, prayer is two way communication so be sure to listen as God speaks to you.

Additional resources that may benefit you in studying God's Word.

[www.crosswalk.com](http://www.crosswalk.com)

[www.biblegateway.com](http://www.biblegateway.com)

[www.blueletterbible.com](http://www.blueletterbible.com)

Our prayer for you over the next 21 days that your passion for God and His Word will be ignited and your hunger and thirst for Him will be like never before.

***Romans 12:11 NIV, "Never be lacking in zeal, but keep your spiritual fervor, serving the Lord."***

Day 1: January 9, 2011

Follow Jesus

*Luke 9:23, "And he said to them all, if any man will come after me, let him deny himself, and take up his cross daily, and follow me."*

When we examine the text, Jesus declares that if we will come after Him, it will require self denial. The Greek Word for *come* in this verse is *erchomai*, it is a verb and means to appear from one place to another publicly. Following Jesus is not a task that can be accomplished in private or in secret. This definition also denotes moving from one place to another. No one follows and remains in the same place. Followers of Jesus must grow. We can never truly follow Jesus without going higher. When Jesus finished His earthly ministry, He went higher and is now seated at the right hand of God. If you are not going higher, who are you following? In order to follow Jesus, we must be willing to lay aside our agenda and do exactly what He wants us to do. Our eyes must stay focused on Him.

Let's examine the word *follow*, it derives from the Greek word *akoloutheo* which means to follow one who precedes, to join him as his attendant, to accompany him. We must be careful to follow Him and not go before Him. When we go ahead of Him, we make critical mistakes. We must not go first then ask God to come along and bless what we are doing. This is out of order and will never work in the Kingdom of God. We must follow Him at all times.

Once you begin to truly follow Jesus, prepare yourself mentally for the journey. We must be prepared to go through whatever is necessary to follow Jesus. We must remember to rejoice "in through", not wait until while we are "out of through". There may be pain, heartache, discomfort, persecution, tests, trials and/or tribulation; however, we must continue to follow.

Set your mind during these next 21 days to follow Jesus and be prepared for an exciting ride.  
*Ephesians 3:20 Message Version, "God can do anything, you know—far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us"*

Corporate Area of Prayer/Meditation: Spiritual Growth of the Members. Pray for:

- a. Members to develop in the love of God (*Matthew 22:37-40; Philippians 1:9-11*)
- b. Members to bear fruit (*Galatians 5:22-23; Colossians 1:9-11*)

Scriptures I studied and meditated on today:

---

---

Things God spoke to my heart:

---

---

**Day 2: January 10, 2011**

**Return to Jesus**

***Joel 2:12 NIV “Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.***

God is calling us to return to Him with all of our heart. There are times in our walk with the Lord that we will allow distractions to draw us away from Jesus but thank God for grace, that we have another opportunity to return to Him. We must make a decision to lay aside every weight and focus our hearts first and foremost on the Lord. Matthew 6:33 tells us to seek first the Kingdom of God and His righteousness and all these things will be added unto us. Seek Him first – before we seek anything else, we must seek the Lord.

Thank God for the covenant of Grace that we live under. Under the Old Covenant, man had to rely on his works and his sacrifices to be right with God. Under the New Covenant, we have every wrong that we have done or will do forgiven at the Cross because of Jesus.

As you spend time in prayer and fasting today, you can establish a strong passionate connection with the Lord as He becomes the object of your affection. Do not allow your love or passion for God to become lukewarm and certainly not cold. To keep your relationship with the Father passionate, spend time studying God’s Word and in prayer and worship before the Father focusing on who He is. Do not worry about what problems you have, what prayer requests you want to talk to the Father about, just focus on honoring Him and celebrating Him for His goodness, His mercy, His unconditional love, His sovereignty. Focus on who God is, seek Him first, return to Him and receive all that He has for you. Make today a day where your passion will be reignited and grow from day to day during the next 21 days of fasting and prayer.

**Corporate Area of Prayer/Meditation: Spiritual Growth of the Members. Pray for:**

- a. Deliverance from strongholds (*Mark 9:14-29; Psalm 34:19*)
- b. Members to mature in the Word (*Hebrews 5:12-14*)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

**Day 3: January 11, 2011**

**Answer the Call**

*John 10:27 “My sheep hear My voice, and I know them, and they follow Me.”*

There is nothing more frustrating for a parent to call their child’s name and the child does not answer. The parent continues to call until the child finally responds and acknowledge the call of their parent.

God, our Father, is calling us and His desire is that we hear His call and answer by obeying His Word (following Him). Fasting enables us to block out the distractions of the world and tune in to voice of the Father. As we fast, we deny our flesh and when we deny our flesh we become more sensitive to the voice of the Holy Spirit and can hear His voice more clearly. If you open your heart and your spiritual ears, you will hear what the Holy Spirit is saying so that you can follow His leading and obtain His best for your life.

If you desire to know Him, seek Him first and deny yourself so that you can follow Him. Have ears that are open and willing to receive and a heart to obey His instructions. The more we discipline our flesh and feed our spirit, the stronger our spiritual discernment will become so that we will hear the voice of our Father, know Him and ultimately follow Him (*Proverbs 3:5-7*).

Are you an obedient child? Do you hear the voice of your Father? Do you acknowledge His call? Why not answer. Prepare yourself to hear by denying your flesh, fasting from the distractions of the world so you can answer His call.

**Corporate Area of Prayer/Meditation: Spiritual Growth of the Members. Pray for:**

- a. Disciples will be made of all men (*Matthew 28:19-20; Matthew 10:7-8*)
- b. Health, prosperity and peace for all of members (*Philippians 1:2-7*)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---



Day 4: January 12, 2011

**Fasting Increases Belief**

*Matthew 17:18-21 “And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. Then the disciples came to Jesus privately and said, “Why could we not cast it out?” So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, that if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there’, and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting.”*

Prayer and fasting changes us and our hearts as well as our ability to believe God and rest in what He has said. When we come into agreement with the Word of God and deny our flesh and strengthen our spirit man, boldness, confidence and faith increases. Our doubts and fears are replaced with the assurance that the Word of God is true and nothing will be impossible to them that believe.

During this time of fasting and prayer, ask God to strengthen your heart to fully believe Him and believe His Word. Place your doubts before the cross and renew your mind – replace the doubts with the Word. As your heart becomes full of God’s Word, your trust in God will develop and you will grow in your faith and be able to stand in the evil day.

It is amazing how our spirit man will grow when we drown out all the outside interference and concentrate primarily on growing in our relationship with Him which increases our faith and our dependency upon Him.

**Corporate Area of Prayer/Meditation: Spiritual Growth of the Members. Pray for:**

- a. Unity in the Body (*Ephesians 4:13-16; Psalm 133:1-3*)
- b. Genuine, sincere love one for another (*1 Corinthians 10:13*)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 5: January 13, 2011

### Avoiding Distractions

*Luke 10:38-42, "Now it came to pass, as they went, that he entered into a certain village; and a certain woman named Martha received him into her house. And she had a sister called Mary, which also sat at Jesus' feet, and heard his word. But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? Bid her therefore that she help me. And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her."*

Did you know it is possible to be in the presence of the Lord and still be distracted? Mary and Martha were both in the presence of the Lord yet Martha was distracted with much serving. A distraction is a well conceived, well thought out plan designed to draw you off your present course. In analyzing the word distraction, we must look at the root word tract. God sends us into the world with purpose and a course we must follow (tract). However, the enemy's goal is to dis tract us from our purpose; take us off track. Any train that is not on the track causes a great deal of chaos, disorder.

God does not send distractions, Satan does. God would never distract us or take us off the course that He preordained for us before the foundation of the world. During this time of fasting, separate from all of the convenient tools that so easily distract us from quality time with the Lord. It is okay to not surf the internet or utilize social media for a time of consecration before the Lord. It is okay to not spend hours chatting online or talking on the telephone about things that do not propel you forward rather become obstacles in your journey.

Martha believed that her serving was necessary; she was tending to details to host the Master. However, the most important thing was to spend time sitting at the feet of Jesus receiving strength and edification from being in His presence. Do not allow distractions today to take you off course, stay tracked up!

**Corporate Area of Prayer/Meditation: Each One, Reach One. Pray for:**

- a. Each member to share Jesus with unsaved loved ones and friends (*Matthew 18:11; Acts 16:31*)
- b. The harvest of souls God has assigned for us to reach as a body (*Isaiah 43:4-9*)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 6: January 14, 2011

Winning the War Within

*Romans 7:18-20 NLT, “And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can’t. I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway. But if I do what I don’t want to do, I am not really the one doing wrong; it is a sin living in me that does it.”*

Did you know there is an internal war going on inside of each and every one of us? Paul describes this so well in this passage – we desire to do the right thing, but in our own efforts, we don’t have the power to and we mess up.

Thank God that we do not have to rely on our own strengths to help us make right decisions and do the right thing. We don’t have to be controlled by our sinful nature and end up doing the things that we don’t want to do. But the only way we can be successful and win the war within is to yield to the Holy Spirit and rely on the strength of the greater One within.

When we are facing trials and temptations, we must rely on God’s power working within to guide us to do the right things. When we are Born Again, the Holy Spirit takes up residence in our hearts and gives us a desire to do what is pleasing to the Lord. The Holy Spirit always wants to do what is right and pleasing to the Lord. He always wants to be in fellowship with the Father. Instead of leaning to your own understanding, trust the Holy Spirit and allow Him to direct your path so that you will win the war within.

**Corporate Area of Prayer/Meditation: Divine Protection. Pray for:**

- a. God to place a hedge of protection around the church and members (**Psalm 91; Psalm 3; Isaiah 54:17; Isaiah 58:8**)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 7: January 15, 2011

Listen to Jesus

*Matthew 17:5b, 8 NLT, "This is My dearly loved Son, who brings Me great joy, Listen to Him"...And when they looked up, Moses and Elijah were gone, and they saw only Jesus.*

Jesus took Peter James and John up to the mountain where He was transfigured into His glorified state. These three disciples were privy to what was to come because of Jesus. Prior to this moment, God's people related to God through the law (Moses) or through the prophets (Elijah). After this, Peter wanted to build three tabernacles – one for Moses, one for Elijah and one for Jesus. This was not the plan God had, when they looked up they only saw Jesus.

It is clear that God has a new plan, no longer would His children have to go through anyone other than Jesus. He is the One that we are to hear, He is the One that we are to listen to. God's grace is freely given to those who have received new life in Christ. There is nothing we can do to earn God's grace, it is a free gift that we must simply receive. Seek God today and ask Him to give you a greater revelation of Jesus and the grace of God so that your heart will be fixed on who you are – a child of the Most High God.

**Corporate Area of Prayer/Meditation: Favor of God. Pray for:**

- a. The favor of God to be released upon the church and its members (**Psalm 102:13; Psalm 5:12; Psalm 30:5; Psalm 41:11**)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 8: January 16, 2011

God Loves You

*1 John 4:19, "We love him, because he first loved us."*

Yes, God loves YOU just the way you are. Every person has a desire to be loved and the enemy does not want you to know that God loves you. The devil has deceived so many people into thinking that God could not possibly love them. The truth is you are loved and special to your Heavenly Father.

During this time of fasting and consecration, ask the Lord to fill your heart with His love. As you ask Him, make a decision to open your heart and receive His love. He loved us first, when we were yet in sin. He loved us first when we were still disobedient and stubborn. Because He loved us when we were "unlovely", it should be easy for us to love Him.

Certainly, a Perfect Father will take care of His children. Seeing that we have a Father in the heavens that has His eye on the sparrow, we should walk in confidence knowing that no weapon that is formed against us shall prosper. When this kind of truth is known and accepted it makes our Christian journey much more tolerable.

We should sing with joy and with a loud voice:

Yes, Jesus loves me. Yes, Jesus loves me. Yes, Jesus loves me for the Bible tells me so!

**Corporate Area of Prayer/Meditation: Wisdom of God. Pray for:**

- a. Members to seek and follow the Wisdom of God in their daily lives (**James 1:5; Proverbs 4:5; Proverbs 5:1-2; Proverbs 7:4**)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

## Deep Cleaning

*Romans 8:5-6, "For those who live according to the flesh, set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace."*

When spring time comes, the best housekeepers do not just vacuum but they clean the base boards, they clean the blinds, they clean the window sills. They are not just looking for a surface cleaning but a deep cleaning to remove all the grit, grime that has come in throughout the cold winter. The same must happen in our spiritual lives, we need to get rid of the things that are beneath the surface.

Fasting is a time of spiritual cleaning, cleansing of the deep crevices of our hearts and minds. We pick up things throughout the days as we live our lives, things we may not even realize have come in to dirty our hearts and minds. When we cleanse ourselves and set ourselves apart from the influences of the world, we will begin a deep cleaning to purge ourselves from all filthiness of the flesh (*2 Corinthians 7:1*).

Set yourself apart, ask God to show you any areas that are covered in grim so that you can be refreshed and cleansed. As we fast and pray, our hearts will be rejuvenated with a love and passion for God and the things of God.

**Corporate Area of Prayer/Meditation: Manifested Glory. Pray for God to manifest Himself in our:**

- a. Marriages (*Ephesians 5:22-33*),
- b. Families (*Acts 16:31; Genesis 18:18-19*)
- c. Finances (*2 Corinthians 9:8; Philippians 4:19; Deuteronomy 8:18*)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 9: January 17, 2011

Firm Faith

*James 1:6, "But let him ask in faith, nothing wavering..."*

When you pray, do you expect God to answer? When we pray according to the Word of God, we should have an earnest expectation that God will do what He said He would do (*1 John 5:14-15*).

The enemy will come to persuade you that what you are praying for is impossible or will not happen for you. We must determine to pray in confidence and trust the promises of God will come to pass in our lives. James reminds us that when we waver, we do not have faith. When we are not stable in our faith then we will receive nothing from God. God never wavers in His commitment nor His love for us, He is sure and firm. We can trust Him completely and always. Whatever has caused you to doubt, cast down those thoughts and make a decision that you will be firm in your faith. You will not doubt but trust that Your Father can and will come through.

**Corporate Area of Prayer/Meditation: Leadership (1 Timothy 2:1-2). Pray for:**

- a. Our President and his family; Vice President; Congress; City of Irving Mayor and Government Officials
- b. Our Senior Pastor and his family
- c. Church leadership (Elders, Deacons, Ministers, Ministry leaders)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 10: January 18, 2011

Endure the Process

*John 15:1-2, "I am the true vine, and my Father is the husbandman. Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit."*

Branches that are not fruitful are removed because God is not wasteful. There is nothing that He created that does not give. The sun, the moon, the water, fire, grass, birds, bees, etc they all give. When we as people stop giving, we cease to function in our created role and stand in jeopardy of being removed by God.

During this time of fasting, you are being prepared to be more fruitful for the Lord. Don't succumb to temptation and quit. This process is one that may be challenging but will prove to be of great benefit if you would endure the process and overcome the challenge. It is human nature to take the path of least resistance. We have a natural inclination to always look for the easy way out. There is nothing easy about denying your flesh, your flesh will cry out for what it wants. Even though it is not easy, it can be done with a made up mind. After you make up your mind, you must then control your flesh.

Endure the process, you will be better later!

**Corporate Area of Prayer/Meditation: Spiritual Growth of the Members. Pray for:**

- a. Members to develop in the love of God (*Matthew 22:37-40; Philippians 1:9-11*)
- b. Members to bear fruit (*Galatians 5:22-23; Colossians 1:9-11*)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---



Day 11: January 19, 2011

Benefits to Enduring the Pruning Process

*John 15:1-2, "I am the true vine, and my Father is the husbandman. Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit."*

Jesus states that when we bear fruit for God that we are pruned so that we can bear even more fruit. This is the pruning process that every believer must endure. As humans, we prefer to take the path of least resistance; we look for the easy way out. Pruning is very painful. The Greek word **purgeth** used in the text is **kathairo** which means to cleanse from filth and impurities which is often done by fire and by cutting.

The Word of God cuts both ways and sometimes we are being cut in order to bear more fruit and it may not feel good but it will work for our good. This is why it is important to attend a good local church where the Word of God is preached without compromise.

Here are four reasons for pruning:

1. **Pruning trains the believer.** Discipline is accomplished through pruning. You cannot be a disciple without discipline.
2. **Pruning maintains the health of the believer.** Things that are not kept clean become dirty and contaminated and eventually become sick so they wither away and die.
3. **Pruning improves the productivity of the believer.** The healthier you are, the more productive you will be.
4. **Pruning restricts the wrong growth.** Cancer grows but its not good growth. Your head should never outgrow your heart. When this happens, it is the wrong kind of growth. Pruning will keep your head small and your heart large.

**Corporate Area of Prayer/Meditation: Spiritual Growth of the Members. Pray for:**

- a. Deliverance from strongholds (*Mark 9:14-29; Psalm 34:19*)
- b. Members to mature in the Word (*Hebrews 5:12-14*)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 12: January 20, 2011

**Keeping a Clean Heart**

*Psalm 51:10, "Create in me a clean heart, and renew a right spirit within me."*

David, the writer of this psalm, is crying out to God for a clean heart. Something has happened to the heart he had when God called him a man after His own heart. David found himself guilty of adultery and murder thus having a contaminated heart.

Just as the heart is critical to our natural body's survival and health, so it is even more critical for our spiritual life. Success with God lies in the condition of the heart. Healthy hearts function and produce a life of peace, productivity and prosperity.

David is asking God to create in him a clean heart. He wants a changed heart, the one that he has now is not right. The Hebrew word clean is **tahowr** it means to be without contaminates, to be pure both morally and ethically. David knows that the only way he could carry out such things against God is that he has allowed his heart to be contaminated by lust. He is asking God to do open heart surgery and take out all contaminates.

During this time of prayer and fasting, give your heart to the Master Surgeon for examination and whatever surgery is needed so that you can keep your heart clean.

**Corporate Area of Prayer/Meditation: Spiritual Growth of the Members. Pray for:**

- a. Disciples will be made of all men (*Matthew 28:19-20; Matthew 10:7-8*)
- b. Health, prosperity and peace for all of members (*Philippians 1:2-7*)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 13: January 21, 2011

Heart Maintenance

*Psalm 51:10, "Create in me a clean heart, and renew a right spirit within me."*

There things that we must do to keep our hearts clean and free from contaminants.

**7 Ways to Maintain a Clean Heart:**

1. Abide in Truth (stay in the presence of the Lord). It is difficult to leave God's presence with an unclean heart.
2. Take a bath every day. We must bathe in the Word of God. How would we smell in the natural if we went a week without bathing in natural water? It would be difficult for people to stay around us. When our hearts are not clean, we smell bad and no one can stay around us for long.
3. Count the costs before you make the choice. What is this decision going to do to my heart and my relationship with God? Will it strengthen or weaken?
4. Resist temptation. Submit to God, resist the devil and he **WILL** flee from you. David got into trouble because he did not first submit then resist.
5. Stay focused on your assignment. Distractions are not from God. Distractions are well thought out, well conceived plans designed to draw you out and steal your heart from God.
6. Guard your heart as if your life depended on it because it does. The issues of life flow out of your heart.
7. Give. Giving is a test of your heart. The rich young ruler's heart was tested in Mark 10:17; he could not follow Jesus because his heart had been corrupted by what he possessed. He chose his possessions over Jesus. Our hearts will always follow our treasure. Giving keeps a clean heart rejoicing.

**Corporate Area of Prayer/Meditation: Spiritual Growth of the Members. Pray for:**

- a. Unity in the Body (*Ephesians 4:13-16; Psalm 133:1-3*)
- b. Genuine, sincere love one for another (*1 Corinthians 10:13*)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 14: January 22, 2011

Friendships and Influence

*Proverbs 22:24-25 NLT, "Keep away from angry, short-tempered people, or you will learn to be like them and endanger your soul."*

What kind of people do you spend the majority of your time with? Do they exhibit the fruit of the spirit as outlined in Galatians 5:22-23? As believers, we must be careful of our friendships and fellowships. It is not wise to follow people who are angry, bitter, wounded or vindictive. The scripture informs us that what is in them will eventually transfer into us.

Fellowships influence us and impact our lives negatively or positively. We have all known good, well behaved children who were brought up in a good home and were taught right from wrong. They began to spend time with the wrong crowd and began to eventually look like, speak like and behave like the people they were spending time with.

During this time of fasting and prayer, ask God to reveal to you friendships and fellowships that are not healthy for you so that you can disconnect yourself. We must invest our time with people who have our solution and not waste our time with those who have our problem.

**Corporate Area of Prayer/Meditation: Each One, Reach One. Pray for:**

- a. Each member to share Jesus with unsaved loved ones and friends (*Matthew 18:11; Acts 16:31*)
- b. The harvest of souls God has assigned for us to reach as a body (*Isaiah 43:4-9*)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 15: January 23, 2011

**Leave the Past in the Past**

*2 Corinthians 5:17, "Therefore if any man be in Christ He is a new creature: old things are passed away; behold all things are become new."*

Did you know that when God redeemed you, called you and placed you into His service that your past no longer mattered? Our past does not shock God nor discourage Him from using us.

The enemy wants to keep us bound by mistakes, bound by things we said or things we did. He will constantly berate us with what we have done, he is only doing his job – he is the accuser of the brethren.

The Bible declares that when we are IN Christ, we are a new creature. We have a new identity, a new heritage that is bestowed upon us because of who we are now in relationship with. We now live and move and have our being in Him.

During this fast, ask God to open your eyes to who you are in Him and develop short term memory of who you were. Receive and accept your identify from the Lord; you are who He says that you are.

**Corporate Area of Prayer/Meditation: Divine Protection. Pray for:**

- a. The church and its members to walk in Divine Protection (**Psalm 91; Psalm 3; Isaiah 54:17; Isaiah 58:8**)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 16: January 24, 2011

Follow the Leader

*John 12:26, "If any man serve me, let him follow me; and where I am, there shall also be my servant be; if any man serve me, him will my Father honor."*

Our destiny, our honor, and our blessings are found in this scripture. Jesus is our example, He is our leader and in order to be successful we must follow Him.

If you have ever played the game, Follow the Leader, you will remember that you had to do everything the same as the leader in order to not be disqualified. If you were not paying close attention to the leaders' every move then you could get disqualified by making something up. You could not do your own thing; you had to do what the leader did. As simple as this sounds, this is what we should do as followers of Christ.

How do we follow Jesus (the leader)? Simply put, we must deny self. What does it mean to deny self? It means:

1. We must conform – this means to be identical, in harmony with and in total agreement with the One we are following, Jesus (the leader).
2. We must comply – this means to adapt one's actions to another's wishes. We submit our will to His will.
3. We must trust – this means we must be fully persuaded that God knows what is best for me, we have peace about it and we are able to rest in it.

**Corporate Area of Prayer/Meditation: Favor of God. Pray for:**

- a. Favor of God to be released upon the church and its members (**Psalm 102:13; Psalm 5:12; Psalm 30:5; Psalm 41:11**)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 17: January 25, 2011

Spiritual Strength

*Mark 1:12-13, "Immediately the Spirit drove Him into the wilderness. And He was there in the wilderness forty days, tempted by Satan, and was with the wild beasts; and the angels ministered to Him."*

Jesus went into the wilderness for forty days to fast and pray. Jesus pulled away from everything and everyone to spend time focused on His Father.

During this time of fasting and prayer, our aim is to draw closer to the Lord so that we will gain spiritual strength. The world we live in is full of great technology, tools that will aid us in being more productive; however, these tools can keep us so distracted that we become spiritually weak. We need to pull away from things of the world such as television, movies, Facebook, Twitter, cell phones, internet and the like so that we tune in to God and what He has to say.

Fasting is a pulling away, a disconnecting from the distractions of daily life to deliberately cultivate a stronger more intimate relationship with the Lord. Don't allow the discomfort of the physical hunger pains or other temptations to communicate online or chat with your friends cause you to stop short of completing this 21 day of fasting and prayer.

**Corporate Area of Prayer/Meditation: Wisdom of God. Pray for:**

- a. Members to seek and follow the Wisdom of God in their daily lives (**James 1:5; Proverbs 4:5; Proverbs 5:1-2; Proverbs 7:4**)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 18: January 26, 2011

Lining Up with Heaven

*Matthew 6:10, "Thy kingdom come, thy will be done on earth, as it is in heaven."*

Jesus taught his disciples how to pray and He instructed them to pray that the Will of the Father be done on earth as it is in heaven. Heaven is already finished, perfected, as the Father would have it to be. Our job is to pray that earth will line up in heaven. The first area that should be in alignment is how we, the children of God, act.

During this time of fasting and prayer, we are setting aside specific time to line our behavior up with the Word of God, the Will of the Father. Our lives should be a reflection of the Glory of God on earth. People should come in contact with the Father by coming in contact with us. We must pattern our lives after His; the character of God should be evident in our lives. When we deny ourselves through fasting and give ourselves over to prayer, the Holy Spirit will begin to teach us all things and our spirit man will be strengthened and our minds renewed so that we have the discipline and self control to force our flesh to line up with the Word.

You are almost there, keep pressing for the next few days so you can finish strong and your life on earth will line up with heaven.

**Corporate Area of Prayer/Meditation: Manifested Glory. Pray for God to manifest Himself in our:**

- a. Marriages (**Ephesians 5:22-33**),
- b. Families (**Acts 16:31; Genesis 18:18-19**)
- c. Finances (**2 Corinthians 9:8; Philippians 4:19; Deuteronomy 8:18**)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---



Day 19: January 27, 2011

Preparing for New

*Luke 5:37-38 NLT, “And no one puts new wine into old wineskins. For the new wine would burst the wineskins, spilling the wine and ruining the skins. New wine must be stored in new wineskins.”*

And old wineskin cannot contain new wine. Old wineskins do not stretch; they will not grow to handle the capacity of the new wine. The old wineskin cannot contain the new wine.

These past few weeks, God has been pouring new wine into you by His spirit. As a result of fasting and prayer, your spirit man has been renewed, refreshed and rejuvenated. In order to contain the newness, you must not shrink back to the old. The old way of thinking, the old way of behaving, the old way of responding. Tap into the new wine and be that new wineskin. The new wine that God pours into us will expand our faith, renew or give new vision and stir our passion for our purpose.

Make a decision that you will not revert back but you will go higher, farther and deeper. Ask God to fully prepare your heart for what is to come. Don't allow any hindrances or distractions come to cause you to revert back.

**Corporate Area of Prayer/Meditation: Leadership (1 Timothy 2:1-2). Pray for:**

- a. Our President and his family; Vice President; Congress; City of Irving Mayor and Government Officials
- b. Our Senior Pastor and his family
- c. Church leadership (Elders, Deacons, Ministers, Ministry leaders)

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---

Day 20: January 28, 2011

Gifted to Serve

*Matthew 20:25-28, "But Jesus called them unto Him, and said, Ye know that the princes of the Gentiles exercise dominion over them, and they are great exercise authority upon them. But it shall not be so among you; but whosoever will be great among you, let him be your minister; And whosoever will be chief among you, let him be your servant. Even as the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many."*

Everything that God created was created to give. We have been gifted by God to serve. The above scripture was spoken by Jesus because two of his disciples wanted to occupy a high position in His Kingdom. His response to them speaks volumes to us today concerning God's attitude and position related to serving others. The greatest of us in God's eyes are those who are the greatest servers. You do not have to have the gift of service in order to serve great. We have all been gifted to serve.

How do we serve God with our gift?

1. You must find your purpose. You should ask God during this time of prayer and fasting, why am I here? Your purpose is the reason you were born – your purpose lines up with your passion. Discover your passion, you are on your way to discovering your purpose.
2. Become a servant to your gift. Master your gift and be the best you can be at it.
3. Invest in yourself – read books, attend seminars, workshops to enhance and multiply your gift.
4. Connect with people who can help you. Seek out a mentor/coach, someone who can impart wisdom into your life.

Our service is not limited to the four walls of the local church, find your purpose and make a decision to serve God with your gift and make an impact for the Glory of God!

**Corporate Area of Prayer/Meditation: Spiritual Growth of the Members. Pray for:**

- a. Members to develop in the love of God (*Matthew 22:37-40; Philippians 1:9-11*)
- b. Members to bear fruit (*Galatians 5:22-23; Colossians 1:9-11*)

Scriptures I studied and meditated on today:

---

---

Things God spoke to my heart:

---

---

Day 21: January 29, 2011

What's Next?

*Luke 4:1-2, 14-15 NIV, "Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, 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. He taught in their synagogues, and everyone praised Him."*

Fasting and prayer are essential to receiving a clear vision for God's calling and assignment for our lives. Usually at the end of a time of fasting and prayer, a person becomes aware of instructions from the Lord and confident in what He has spoken. We have spent 20 days seeking the Lord through fasting and prayer, we believe God has revealed to you the answer to the question – What's Next. Follow in obedience to what He said, do not worry about the details. The Holy Spirit will reveal to you on a need to know basis all that is required for you to accomplish your assignment. Follow Him with your whole heart and decide that you will not turn around but will continue to follow the Lord every day of your life.

The Holy Spirit will empower you and give you the ability to accomplish His plans and His purposes for your life. Do not get ahead of Him, follow Him wherever He leads. When we are full of the Holy Spirit, we are led by the Spirit. We must always remember, it is He that does the work within us. Without Him, we can do nothing.

**Congratulations** – you completed the 21 day time of prayer and fasting. Are there still areas of your life that you need more clarity? Are you walking in the power of the Holy Spirit and living in God's purpose for your life? Write down those things God is speaking to you. At the end of the fast, pray that God will continue to reveal His purpose to you and equip you with wisdom, understanding and strength so that you may carry them out.

**Scriptures I studied and meditated on today:**

---

---

**Things God spoke to my heart:**

---

---