

## TYPES OF FASTING

### COMPLETE FAST

*This fast calls for drinking only liquids, typically water with light juices as an option. You can choose to do this for a single day or two each week or multiple days together.*

### SELECTIVE FAST

*This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, or bread from your diet and consume water and juice for fluids and fruits and vegetables for food. You may also consider substituting regular meals with a protein shake.*

### PARTIAL FAST

*This fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown. This may also be choosing to skip one meal a day to designate extra time to prayer and reading your Bible.*

### SOUL FAST

*This fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. Someone might select to abstain from using social media or watching television for the duration of the fast.*

## ITEMS TO CONSIDER FASTING

1. Specific Kinds or Types of Foods or Liquids
2. Financially: No Shopping, Eating Out, Starbucks
3. Snacks, Treats, Candy, Sugar, Chocolate, or Soft Drinks
4. Individual Meals; i.e. Fasting Lunch Every Day
5. Alcohol, Coffee, Caffeine, Energy Drinks, or Other Stimulants
6. Facebook, Twitter, Instagram, Snapchat, or Other Social Media
7. Television, Gaming, Various Electronics, or Internet Usage
8. A Hobby
9. Various Kinds or Types of Music
10. A Habit or Addiction
11. Going to Movies, Watching the News, TV Shows
12. Surfing the Internet
13. Certain Friendships

# 21 DAYS OF PRAYER & FASTING

## BREAKTHROUGH 2019

A significant or sudden advance, development, achievement, or increase that removes a barrier to progress.

### King David

**1 Chronicles 14:8-11**

- Never FIGHT A BATTLE without asking God first.
- I claim breakthrough in my \_\_\_\_\_

### King Jehoshaphat

**2 Chronicles 20:3-4** Jehoshaphat was terrified by this news and begged the Lord for guidance. He also ordered everyone in Judah to begin fasting. <sup>4</sup> So people from all the towns of Judah came to Jerusalem to seek the Lord's help.

- Fasting is setting aside the things of this world to make more ROOM to pursue God.
- Fasting doesn't change God, it's about CHANGING us.
- Fasting is saying, "LESS of me and MORE of you God!"

## FIVE THINGS JEHOSHAPHAT DID FOR A BREAKTHROUGH

1. He chose to focus on God and not the problems.
2. He made a choice to seek God and His wisdom.
3. He fasted.
4. He prayed.
5. He worshipped BEFORE the circumstances changed.

**2 Chronicles 20:22**

**2 Chronicles 20:25b-26**

## FIVE HABITS FOR A BREAKTHROUGH

**Philippians 4:6-9** Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. <sup>7</sup> Then you will experience

God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

<sup>8</sup>And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. <sup>9</sup>Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

1. Don't WORRY about anything.

**Matthew 6:34** (Jesus Said) "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

- Worry is focusing on my FEARS instead of on God.

**Romans 8:6** So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

- How do I switch my focus? By FASTING and praying.



**Daniel 9:3** I turned to the Lord and pleaded with Him in prayer and fasting.

**Ezra 8:23** We fasted and earnestly prayed that our God would take care of us, and He heard our prayer.

**Joel 1:14** Announce a time of fasting; call the people together for a solemn meeting.

2. PRAY about everything.

- If it's worth worrying about, it's worth PRAYING about!

	
<b>LEFT: WHO</b> to pray for	<b>RIGHT: WHAT</b> to pray for
Thumb:	Thumb:
Index: Teachers & Leaders	Index: Priorities & Schedule
Tallest:	Tallest:
Ring: Sick, Poor, Young, & Elderly	Ring: Relationships
Small:	Small: Material Blessings

**Psalms 88:9b GNT** Lord, every day I call to you and lift my hands to you in prayer.

**Matthew 6:6 MSG** "Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace."

3. THANK GOD in all things.

**Philippians 4:6c** . . . Tell God what you need, and thank him for all he has done.

**2 Chronicles 20:21-22** After consulting the people, the king appointed singers to walk ahead of the army, singing to the Lord and praising him for his holy splendor. This is what they sang: "Give thanks to the Lord; his faithful love endures forever!" <sup>22</sup>At the very moment they began to sing and give praise, the Lord caused the armies of Ammon, Moab, and Mount Seir to start fighting among themselves.

**1 Thessalonians 5:18** Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

4. Stay focused on TRUE things.

**Philippians 4:8** And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

5. Daily PRACTICE everything you've learned.

**Philippians 4:9** Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

**Philippians 4:7** Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

**Job 11:13-19** "If only you would prepare your heart and lift up your hands in prayer! <sup>14</sup>Get rid of your sins (FAST & CUT OFF THE FLESH), and leave all iniquity behind you. <sup>15</sup>Then your face will brighten with innocence. You will be strong and free of fear.

<sup>16</sup>You will forget your misery; it will be like water flowing away. <sup>17</sup>Your life will be brighter than the noonday. Even darkness will be as bright as morning. <sup>18</sup>Having hope will give you courage. You will be protected and will rest in safety. <sup>19</sup>You will lie down unafraid, and many will look to you for help.

\*All verses are NLT unless otherwise noted.