

21 Days of Prayer and Fasting

January 15 - February 4, 2017

GUIDELINES TO PRAYER AND FASTING

CONSIDERATIONS TO BE KEPT IN VIEW.

Do not fast if there are medical reasons which prohibit it. Check with your doctor first if there is any question.

Some whose regimen cannot seem to tolerate a total fast (no food, only water) find that drinking fruit juice helps them remain in the “spirit of the fast.”

Those who, for any reason, are unable to go without food at all, often find the “spirit of the fast” is sustained by maintaining regular times of prayer beyond their usual pattern of devotion or intercession.

People whose work is of such a heavy energy expenditure, that a total fast is outside reason, often find that measuring back on their food intake as an offering becomes a contemporary example of Daniel’s “partial fast.” (Daniel 10:3)

CHOOSE YOUR PLAN AND TAKE ACTION.

Plan 1: Fast completely for 21 days, drinking only water.

Plan 2: Fast completely for seven days drinking only water. After that, drink juices for a few days, then eat only fruits and vegetables for the remaining days. (A “Daniel Fast”)

Plan 3: Fast completely for three days, drinking only water. After that, drink juices for a few days, then eat only fruits and vegetables for the remaining days. (A “Daniel Fast”)

Plan 4: Fast a designated number of days per week.

Plan 5: Skip one or two meals on designated days each week.

Plan 6: Go on a “Daniel Fast” for as many days as God directs. Consume only water, juices, vegetables, and fruit. If necessary, designate one day a week as your “meat” day.

Plan 7: Develop your own plan with God for fasting as it fits your schedule and lifestyle.

Remember...

Be sure to drink plenty of water while fasting.

Practical wisdom recommends that a fast be concluded with a light meal to assist the body in resuming digestive duties.

Fasting is not a legalistic practice, but a “spiritually rejuvenating” and “power unleashing” practice.

OTHER GUIDELINES.

1. Have special times of prayer, praise, and intercession, using regular meal times for these “prayer breaks.”
2. Find occasion to agree in prayer. Seek out brothers and sisters who will pray with you. Even phone or email contact can be dynamic.
3. Take added time in the Word of God.
4. Consider spending less time as a media consumer (TV, radio, iPod, twitter, surfing the internet, gaming, Facebook) during these special days.
5. Remember: *We are not fasting to get God’s attention; we are fasting in order to give our focused attention to God and, in doing so, to bear from Him without hindrance or distraction.*

SCA PRAYER FOCUS

GENERAL PURPOSE OF THE FAST.

1. There must be a reversal in the current condition of Christian discipleship in the U.S.
2. Local pastors and churches need fresh insight and boldness in sharing Christ with the community.
3. We must receive Holy Spirit revelation so that we can **understand** our times and know what we must do.
4. SCA needs the power of God to fulfill His purposes in Centre County.

SPECIFIC AREAS OF PRAYER.

1. A compulsion to pray.
2. A broken and repentant heart over our sin.
3. The revelation and removal of anything that would hinder the move and operation of the Holy Spirit... in the lives of individuals and the corporate life of the church.
4. A fresh anointing on the pastors and leaders of SCA.
5. Protection for our families from Satan’s attack.
6. A passion to reach lost, broken, and hurting people with the message and love of Jesus.
7. Renewed vigor and passion in those who serve in ministries at SCA.
8. An increase in trained volunteers and workers at SCA.
9. The fanning of the Holy Spirit’s fire in the lives of our students.
10. Holy Spirit revelation regarding the steps of faith SCA is to take in 2017... followed by supernatural courage to take those steps.
11. Increased Kingdom influence in State College and surrounding communities.
12. Direction regarding future overseas and stateside missions endeavors.
13. A coming together of the Body of Christ in Centre County.
14. Revival in America.

21 Days of Prayer and Fasting

January 15 - February 4, 2017

GUIDELINES TO PRAYER AND FASTING

CONSIDERATIONS TO BE KEPT IN VIEW.

Do not fast if there are medical reasons which prohibit it. Check with your doctor first if there is any question.

Some whose regimen cannot seem to tolerate a total fast (no food, only water) find that drinking fruit juice helps them remain in the “spirit of the fast.”

Those who, for any reason, are unable to go without food at all, often find the “spirit of the fast” is sustained by maintaining regular times of prayer beyond their usual pattern of devotion or intercession.

People whose work is of such a heavy energy expenditure, that a total fast is outside reason, often find that measuring back on their food intake as an offering becomes a contemporary example of Daniel’s “partial fast.” (Daniel 10:3)

CHOOSE YOUR PLAN AND TAKE ACTION.

Plan 1: Fast completely for 21 days, drinking only water.

Plan 2: Fast completely for seven days drinking only water. After that, drink juices for a few days, then eat only fruits and vegetables for the remaining days. (A “Daniel Fast”)

Plan 3: Fast completely for three days, drinking only water. After that, drink juices for a few days, then eat only fruits and vegetables for the remaining days. (A “Daniel Fast”)

Plan 4: Fast a designated number of days per week.

Plan 5: Skip one or two meals on designated days each week.

Plan 6: Go on a “Daniel Fast” for as many days as God directs. Consume only water, juices, vegetables, and fruit. If necessary, designate one day a week as your “meat” day.

Plan 7: Develop your own plan with God for fasting as it fits your schedule and lifestyle.

Remember...

Be sure to drink plenty of water while fasting.

Practical wisdom recommends that a fast be concluded with a light meal to assist the body in resuming digestive duties.

Fasting is not a legalistic practice, but a “spiritually rejuvenating” and “power unleashing” practice.

OTHER GUIDELINES.

1. Have special times of prayer, praise, and intercession, using regular meal times for these “prayer breaks.”
2. Find occasion to agree in prayer. Seek out brothers and sisters who will pray with you. Even phone or email contact can be dynamic.
3. Take added time in the Word of God.
4. Consider spending less time as a media consumer (TV, radio, iPod, twitter, surfing the internet, gaming, Facebook) during these special days.
5. Remember: *We are not fasting to get God’s attention; we are fasting in order to give our focused attention to God and, in doing so, to bear from Him without hindrance or distraction.*

SCA PRAYER FOCUS

GENERAL PURPOSE OF THE FAST.

1. There must be a reversal in the current condition of Christian discipleship in the U.S.
2. Local pastors and churches need fresh insight and boldness in sharing Christ with the community.
3. We must receive Holy Spirit revelation so that we can **understand** our times and know what we must do.
4. SCA needs the power of God to fulfill His purposes in Centre County.

SPECIFIC AREAS OF PRAYER.

1. A compulsion to pray.
2. A broken and repentant heart over our sin.
3. The revelation and removal of anything that would hinder the move and operation of the Holy Spirit... in the lives of individuals and the corporate life of the church.
4. A fresh anointing on the pastors and leaders of SCA.
5. Protection for our families from Satan’s attack.
6. A passion to reach lost, broken, and hurting people with the message and love of Jesus.
7. Renewed vigor and passion in those who serve in ministries at SCA.
8. An increase in trained volunteers and workers at SCA.
9. The fanning of the Holy Spirit’s fire in the lives of our students.
10. Holy Spirit revelation regarding the steps of faith SCA is to take in 2017... followed by supernatural courage to take those steps.
11. Increased Kingdom influence in State College and surrounding communities.
12. Direction regarding future overseas and stateside missions endeavors.
13. A coming together of the Body of Christ in Centre County.
14. Revival in America.