



# 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**

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*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.

We have created a special journal designed with you in mind. It is our Youth Journal! 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

# Youth Prayer

and

# Fasting Journal

***Daniel 1:19-20***

***Then the king interviewed them, and among them all none was found like Daniel, Hananiah, Mishael, and Azariah; therefore they served before the king. And in all matters of wisdom and understanding about which the king examined them, he found them ten times better than all the magicians and astrologers who were in all his realm***

**Can Youth participate in a fast?** The answer is YES! The Bible says there was NONE LIKE Daniel, Hananiah, Mishael, and Azariah. These young men were trained to honor the Lord and to serve the Lord. They were also young men who fasted and because of their fasting, they impressed the king and were found to be 10 times better than all the others!

**What is Fasting?** Biblical fasting is denying oneself food for the sake of seeking God and drawing closer to Him.

**Why Should I Fast?** Fasting gives us the opportunity to tune in to a clear channel between us and God. There are so many things that take our attention every day. Because of this, it can sometimes be hard for us to hear from God. When we fast, we are blocking out stuff so we can tune our ears to the voice of God.

**How do I Fast?** There are several ways that you can fast. For the most part, fasting involves abstaining from food or certain types of foods. You can also fast from specific activities or habits, or from other things that keep you connected to the world. Things like TV, video games, internet, texting, etc.

We understand that you live an active life with school, sports and other things that you must do. Therefore, we want you to be sure to eat the proper foods so you can concentrate and continue to do well. We believe that you can fast from sweets, a lot of fried foods or even use this time to eat more vegetables.

To help you, we are including a fasting option on each day of your devotional so you can participate in the entire 21 day time of prayer and fasting. Feel free to modify the fasting item to whatever will challenge you but also something you can do.

**How should I prepare to fast?** Our fasting will begin on January 9, 2011 and end on January 29, 2011. It is important that you plan ahead of time what type of fast you will participate in and what things you will give up. Choosing your fasting plan is a very personal decision. Pray and ask God to show you what He wants you to do, and then commit to your plan. Do not look at what someone else is doing, make this something that you will do to honor God.

**What should I do while fasting?** Drink lots of water. Pray. Read your Bible. Listen to worship music, music that you can sing to the Lord. Think about your relationship with the Lord. We are giving you this journal to help you record what you do during this very special time.

Remember, fasting is between you and the Lord. When you are fasting, you do not have to tell friends or make a big deal about it. Keep this secret between you and the Lord and God will reward what you do in secret openly before your friends. Remember this is a special time between you and the Lord.

**How do I end the fast?** If you modified the foods that you eat during the fast, when the fast is over DO NOT OVEREAT! Don't go out and eat all types of candy, sweets, sodas. This could really cause you to be sick. Take it easy, take it slow and gradually incorporate things back into your eating.

**There are certain precautions that we must take in order to not harm ourselves. Be sure to talk to your parents regarding your food choices and/or your physician if needed before beginning your fast.**

# 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. It is good to do this first thing in the morning before you begin your day so that you will be able to focus on God first. As you do that, He will help you organize the rest of your day.

When reading your daily devotionals, pray about how you can apply to your life what you are reading. The Word of God is for us to live not just read. If there are things you need to change, change them. If there is an attitude you need to correct, correct it. Do not just read and/or hear the Word but actually do it.

# Day 1

## January 9, 2011

### I Am Not Too Young!

**Fast From: Sugars, Desserts, Candy and Sodas**

*Scripture Reading: 1 Timothy 4:12 NLT, "Don't let anyone think less of you because you are young. Be an example to all believers in what you teach, in the way you live, in your love, your faith, and your purity.*

Do you know that you can have a real relationship with the Lord even at your age? Many people think they have to wait until they are old to really get to know God, well that is simply not true. God, your Father, knows you and desires for you to know Him. How do you get to know Him? Spending time talking to Him and hearing from Him. What is prayer? Communication with God or simply talking to God. Spend time today talking to your Father and read His Word so that you will begin to understand how He feels about you and how important you are to Him. Do not let anyone think less of you because you are young, you can be example to many by just being bold enough to be who you were created to be.

Today is the first day of your 21 day fast, each day you will spend time talking to God (praying) and finding out what He has to say about things (reading the Word). To help you become better familiar with God, get rid of some things that you enjoy doing and replace that with time with the Lord. This is what it means to offer a sacrifice to God.

**Bible Story:** Read the story of Daniel and his friends in Daniel Chapter 1 and then write down what you receive and also how you can take something from the story and apply it to your life.

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 2

## January 10, 2011

Yes Jesus Loves Me

**Fast From: TV, Movies, DVDs and Videos**

*Scripture Reading: John 3:16 NIV, "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."*

Do you know that God loves you? Even if no one has ever told you, the scripture tells us that because God loved us (the world) so much that He gave His only Son to save us. Because of God's love for you, when you accept Jesus as your personal Lord and Savior, ask Him to come into your heart then you will be forever saved. You are a Spirit, you live in a body and you have a soul. Spirits never die so when your life on earth is over and your spirit leaves your body, it will go to forever be with God because Jesus lives in you.

You should always know that God will always love you no matter what you do. He will love you and always be there for you. His love for you is so powerful and bigger than you can ever imagine. Open your heart and receive His love.

**Bible Reading:** Read the following scriptures and write down your thoughts. **Romans 5:5-8; Romans 8:37-39; 1 John 4:16-21**

As I read today's devotional and Bible passages, God spoke to my heart:

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# Day 3

## January 11, 2011

### Have Fruit?

**Fast From: Facebook, Twitter, MySpace, and Computer (except school work)**

*Galatians 5:22-23 NLT, "But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control".*

If you were outside and hungry and someone told you there were apples that you could eat, you would go looking for a tree that had apples on it. The apples on the tree are the fruit that you would be looking for.

When we belong to Christ, there should be evidence in our lives that identifies us as followers of Christ. The Bible says, "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, gentleness, self-control." These traits all should be a part of our daily lives with our family and our friends.

Pray and ask the Holy Spirit to develop the fruit of the Spirit in your life so you can show others that you are truly a follower of Christ.

**Bible Passages: Galatians 5:16-25**

As I read today's devotional and Bible passages, God spoke to my heart:

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# Day 4

## January 12, 2011

### A Precious Gift

#### **Fast From: Texting and Video Games**

***Romans 12:9-10 Holman CSB, "Love must be without hypocrisy. Detest evil; cling to what is good. Show family affection to one another with brotherly love. Outdo one another in showing honor."***

Did you know that your family was a gift to you from God? In life you can choose your friends but God chooses your family for you. God chose the right family for you. He gave you a special gift when He gave you your family to love and receive love. When we receive special gifts, we should take care of them, appreciate them.

God wants you to show the love that you have for Him by loving others especially your family. We should not be ashamed to show love to our family members, we should look for ways to be sure they know how we feel about them.

During this time of prayer and fasting, begin to really thank God for your family. Ask God to give you ways that you can show your family how much you appreciate and love them. Do not take your family for granted, they deserve your very best after all they are a gift.

#### **Bible Reading: Colossians 3:20; Ephesians 6:1-3; Galatians 6:10**

As I read today's devotional and Bible passages, God spoke to my heart:

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# Day 5

## January 13, 2011

### Drawing Closer

**Fast From: Facebook, Twitter, MySpace, Texting**

*James 4:8a NKJV, "Draw near to God, and He will draw near to you."*

During this time of prayer and fasting, you are setting aside specific time to let go of other stuff and focus on getting closer to God. The Bible says that when we draw near to Him, He will draw near to us. It is that easy. God is waiting for you to draw near Him, to come after Him and spend time with Him.

As we go through our daily lives, we have a lot of things to do. Many of these things are important and God wants us to do them. However, He also wants us to put Him first in our lives. If we would put Him first then He will give us strength to do all the other things we have to do and do them well.

Use this time to really grow your relationship with God and spend more time with Him so you can be closer to Him. If you draw near to Him, He will draw near to you.

**Bible Story: Luke 5:1-10**

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 6

## January 14, 2011

### I Need Direction

**Fast From: Texting, Video Games and Computer (except for school)**

*Esther 4:16, "Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!"*

One of the great benefits of fasting is God revealing things to you that you do not know. Esther had a very serious decision to make; she could have been killed if she did the wrong thing. She knew the benefits that would come from prayer and fasting so before she did anything else, she prayed and fasted before the Lord.

You may not have as serious of a decision to make as Esther but you do have decisions that you must make. You can take this time of prayer and fasting to seek God about ways to help you be a better student, child, friend, etc. Also use this time to pray for friends and family who may not know the Lord and ask God for direction on how you can share your relationship with the Lord to encourage them.

Where do you go when you need help? Jesus of course.

**Bible Reading:** Daniel Chapter 2

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 7

## January 15, 2011

Call to God...He Will Answer

**Fast From: Sugars, Desserts, Candy and Sodas**

*Jeremiah 29:12-13, "Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart."*

Many people think talking to God is a spooky, strange thing. Many do not have a relationship with the Lord because they do not feel they can talk to Him or they are spiritual enough to reach Him.

The Bible says that if we call upon Him, pray to Him, He will listen to us. It is just that easy. God desires to know you and to talk to you even as a child. He wants you to share with Him what's going on with you, what you're feeling, what you are thinking. Make time today to begin to develop your relationship with God just by talking to Him. Prayer is nothing more than communication (talking) to God and Him talking to you.

Take advantage of having a God who delights to spend time with you and love you. Call out to Him and He will answer.

**Bible Reading:** 1 Samuel 3:1-14

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 8

## January 16, 2011

### Power in Prayer

**Fast From: Texting, Video Games, Movies, Computer except school work**

***1 John 5:14-15 NIV, "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us whatever we ask we know that we have what we asked of him".***

Remember prayer is simply talking to God; it is two way communication between you and God. There may be situations that come up in your life that you don't know what to do or how to handle it well there is someone you can go to for help.

There is power in prayer. When we pray, we access the power of an Almighty God. He knows all, He knows the past, present and the future. He can give us help with things we don't know or things that make us afraid or when we are in trouble. The Bible tells us that we should have confidence when we approach God knowing that when we ask Him for something that lines up with His Word then He will hear us and give us what we ask for. Need Help? Ask the Father.

**Bible Story: 2 Chronicles 20:1-18**

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 9

## January 17, 2011

A Model for Prayer

**Fast From: Television, Movies, DVDs and Movies**

***Matthew 6:9-13, "In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, As we forgive our debtors. And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen."***

During this fast, we have talked quite a bit about praying. Did you know that Jesus taught His disciples how to pray? This is often called the Lord's prayer. Jesus was giving them an example of how to pray not necessarily telling them to say exactly what He said. Why? Because prayer is personal and private. Just as no one can tell you what words to use with your natural parents. Some children call their natural father, "dad" others "daddy" and still others "pops". The name they use for their parent lines up with their relationship. God wants you to honor Him, love Him but still communicate with Him in a natural way, whatever is natural for you. Begin to spend time developing your prayer life so you are comfortable talking to your Heavenly Father.

**Bible Passage:** 2 Kings 20:1-6

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 10

## January 18, 2011

Let's Praise God

**Fast From: Sugars, Desserts, Candy and Sodas**

***Psalm 150: 1-6 NLT, "Praise the LORD! Praise God in his heavenly dwelling; praise him in his mighty heaven! Praise him for his mighty works; praise his unequalled greatness! Praise him with a blast of the trumpet; praise him with the lyre and harp! Praise him with the tambourine and dancing; praise him with stringed instruments and flutes! Praise him with a clash of cymbals; praise him with loud clanging cymbals. Let everything that lives sing praises to the LORD! Praise the LORD!"***

The Bible says that everything that lives should sing praises to the Lord. There are many ways we can praise God, we can use instruments, we can dance, we can sing. God wants us to praise Him. What do we praise Him for? All the great things He has done for us. We praise Him for His protection. We praise Him for our families. We praise Him for our health. There are so many things to praise Him for.

When we praise, we celebrate God in a loud way, in an expressive way. Do you like to dance? Dance as a praise to God. Do you like to sing? Sing praises to God. Do you play an instrument? Play it as a praise to the Lord. Take some time today to praise God in a big way. Find a praise song that you enjoy and blast it giving praises to the Lord.

**Bible Reading:** Joshua 6:1-20

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 11

## January 19, 2011

### Worship is Important

**Fast From: Texting, Video Games, Movies, Computer except school work**

***Psalm 29:2 NKJV, "Give unto the Lord the glory due to His name; Worship the Lord in the beauty of holiness"***

On yesterday we looked at praise. Today we are going to look at what it means to worship the Lord. We praise God for what He has done; we worship Him for who He is. We worship Him because He is an awesome God who loves us and cares for us. Worship is not about a song but about a position of the heart. When we have a heart of worship, we offer up thanksgiving and love to God. When we worship God, we place emphasis on who He is and His greatness.

Worship is about you sharing with the Lord in your own words what He means to you and how you feel about Him. It is about living a life that will honor the Lord and bring Glory to His name.

Spend some time today and worship the Lord. Even though worship is not limited to a song, we can use worship songs to express our heart and love for God. Find a special song today and sing it unto the Lord from your heart and worship Him.

**Bible Story:** Matthew 15:22-28

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 12

## January 20, 2011

### Be Thankful or Complain

**Fast From: Texting, Video Games, Movies, Computer except school work**

***Philippians 4:11 NLT, "Not that I was ever in need, for I have learned how to get along happily whether I have much or little.***

You may think that if you had a different family or a different house or were rich and famous that you would be happy. Many people spend their whole lives miserable because they are looking for other things. In this passage of scripture, Paul declares that he has learned how to be happy with what he has. This is a lesson we should all learn.

We can learn to be thankful or spend our time complaining. God rewards us when we are content and thankful. When we complain, we are telling God what He has given us is not good and we would prefer something else. How could we who are imperfect tell a God who is perfect that what He has given us is not good enough?

The next time you begin to think about complaining, take a moment to appreciate what you have and declare that you will be thankful. When you are thankful for what you have and delight yourself in the Lord, He will bless you with the desires of your heart.

**Bible Passages:** 1 Thessalonians 5:18; Psalm 34:1; Psalm 37:4

As I read today's devotional and Bible passages, God spoke to my heart:

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# Day 13

## January 21, 2011

### Be Cool

**Fast From: Fast Sugars, Desserts, Candy and Soda**

***James 1:19 NLT, "My dear brothers and sisters, be quick to listen, slow to speak, and slow to get angry."***

The Bible tells us that we should be quick to listen, slow to speak and slow to get angry in other words, be cool! We realize there are times when you will become frustrated, upset or irritated. There may be a temptation for you to respond in an unkind manner or say something to hurt others.

The Bible says before you respond – be quick to listen. What does this mean? Listen to the Holy Spirit, ask Him how you should respond. Be slow to speak. What does this mean? Before you say anything, listen to the Holy Spirit and speak what He tells you. If you do these two things then you will be slow to get angry.

Be gentle with your words and your actions especially to those you love. It is always better to speak kind and be cool rather than say wrong things and blow your top.

**Bible Reading:** Ephesians 4:15; Ephesians 4:29; Proverbs 18:21

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 14

## January 22, 2011

### Be Pure

**Fast From: Texting, Video Games, Movies, Computer except school work**

***1 Timothy 4:12 NLT, "Don't let anyone think less of you because you are young. Be an example to all believers in what you teach, in the way you live, in your love, your faith, and your purity.***

Do you know what it means to be pure? It means to be free from contaminants. When you invited Jesus into your heart and became born again, you were made new/pure. It is up to us to do everything we can to keep ourselves that way. How? By monitoring what we read, what we see, what we do, the people we hang out with. Our associations and actions can bring contaminants into our lives.

Just because everyone does it doesn't make it right. You want to remain clean so do not expose yourself to "dirty" things. "Dirty" things are things that go against the Word of God. You have spent many days in prayer and fasting cleansing your mind and body so that you can be closer to God. Be careful to guard your hard work by not allowing "dirty" things to enter back in. Be careful of the music you listen to, be careful of the television programs you watch, be careful of the Facebook posts you read, be careful of the text messages you send.

Do not contaminate yourself, be pure.

**Bible Reading:** 1 Corinthians 15:33; Matthew 7:17-18

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 15

## January 23, 2011

### Faith Pleases God

**Fast From: Sugars, Desserts, Candy, Sodas, TV, Movies, DVDs, Computer (except school work)**

***Hebrews 11:6 NLT, "So, you see, it is impossible to please God without faith. Anyone who wants to come to him must believe that there is a God and that he rewards those who sincerely seek him"***

Do you want to please the Lord? Well if you do not have faith you will not please Him. In order to please God, we must believe Him and His Word. Many people believe after they see, this is not faith; this is sight. To believe God because you read it in His Word before you see anything or feel anything is faith. For example, you may have never known that someone loved you. You read John 3:16 and find out that God loved the world (you are a part of the world) so that means He loves you. Now whether or not you feel love should not be the case. Because the Word says it, you believe it and receive it – that's faith.

Throughout this fast, you have been reading your Bible, reading many things that God has to say. Have you applied them to your life? Have you put them in your heart? The choice is up to you. You can walk by faith or walk by sight. Why not make a decision to walk by faith? This pleases God.

**Bible Reading:** John 3:16; Hebrews Chapter 11

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 16

## January 24, 2011

### Beware of Lions

**Fast From: Sugars, Desserts, Candy, Sodas, TV, Movies, DVDs, Computer (except school work)**

***1 Peter 5:8 NIV, "Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour."***

We have all seen the sign "Beware of Dog". This is a warning from someone who is familiar with the potential harm that this dog may do. Peter gives a warning for us to beware of lions. The lion example is used to let us know that the devil prowls around looking for someone to eat. Lions stalk their prey; they hide in the bushes to catch the prey off guard. Lions also like to separate the young, old, sick prey away from the strong herd.

When you are tempted to act contrary to God's Word, disobey your parents or hang with the wrong crowd, it is a trick by the devil to devour you. Authority protects, when we are not under authority, we are not protected. Ignore the trap the enemy is throwing to trick you into going against God's Word so you can be devoured.

BEWARE OF LIONS and stay submitted to God's Word and His Will.

**Bible Story:** Acts 19:13-16

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 17

## January 25, 2011

### Do The Right Thing

**Fast From: Sugars, Desserts, Candy, Sodas, TV, Movies, DVDs, Computer (except school work)**

***1 Peter 1:14-15 Holman CSB, "As obedient children, do not be conformed to the desires of your former ignorance but, as the One who called you is holy, you also are to be holy in all your conduct."***

Doing the right thing is not always the right thing but it is always the best thing. Every choice has a built in consequence. We can make the choice but we cannot choose the consequence.

The Word of God is our roadmap for success. When we do what the Word of God says then we will have good success. When we disobey the Word of God it oftentimes leads to big trouble.

You have made a good choice these past 17 days. You have spent time every day reading God's Word, praying to Him and honoring Him by fasting. You will experience good success as a result of this choice. Continue to do the right thing – it will add to your life!

**Bible Reading:** Deuteronomy Chapter 28

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 18

## January 26, 2011

### Return to Jesus

**Fast From: Texting, Facebook, Twitter, MySpace, TV, Movies, DVDs, Computer (except school work)**

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

Do you know that God is calling you to return to Him with all of your 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.

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.

**Bible Reading:** Matthew 6:33; Psalm 91

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 19

## January 27, 2011

### Spiritual Strength

**Fasting Item: Sugars, Desserts, Sodas, Candy, TV, Movies, Video Games, Computers (except school work)**

***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.

**Bible Reading:** Psalm 121:1-8

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 20

## January 28, 2011

### Lining Up with Heaven

**Fasting Item: Sugars, Desserts, Sodas, Candy, TV, Movies, Video Games, Computers, Texting, Facebook, Twitter, MySpace**

***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.

**Bible Reading:** Matthew Chapter 6

As I read today's devotional and Bible story, God spoke to my heart:

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# Day 21

## January 29, 2011

### What's Next?

***Fasting Item: Do the Daniel Fast today (only fruits and vegetables). You can also drink smoothies and protein shakes.***

***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. Record your thoughts:

**My Thoughts on the 21 Day Fast:**

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