



Covenant Life Cathedral

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January 7, 2024

Greetings CLC Family & Friends,

CLC's 2024 21-Day Corporate Fast January 8-28, 2024. Our theme for 2024 will be "In search of Covenant People 2024!"

Fasting is mentioned throughout the Bible along with giving and praying as an important part of the Christian life. Here, at CLC, we make vow to give God the first month of the year as a time to seek Him in fasting and prayer as a Church Family - This is called a "**Corporate Fast!**" Fasting is denying our "**flesh.**" Biblical fasting is refraining from food for a spiritual purpose. We abstain from food, television and other forms of entertainment during this time and spend that time drawing closer to God instead. What makes this time of fasting rich is by using the time to pray, read the Bible and worship God. Simply said – if fasting is not coupled with prayer and Bible reading, it's simply a **diet!!!**

When we give God our first through fasting, prayer and giving at the beginning of the year, we set the course for the entire year that follows. Whatever you choose to fast, I invite you to commit to be in His presence, feast on His Word (the Bible) and worship Him daily, pushing everything else aside, so that you will know Him and carry His presence into any circumstance. During this time of prayer and fasting, trust that God is waiting for each of us with promises abundantly above and beyond what we could ask or imagine. Biblical fasting is a spiritual discipline for breakthrough and requires strength - strength which we can only receive from God.



CLC's 2024 21-Day Corporate Fast is for a period of three (3) weeks and the directives from are different for this year's Fast as outlined below:

- **WEEK 1 - January 8-14, 2024. [We will pray and fast for CLC corporately and for ourselves individually]**
- **WEEK 2 - January 15 - 21, 2024. [This week, we will pray for all of the items we prayed and fasted about during Week 1].**
- **WEEK 3 - January 22 - 28, 2024. [This final week of this year's Fast, everyone is asked to increase (add to your individual Prayer & Fasting on behalf of CLC and yourselves as you are led by God)]. We will climax this year's Corporate Fast with a Celebratory/Communion Service on Sunday, January 28th.**

I believe that the fast will truly change the lives of those who choose to go down this journey with us. This is not for the faint of heart, but for those who are truly seeking all that God has in store for them. Fasting is a sacrifice and a discipline, both of which are keys to success in any area of life.

I am asking you to make some sacrifices for the next 21 days, as we thirst and hunger for righteousness. If you want something that you have never had, be willing to do something that you have never done. You've done it your way long enough, try Jesus!

Fasting requires reasonable precautions. Please consult your physician prior to beginning your fast, especially if you have any health concerns, you are taking any medication, have a chronic condition, or are pregnant or nursing.

I look forward to seeing where God will take us. Now, let us begin this journey of Prayer, Fasting & Personal Devotion together. I remind you that we can also gain much strength from the corporate body in fellowship ... Sunday School Classes, @ 9:30 AM Sunday Mornings; Sunday Morning Worship & the Word Services each Sunday Morning @ 11:00 AM; Tuesday Night Bible Study each Tuesday @ 6:30 PM and Thursday Night Unity Prayer (Thursday Nights @ 6:30 PM).

In Christ,



Rev. Dr. Robert "Bob" W. Hunnicutt
Pastor, Covenant Life Cathedral

RWH:mwb



Corporate Prayer

***Thank You, LORD, for bringing us safely through 2023.
We declare that Your grace and favor will follow us into
2024 as we expect:***

**A Release of God's Holy Spirit
A Release of Revival
A Release of God's Anointing
A Release of Greater Glory
A Release of Impartation
A Release of a New Sound from Heaven
A Release from Spiritual Bondage
A Release from Addiction
A Release of Finances
A Release from Debt
A Release from Bad Relationships
A Release from the hold of Evil Spirits
A Release from Burdens
A Release from Sorrow
A Release from Mourning
A Release from Pain
A Release of Healing
A Release of Deliverance
A Release from Oppression
A Release from Barrenness
A Release from Poverty
A SIGNIFICANT INCREASE IN COVENANT PEOPLE!**

COVENANT LIFE CATHEDRAL

Preparing For 21-Day Corporate Fast
Personal Prayer & Fasting Contract

(This Contract is to be made between you & God)

January 8 thru January 28, 2024

Affirmation: I believe in the power of God to revive individuals and people (Psalm 85:6)
I believe God will pour Himself out on His people (Acts 2:17) and send times of refreshing from His presence (Acts 3:19). I believe when people humble themselves, pray, seek God’s renewal and turn from their wicked ways, God will respond (2 Chronicles 7:14). Therefore, I will fast and pray for revival (1). In my Personal Life; (2). In my Ministry or other area(s) that God reveals; and (3). In Covenant Life Cathedral.

Vow: God being my strength, and grace being my basis, I commit myself to this 21-Day Corporate Fast for God’s Glory.

Thanks Fast: What I will withhold. _____

Beginning: Date and time I will start _____

Corporate Fast Begins: Monday, January 8, 2024

End: Date and time I will stop _____

Corporate Fast Ends: Sunday, January 28, 2024

Purpose: I am Fasting to _____

Bible Promise: “If my people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sin and heal their land.” (2 Chronicles 7:14)

Resources Needed: _____

Prayer Partners: _____

Steps After Fast: _____

Printed Name: _____

Signed: _____ Date: _____

9 TYPES OF FAST IN THE BIBLE

Corporate Fasting: 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37. Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). What is your greatest need today? Do you need wisdom, power, healing, or protection? The Bible tells of men and women with the same struggles that we face today. They sought God's face through prayer and fasting for the different seasons of their lives . . . and so can we.

Isaiah 58:6-8 lists nine results we can expect from genuine fasting. To better illustrate these nine, I have given nine kinds of fasts the names of biblical characters, each of whose life personified the results of each fast. I do not suggest that these nine fasts represent the only types available to believers. Nor do I want to suggest that only one type of fast exists for a particular problem. These nine fasts provide models to use and apply to your particular needs and desires as you seek to grow closer to God.

1. The Disciples' Fast

Purpose: To free ourselves and others from addictions to sin.

Key Verse: ". . . This kind goeth not out but by prayer and fasting" (Matthew 17:21, KJV).

Background: Jesus cast out a demon from a boy whom the disciples had failed to help. Apparently, they had not taken seriously enough the way Satan had his claws set in the youth. Jesus implied that His disciples could have performed this exorcism had they been willing to undergo the discipline of fasting.

A "besetting sin" (Hebrews 12:1) does not describe your average sin of neglect or momentary lapse. This is not the sin of rebellion, where God says, "Thou shalt not," and you say, "I will," in his face. A besetting sin means habitual sinful behavior that victimizes you. It makes you a slave and takes away your will.

Thanks to the Disciples' Fast, God broke this man's addiction and he entered freedom in Christ.



2. The Ezra Fast

Purpose: To invite the Holy Spirit's aid to solve problems and overcome barriers that keep us from walking joyfully with the Lord.

Key Verse: "So we fasted and entreated our God for this, and he answered our prayer" (Ezra 8:23, NKJV).

Background: Ezra the priest was charged with leading the children of Israel from Babylon back to rebuild the city of Jerusalem. Despite the king's permission, Israel's enemies opposed them. Burdened with embarrassment about having to ask the Persian king for an army to protect them, Ezra fasted and prayed for an answer to his problem.

The Ezra Fast applies to those difficult problems that won't go away. It's for the problems that we've tried to fix by prayer, but prayer was not enough.

3. The Samuel Fast

Purpose: To revive God's people and help them in evangelism outreach.

Key Verse: "So they gathered together at Mizpah, drew water, and poured it out before the LORD. And they fasted that day, and said there, 'We have sinned against the LORD'" (I Samuel 7:6a, NKJV).

Background: Samuel led God's people in a fast because they were oppressed by the Philistines. As a result of their fast, God sent revival to Israel and helped them overcome their captors.

The Samuel Fast for evangelism and revival has been applied throughout church history. In the early 1700s New England Pastor Jonathan Edwards preached his famous "Sinners in the Hands of an Angry God" sermon, which most believe began the First Great Awakening that shook America and England. Before preaching that sermon, Edwards spent twenty-four hours in an absolute fast.

The Great Prayer Revival of 1859 grew out of a spiritual discipline similar to that described in First Samuel. Throughout the Northeastern United States, working people gave up their lunch hour to go to the nearest church building and pray. They went without food to give themselves over to prayer. God visited the United States with a sweeping revival.

4. The Elijah Fast

Purpose: To conquer habits and other emotional problems that control our lives.

Key Verse: "He himself went a day's journey into the wilderness . . . He arose and ate and drank; and he went in the strength of that food forty days and forty nights" (1 Kings 19:4, 8, NKJV).

Background: Elijah struggled with negative emotions. He fled when Queen Jezebel threatened to kill him, and he went without food for forty days in his search for answers from God. After this self-imposed deprivation, an angel of God ministered to Elijah in the wilderness and sent him back into service. The Elijah Fast is designed to break fear and bad emotional habits. A young man at a church altar stated that he couldn't stop cursing and that this bad habit was rooted in his subconscious.

5. The Widow's Fast

Purpose: To care for the basic needs of others.

Key Verse: "The jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the LORD spoken by Elijah" (1 Kings 17:16, NIV).


Background: God sent the prophet Elijah to a poor, starving widow. Ironically, the widow went without to provide food to Elijah. Today, many people do without food so we can give the money we save by not eating to humanitarian purposes.

6. The St. Paul Fast

Purpose: To gain clearer perspective and insight as we make crucial decisions.

Key Verse: "And he [Saul] was three days without sight, and neither ate nor drank" (Acts 9:9, NKJV).

Background: Saul of Tarsus, later known as Paul after his conversion to Christ, was struck blind by the Lord while persecuting Christians. He not only was without literal sight, but he had no clue about what direction his life should take. After going without food and praying three days, Paul gained both physical sight and spiritual insight for the future.



If we follow the St. Paul Fast, we focus on God's will instead of our own when we face major decisions. God then brings us clearer perspective and the insight we need.

7. The Daniel Fast

Purpose: For physical health and healing.

Key Verse: ". . . Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank" (Dan. 1:8a, KJV).

Background: Daniel and his three fellow Hebrew captives ate only vegetables for ten days, keeping themselves from pagan foods. They became more healthy than others in the king's court.

8. The John the Baptist Fast

Purpose: For your testimony and influence.

Key Verse: "For he shall be great in the sight of the Lord, and shall drink neither wine nor strong drink" (Luke 1:15a, KJV).

Background: John the Baptist took the "Nazarite" vow that required him to "fast" from wine and strong drink. His special diet, as part of John's purposefully chosen lifestyle, set him apart as a special testimony for the cause of Christ.

9. The Esther Fast

Purpose: That "the glory of the Lord" will protect us from the Evil One.

Key Verses: "... Fast for me.... My maids and I will fast . . . and so I will go to the king . . . [and] she found favor in his sight" (Esther 4:16, 5:2, NKJV).

Background: Queen Esther, a Jewess in a pagan court, risked her life to save her people from threatened destruction. Prior to appearing before the king to petition him to save the Jews, Esther, her attendants, and her uncle Mordecai, fasted to appeal to God for His protection.



Day 1: Let it Rain

As we begin 21 days of prayer and fasting, there are specific things we are seeking the Lord for on behalf of Covenant Life Cathedral corporately. Certainly, you also have things you are asking the Lord to do in your life and/or in your family through this time of fasting, which is good and appropriate because God loves to pour out His blessing on our lives. In Ezekiel 34:26 God says, **“I will bless My people and their homes around My holy hill. And in the proper season I will send the showers they need. There will be showers of blessing”.**

This is an amazing promise in Scripture but notice that showers of blessing are connected to proximity to God’s presence. God said, **“I will bless My people and their homes around My holy hill” (Ezekiel 34:26a)**. The imagery of those who have set up their homes around His holy hill is a metaphor for people who have positioned their lives around His presence. It’s not the person who is just visiting the house of God, but the person who is living close to the presence of God, that He chooses to rain down showers of blessing. He is a God who loves to answer prayer and bless His people. But the first and most important blessing He desires to give us is to be with us. When we are closest to Him, we find all we need.

Fasting has a way of orienting our lives around the things of God. As we minimize our physical appetites and increase our spiritual hunger, God will rain down His presence, His power, and His blessing.

During this fast, the most important thing we can ask for is to know Him in a deeper and greater way. Our prayer is that during this fast, God will rain down His presence, His power, and His blessings in your life. Lord, let it rain!

Scripture: **Ezekiel 34:26** – “And I will make them and the places all around My hill a blessing, and I will send down the showers in their season; they shall be showers of blessing.”



Day 2: Beginning with Gratitude

As we start the 21 days of prayer and fasting, it is important to begin with gratitude. Gratitude is simply the art of being thankful with the readiness to show appreciation to God. Psalm 100:4 says, "Enter His gates with thanksgiving and His courts with praise! Give thanks to Him; bless His name!" Something powerful happens when you pray and fast with gratitude at the forefront. Expectancy begins to increase as you reflect on what God has done in your life, knowing that He has provided in the past and will do it again.

Psalm 77:11 says, "I will remember the deeds of the Lord; yes, I will remember your miracles of long ago." Take a few moments to reflect on a time when you were praying for a specific miracle in the past. Perhaps you were praying for a job opportunity or a financial breakthrough, and God answered those prayers supernaturally. Practice what the psalmist says in **Psalm 143:5**, "I meditate on all Your works and consider what Your hands have done."

Beginning with gratitude leads you to remember what God has done. Know that He is faithful, and He loves you! **Psalm 107:1** declares, "Give thanks to the LORD, for He is good! His faithful love endures forever!" Gratitude is not just a feeling but a state of mind, so continually remind yourself of what God has already done and continue to bring thankfulness and praise before God. As you spend time in prayer today, begin with gratitude and thanksgiving. Write down five things you are thanking God for, and use this list to build your faith concerning what you are believing God to do during this fast.

Scriptures:

Psalm 100:4 (NIV) – "Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name."

Psalm 107:1 (NIV) – "Give thanks to the Lord, for He is good; His love endures forever."

Psalm 143:5 (NIV) – "I remember the days of long ago; I meditate on all your works and consider what your hands have done."

Psalm 77:11 (NIV) – "I will remember the deeds of the Lord; yes, I will remember Your miracles of long ago."

Day 3: Preparing for a Miracle

One of the most captivating miracles in the Old Testament is found in 1 Kings 18. A physical drought has ravaged the land due to the ongoing disobedience of God's people. It's in the third year of the devastating drought that Elijah gets a word from the Lord – a miracle is coming. Elijah understands something critically important about the word he received: if he's going to see the miracle happen, he will need to prepare.

Elijah gathers all of Israel, including hundreds of prophets of Baal at Mount Carmel and in **1 Kings 18:20-35**, Elijah leads them in preparation for a miracle:

Vs 23, "I will prepare the other bull and lay it on the wood on the altar..."

Vs 25, "Choose one of the bulls, and prepare it and call on the name of your god."

Vs 26, "So they prepared one of the bulls and placed it on the altar."


The prophets of Baal spend all day calling on their god to send fire to burn the offering, but nothing happens.

Next, Elijah prepares for a miracle. He repairs the altar, places the wood and the sacrifice, and even has a trench built to surround it. During a drought when water was scarce, Elijah has four large containers of water poured over the altar three separate times, drenching the sacrifice, and filling the trench.

The drenched wood represented a big problem because it couldn't catch fire, but Elijah understood that our problems are no match for God's power. Verse 36 says, "Elijah the prophet walked up to the altar and prayed..."

Elijah had a unique understanding that what must accompany preparation is faith-filled prayer. He prays, and fire immediately falls from heaven, burning up the sacrifice and drying up all the water in the trench! It was an amazing miracle!

Elijah's preparation resulted in a supernatural miracle, the defeat of false prophets, and a nation turning back to God. But none of that would have happened if Elijah just sat on the word and waited around for it to happen. Instead, he began taking action and prepared for the miracle.




God wants to do even greater miracles in our lives. Our prayer and fasting is preparation for those miracles. As you pray for specific needs, ask God how you should begin preparing for the miracle that is on the way!

Scriptures: 1 Kings 18:20-35 (NIV) – “So Ahab sent word throughout all Israel and assembled the prophets on Mount Carmel. Elijah went before the people and said, “How long will you waver between two opinions? If the Lord is God, follow him; but if Baal is God, follow him.” But the people said nothing. Then Elijah said to them, “I am the only one of the Lord’s prophets left, but Baal has four hundred and fifty prophets. Get two bulls for us. Let Baal’s prophets choose one for themselves, and let them cut it into pieces and put it on the wood but not set fire to it. I will prepare the other bull and put it on the wood but not set fire to it. Then you call on the name of your god, and I will call on the name of the Lord. The god who answers by fire—he is God.” Then all the people said, “What you say is good.” Elijah said to the prophets of Baal, “Choose one of the bulls and prepare it first, since there are so many of you. Call on the name of your god, but do not light the fire.” So they took the bull given them and prepared it. Then they called on the name of Baal from morning till noon. “Baal, answer us!” they shouted. But there was no response; no one answered. And they danced around the altar they had made. At noon Elijah began to taunt them. “Shout louder!” he said. “Surely he is a god! Perhaps he is deep in thought, or busy, or traveling. Maybe he is sleeping and must be awakened.” So they shouted louder and slashed themselves with swords and spears, as was their custom, until their blood flowed. Midday passed, and they continued their frantic prophesying until the time for the evening sacrifice. But there was no response, no one answered, no one paid attention. Then Elijah said to all the people, “Come here to me.” They came to him, and he repaired the altar of the Lord, which had been torn down. Elijah took twelve stones, one for each of the tribes descended from Jacob, to whom the word of the Lord had come, saying, “Your name shall be Israel.” With the stones he built an altar in the name of the Lord, and he dug a trench around it large enough to hold two seahs of seed. He arranged the wood, cut the bull into pieces and laid it on the wood. Then he said to them, “Fill four large jars with water and pour it on the offering and on the wood.” “Do it again,” he said, and they did it again. “Do it a third time,” he ordered, and they did it the third time. The water ran down around the altar and even filled the trench.”

Day 4: Growing in Godliness

One of the most encouraging aspects of our walk with Christ is that there is always an opportunity for more. We can experience more of His presence, more of His



power, more of the miraculous through every situation. The Bible says His mercies are new every morning, so each day we can discover more in our relationship with the Lord.

This means that we continually have the opportunity to grow and become more like Jesus. Growth is healthy, necessary, and beneficial. It's something that most people desire in some area of their life, whether it's in business, leadership, spirituality, or abilities. But growth doesn't always happen naturally – it often takes intentionality.

In the Apostle Paul's first letter to Timothy, he provides guidance and encouragement to the young leader. In **1 Timothy 4:7-8**, Paul emphasizes the importance of spiritual discipline and highlights the benefits of fasting in developing a strong and steadfast faith.

Paul writes, "Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." (**1 Timothy 4:7-8**).

In these verses, Paul urges believers to distance themselves from trivial and meaningless distractions, and to embrace a life of godliness instead. But notice that Paul tells us we must train for godliness. In other words, it's not automatic. Training for godliness begins by orienting our lives around God's Word and putting into practice what we learn.

Fasting and prayer are a couple of biblical ways we train for godliness. By abstaining from food or other desires for a specific period of time, we are training our bodies not to give in to their physical cravings. We can then redirect these desires to the deepening of our relationship with God. While we fast, we are learning to cultivate self-control, humility, and dependence on the Lord, and the end result is spiritual growth.

Paul tells us that this kind of training holds promise for this life and the life to come. Spiritual training and growth benefit us today and for all eternity! As you continue through this fast, you'll find yourself growing closer to the Lord and strengthened by His power as a result of your obedience to pursue Him in a greater way.

Scriptures: 1 Timothy 4:7-8 (NIV) – "Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."



Day 5: God Will Answer

One of the realities of life is the uncertainty each day holds. Uncertainty surrounds us – in the challenges we face, what the weather will be like, the fluctuation of the economy, and so much more. The truth is we can approach uncertainty with either fear or faith. Faith allows us to step into all life can bring with the Word of God as our foundation in every situation.

God speaks through the prophet Isaiah about the holy confidence we can pray with every single day, “Then you will call, and the Lord will answer; you will cry for help, and He will say: Here am I.” (Isaiah 58:9) There is never a time we call on God and He doesn’t answer. He is a God who responds to His people and answers our prayers.

Isaiah says further, “The Lord will guide you always; He will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.” (Isaiah 58:11)

When we call on God, He responds and provides direction for our lives that will be refreshing, strengthening, and lead us to success. Jesus emphasized the certainty we can pray with in Mark 11:24: “I tell you, you can pray for anything, and if you believe that you’ve received it, it will be yours.” We see this theme throughout all of Scripture – when people call on God, He answers and does big things in our lives.

You can have confidence today that as you fast and pray, God hears your prayers and He will answer. Though we are uncertain exactly how He’ll answer, our certainty remains in the fact that He is good and He does good!

Scriptures: Isaiah 58:9-12 (NIV) - Then you will call, and the Lord will answer; you will cry for help, and He will say: Here am I. “If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. The Lord will guide you always; He will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.”



Day 6: Divine Direction

Have you ever asked someone for directions and they respond by detailing every landmark and minute detail, and although you're trying your best to pay attention, you know you'll never remember every detail? Then, when they've finished their lesson in cartography, you simply ask for the address and use your maps app on your phone.

Although detailed directions are helpful, using our GPS makes it less likely that we will get lost or forget how to reach our destination.


Sometimes we approach God for the detailed directions to our destiny when the most helpful information would come by trusting Him for the next step at the right time. Proverbs 3:5-6 says, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."

This verse gives us the key to arriving at the destination God desires for our lives: trust. Divine direction is more about the submission of our hearts than it is about discovering the will of God. Because when our hearts are in a healthy place, we will trust in God's plan and patiently wait for Him to speak.

The image of making our path straight could be expressed by the colloquialism, "The road will rise to meet you." The idea the writer of Scripture is expressing is when we trust God with our whole heart, not based on what we see or what we think is best; God will reveal our next step in His perfect timing. The path will straighten out in front of us; the road will rise to meet us. Notice that it's God who will be the one to straighten our path. Our job is to simply align our hearts with God's heart and keep moving forward.

Fasting has a way of positioning our hearts in the right place. When we are denying some of our most fundamental desires in pursuit of God's presence, we are declaring in an emphatic way that God is the most important thing in our lives. We are choosing to trust Him, despite our understanding.

With hearts focused on God, we don't need to know every turn and landmark on the journey; we just need to trust and keep walking, knowing God will take care of every detail and lead us on the right path every time.



Scriptures: Proverbs 3:5-6 (NIV) – “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.”

Day 7: Keep on Asking

Do you know someone who is persistent? Maybe they are characteristically known as somebody who is driven or determined. Regardless of what they may be facing or feeling in the moment, they are unrelenting and unshakable.

Jesus emphasizes this kind of approach when it comes to the spiritual disciplines of fasting and prayer because they are powerful ways to draw near to God, experience His presence, and receive His blessings.

Moses, David, Elijah, Paul, and even Jesus Himself fasted to seek God’s intervention, receive revelation, and demonstrate dependence on Him. Jesus fasted for forty days and nights in the wilderness (**Matthew 4:1-2**), setting an example for His followers. And as you read further in the Gospel of Matthew, Jesus extends a powerful invitation and promise to His followers:

Matthew 7:7-8, “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks, it will be opened.”


These verses capture the essence of the Christian faith and reveal God’s heart toward those who earnestly seek Him.

Asking: Fasting and prayer humbles us, prompting us to ask God for guidance, provision, and intervention. It acknowledges our need for His wisdom and strength.

Seeking: Fasting and prayer compels intentional pursuit of God, seeking a deeper understanding of His will and purpose. It expresses a genuine desire to know Him intimately and aligns our hearts with His.

Knocking: Fasting and prayer encourages persistent prayer and a determined pursuit of God, removing distractions and busyness to connect with Him profoundly.

Fasting is not a guarantee of immediate answers, but it is an act of faith that aligns us with God’s purposes and prepares our hearts to receive His will. Jesus assures



that those who ask will receive, those who seek will find, and those who knock will have the door opened.

Be reminded today of the importance of seeking God through fasting, knowing that our Heavenly Father always responds as we earnestly seek Him. So don't stop and don't give up. Keep asking, seeking, and knocking!

Scriptures: Matthew 7:7-8 (NIV) - "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened."

Day 8: Battling Anxiety


Over the last several years, the increase in anxiety in our society has surfaced at an alarming rate. According to the Anxiety and Depression Association of America, the most common mental illness in the U.S. is anxiety disorder, affecting nearly one in five adults every year. The New York Times reported that Americans are the most stressed people in the world, causing us to spend billions of dollars on anti-anxiety medications a year, and the trend is only forecasted to grow.

The Bible has much to say about anxiety. One of the most encouraging passages is found in 1 **Peter 5:7, which tells us to "Cast all your anxiety on Him because He cares for you" (NIV).**

In Greek, the word "**cast**" means "**to cause responsibility for something to be upon someone.**" In this passage, we are literally instructed to take our anxiety and place it upon Jesus. All of our needs, fears, and everything that tries to rob us of peace can be left at the feet of Jesus.

It's sufficient to say that anyone struggling with anxiety would love to simply cast their cares on Christ. But the question is, how do we effectively do that?

The Apostle Paul provides a very practical way to accomplish this. He writes to the Philippians, "**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.**" (**Philippians 4:6**).



Paul tells us that the most effective way to overcome anxiety is by being in God's presence. But he also provides another key to defeating anxiety: thanksgiving and gratitude. We don't just bring our problems to God; we bring our gratitude. Studies show that the most grateful people are the ones who experience the most joy. It's great to have a prayer list, but it's equally important to have a grateful list. Before you ask God to work in your life, thank Him for what He's done and continues to do.

Paul goes on to write: "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things" (Philippians 4:8).

Now Paul provides instruction about our thoughts because he understands that anxiety is the result of unhealthy thought patterns. Instead of focusing on the problem and the unlikely negative events coming in your future, focus on the right things. Anxiety is defeated when we align our minds with the mind of God.

Then Paul tells us the results: "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:7).


Scriptures

1 Peter 5:7 – "Cast all your anxiety on Him because He cares for you."

Philippians 4:6-8 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Day 9: The Answer is on the Way!

It's incredible to think that there are thousands of people joining together through these 21 days of fasting and prayer. Together we are fighting spiritual battles in



which we will see victories and God's power in greater ways than ever before. In Daniel 10, we are given insight into what is happening while fasting and praying.

The prophet Daniel has been fasting and praying for twenty-one days on behalf of the people of Jerusalem. On the twenty-fourth day, Daniel has a vision of a man delivering a message from heaven. **Daniel 10:12 says, "Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before God, your words have been heard, and I have come because of your words."**

Scripture says from the first day Daniel started praying, heaven heard and began responding. Daniel didn't see anything until day 24, but Scripture assures us things were changing on day one. Whether or not you've seen any change, you can be sure that things began changing the first day you set your heart towards seeking God!

Verse 13 says, "But for twenty-one days the spirit prince of the kingdom of Persia blocked my way. Then Michael, one of the archangels, came to help me, and I left him there with the spirit prince of the kingdom of Persia."


This text shows us that there are spiritual battles taking place as we pray and fast. Our prayers are powerful and defeat the plans and powers of the enemy in our lives and situations we are facing.

Then in verse 19, the man declares, "Don't be afraid," he said, "for you are very precious to God. Peace! Be encouraged! Be Strong!" Daniel is reminded and encouraged how precious he is to God, and that same truth applies to you today. You are a son or daughter of the living God. He cares for you and is fighting for you as you call on His name.

Daniel then receives insight into the future and what is to come. God answered his prayers. We can have confidence that battles are being fought and won through this fast, and we will see God work in and through every circumstance we face; we will receive the wisdom we need to make decisions and will see an even greater demonstration of God's power in our lives and in our church in the days to come.

Scriptures:

Daniel 10:3 (NIV) – "I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over."



Daniel 10:12 (NIV) – “Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.”

Daniel 10:19 (NIV) – “Do not be afraid, you who are highly esteemed,” he said. “Peace! Be strong now; be strong.” When he spoke to me, I was strengthened and said, “Speak, my lord, since you have given me strength.”

Day 10: The Power of Remembering


The book of Psalms is an incredible book that demonstrates the power and significance of prayer, worship, and deepening our hearts to the presence of God. It reminds us of God’s faithfulness and is full of Scriptures that relate to our humanity and emotional experiences. Today, we get profound insights from Psalm 103.

Psalm 103:1 begins with the exhortation to “**ble**s**s the Lord, O my soul,**” setting the tone for a psalm of praise and adoration. Fasting is an act of devotion that allows us to focus our minds and hearts on God. By intentionally abstaining from food or other distractions, we create space to recognize the greatness of our God through prayer, meditation, and worship – cultivating a deeper connection with our Creator.

Verse 2 of Psalm 103 reminds us not to forget the benefits that God provides. Fasting helps us shift our focus from the physical realm to the spiritual, heightening our awareness of God’s provision, mercy, and grace. It humbles us, reminding us of our dependence on God for sustenance and spiritual nourishment. Fasting also helps us detach from worldly desires, enabling us to experience the true satisfaction that comes from a relationship with God.

In verse 3, the psalmist celebrates God’s forgiveness of our sins. Through the discipline of fasting, we acknowledge our shortcomings and sins, recognizing our need for God’s mercy and cleansing. As we fast and seek God’s forgiveness, we experience the liberating power of His grace and the restoration of our souls.

Verse 3 also speaks of God’s healing. Fasting and prayer create an environment for physical, spiritual, and emotional healing. Fasting allows us to surrender our burdens and illnesses to God, seeking His intervention and trusting in His divine wisdom and timing. It can also promote self-discipline and healthier habits,



benefiting our overall well-being. Furthermore, as we fast and draw near to God, He provides comfort and strength, enabling us to endure physical challenges with a renewed sense of purpose.

The fifth verse of Psalm 103 emphasizes God's redemptive power. Fasting helps us break free from destructive patterns, addictions, and sinful behaviors, offering us a fresh start in our spiritual journey. Through fasting, we express our desire for God's transformative work in our lives, inviting Him to restore and redeem every area that needs His touch. It is through this surrender that we experience the fullness of His love and find true freedom in Christ.

These five verses serve as a powerful reminder that we can draw closer to God, experience His forgiveness, find healing, and encounter His redeeming power as we fast and pray. May we embrace this spiritual discipline, knowing that through this fast, we can enter into a deeper, more intimate, and vibrant relationship with our Heavenly Father.


Scriptures: Psalm 103:1-5 (NIV) – "Praise the Lord, my soul; all my inmost being, praise His holy name. Praise the Lord, my soul, and forget not all His benefits who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's."

Day 11: Be Blessed

In the book of 1 Chronicles, tucked away amidst the genealogies of the tribes of Israel, we find an interesting verse that provides an incredible prayer that God answered for a man named Jabez. Verse 10 says, "Jabez cried out to the God of Israel, 'Oh, that You would bless me and enlarge my territory! Let Your hand be with me and keep me from harm so that I will be free from pain.' And God granted his request" (1 Chronicles 4:10).

We know very little about Jabez's life. The name "Jabez" sounds like the Hebrew word for pain, and we read in verse nine that he was given that name because his mother bore him "in pain." While it's no surprise that childbirth comes with great pain, the Hebrew word in that verse carries the meaning of emotional sorrow as well as physical pain. It's likely that there were hurtful or painful circumstances surrounding his birth.

People of the Ancient Near East believed that the name of a person represented their character, so there would have been a fear that evil consequences might follow



him for the rest of his life. Jabez had a choice to make: would he allow his surroundings and that which was said over him to determine the course of his life, or would he ask God for blessing to define his future? Jabez chose to call on the God of Israel to turn any painful circumstances into blessings. God granted his request.

The life of Jabez began in pain and disappointment, but as he called on God, he was granted a legacy of blessing. Through this one story, we see the heart of God to answer prayer and pour out blessings on anyone who would call on His name.

It's good for us to settle in our hearts what Psalm 119:68 says about the Lord, "You are good and do only good." God is a good God who desires to bless His people. Regardless of what you're facing, what has been spoken over you, or what circumstance you find yourself in, God can turn any situation into a blessing for those who call on Him!

As you continue to seek God throughout this fast, boldly ask Him to bless your life, your family, and your church family.


Scripture: 1 Chronicles 4:10 (NIV) - "Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request."

Day 12: Unity Brings Strength

One of the incredible things about fasting is the unifying and powerful effect it can have on a gathering of believers. When a group of people seek the Lord with the right heart, incredible things will happen!

In **Romans 12:3**, the Apostle Paul gives us some valuable insights about the heart we are to have as we live in community with one another. This passage encourages us to have a realistic and humble view of ourselves, rather than thinking too highly of ourselves. We are to approach life with a sense of humility and avoid arrogance.

When it comes to fasting, this passage highlights the importance of undertaking the practice with sincerity and a humble heart. Fasting, at its core, is a spiritual discipline aimed at deepening our relationship with God and seeking His guidance, wisdom, and will. As we set aside time to focus on prayer and reflection, it is crucial for us



to approach fasting without self-righteousness or a superiority complex. Instead, this time of fasting and prayer should elevate a genuine recognition of our weaknesses and dependence on God.

In **verses 4 and 5**, Paul goes on to illustrate the idea that as believers, we are part of a larger community, with each member having unique gifts and talents. These verses emphasize this interconnectedness and interdependence within the body of Christ. As Christians, we are not isolated individuals; we are part of a larger spiritual family, and our individual contributions are significant. These words from Paul carry special importance as they encourage us to recognize the strength that comes from unity.


We are all a part of a larger movement of God, and we all have a substantial part to play. Much more is at stake than you or I simply getting our prayer list answered. Our spiritual vitality contributes to the larger whole of the body of Christ. Simply put, we are stronger together. Each individual has an amplifying effect on the presence of God in the church when we pursue the Lord in unity. Your walk with the Lord matters, and your journey of seeking God during this fast will have a greater impact than you can ever realize.

Scriptures: Romans 12:3-5 (NIV) – “For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.”

Day 13: The Miracle of Multiplication

Do you still remember your multiplication tables from grade school? Your third-grade teacher sure hopes you do! Whether you remember up to 12×12 or not, the greatest benefit of the multiplication system is that it allows you to solve your problem faster than you could through simple addition. There is a captivating story in Matthew 14 where Jesus performs a miracle of multiplication demonstrating both His power and God’s desire to answer prayer – often beyond the way anyone anticipated!

Jesus and His disciples were headed to a remote area to get some much-needed rest, but a huge crowd followed them. Moved by compassion, Jesus began to teach



and heal the sick. As evening approached, the disciples came to Jesus with some problems: they were in a remote place (there's no food around), it was getting late (it's hard to walk home in the dark), and the people were going to need something to eat. The disciples' solution was to end the day of ministry and send people home.

Jesus' response is so interesting in **verse 18, "But Jesus said, 'That isn't necessary—you feed them.'"**

The Bible says there are 5,000 men plus women and children, and so the disciples' response to Jesus' instruction seems reasonable, "'But we have only five loaves of bread and two fish!' they answered."


In other words, we don't have enough resource for what you're asking us to do Jesus! Jesus responds plainly, "Bring them here." Jesus tells the disciples to bring Him what they have because Jesus knows that our "only" is God's "opportunity." When we have less than what's needed to do what God's called us to do, it's a great opportunity for a miracle of multiplication!

Jesus takes the five loaves of bread and two fish and gives thanks. Instead of complaining about their lack, Jesus responds with gratitude for what's been provided. When we choose an attitude of gratitude, even when we lack sufficient resource, it moves the heart of God and becomes the soil in which a miracle can grow.

Verse 19 says, "Then, breaking the loaves into pieces, He gave the bread to the disciples, who distributed it to the people." The Bible doesn't say that food for 10,000-15,000 suddenly appeared, but instead that as they distributed the food, it was multiplied. When you and I bring what we have to Jesus and then begin moving towards what He instructed us to do, the miracle of multiplication begins.

This miracle provides such an important principle for us to understand: when God speaks something to your heart, look at what He's already placed in your hand, give thanks for it, and then begin to move. It's through our obedience that God multiplies what we have and does a miracle of multiplication.

Scriptures: Matthew 14:13-21 (NIV) - "When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. When Jesus landed and saw a large crowd, he had compassion on them and healed their sick. As evening approached, the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away, so they can go to the villages and buy themselves



some food.” Jesus replied, “They do not need to go away. You give them something to eat.” “We have here only five loaves of bread and two fish,” they answered. “Bring them here to me,” he said. And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. The number of those who ate was about five thousand men, besides women and children.”

Day 14: Part of the Family


Ingrained in each person is a deep desire for our lives to have significance. We all want our time on earth to count for something, to know that we made a difference with the time we were given. We all want to be a part of something bigger than ourselves.

This desire is universal, and it supersedes cultures and time. The annals of history are filled with stories of people who fought, and often gave their lives, for a cause that surpassed their own life. The reason we see the need for significance as such a universal desire across humanity is because it was placed into the heart of mankind by God.

The Apostle Peter addressed this when he wrote, **“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of Him who called you out of darkness into His wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy” (1 Peter 2:9-10).**

This passage gives us two incredible truths. First, we have been chosen by God to be a part of His family! God has brought us from our old life of sin and darkness into His amazing family! The simple fact that the creator of the universe chose us and brought us into His family gives our lives value and purpose.

Secondly, we are not only a part of the family, but we have been given a mission that has eternal significance. We are God’s special possession, and the reason He has chosen us and brought us into the family is so that we “may declare the praises of Him who called you out of darkness into His wonderful light” (v.9b). Our value is ultimately found in reflecting the goodness of our Heavenly Father to a world which desperately needs Him. We live out that truth every time we share what He has



done for us, how He has healed, saved, restored, and delivered us. We have been given His mercy so that we can show others the goodness of God.

Your life makes a difference, and your prayers are changing things!

Scriptures: 1 Peter 2:9-10 (NIV) – “But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.”

Day 15: The Power of Community


We are living in an unprecedented time in history. Because of technology, within seconds, we can be on a video call and see the face of a friend or loved one, even though they may be halfway around the world. We have the ability to know what is going on in the lives of friends and family we have not personally seen in years through social media, and there are countless other wonderful benefits of living in the technological revolution.

However, despite all of this technology, we are becoming more socially disconnected and dissatisfied than ever before. In a report published this year titled, *Our Epidemic of Loneliness and Isolation*, the U.S. Surgeon General said, “Across many measures, Americans appear to be becoming less socially connected over time... A fraying of the social fabric can also be seen more broadly in society. Trust in each other and major institutions is at near historic lows.”

Our need for community is not something new. We were designed for relationships from the very beginning. The first thing in all of creation which God said was “not good” was that man was alone (Gen. 2:18). This is a foundational statement about the way we were created. God made us to be social beings in community with one another.

That is why the writer of Hebrews wrote, “Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near” (Hebrews 10:24-25).

There is an inherent power in being a part of the church, and not just in attendance, but engaged in meaningful relationships with one another. It’s hard to “motivate



one another to acts of love and good works” when you aren’t connected to a life-giving body of believers.

This is why being in a life group or small group and volunteering on serve teams at church are so critical for us not only individually but also for the Church corporately. The Church is strong, but it is always stronger when we are all involved!

God has established that there is spiritual blessing when we live in community. The Psalmist wrote, “How wonderful and pleasant it is when brothers live together in harmony...And there the Lord has pronounced His blessing, even life everlasting” (Psalm 133:1,3).

We were made to be in relationship with one another, and there is blessing and power in the community of believers!

Scriptures

Hebrews 10:24-25 (NIV)

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”


Proverbs 27:17 (NIV)

“As iron sharpens iron, so one person sharpens another.”

Day 16: The Privilege of Co-Laboring

Fasting is a spiritual discipline that holds immense significance in the life of a Christian. As you continue through this fast, you are discovering that beyond its physical benefits, fasting creates an opportunity for believers to deepen their relationship with God, seek His guidance, and experience spiritual growth. Today, 1 Corinthians 3 shares the connection between fasting and the privilege of co-laboring, shedding light on how this practice strengthens our understanding of partnering with God in His divine work.

The Bible refers to Christians as co-laborers, indicating that we have been invited to actively participate in God’s work on Earth. In 1 Corinthians 3:9, the apostle Paul writes, “**For we are God’s fellow workers. You are God’s field, God’s building.**” This powerful metaphor portrays our role as partners with God, contributing to the growth and development of His Kingdom. And fasting, when approached with a Christ-centered mindset, can become a transformative practice that aligns us with God’s purpose and empowers us to co-labor alongside Him.



Fasting enables believers to detach themselves from worldly distractions and focus on spiritual nourishment. By intentionally setting aside time for fasting, we create space in our lives for prayer, worship, and reflection on God's word, which fosters a deeper intimacy with Him and an alignment of our hearts with His. And as we draw closer to God through fasting, we become more sensitive to His leading and gain a greater understanding of how we can effectively co-labor with Him.

As we continue in this spiritual discipline, we recognize a sharpening in our discernment of God's will. When we willingly set aside our physical desires, we position ourselves to hear God's voice more clearly. Through fasting, we develop a heightened sensitivity to the Holy Spirit's guidance and direction. In the context of co-laboring, this enables us to discern the areas where God desires us to participate actively. Fasting creates a fertile ground for revelation, wisdom, and discernment, allowing us to align our efforts with God's plans and purposes.

Fasting not only deepens our understanding of God's will but also empowers us to carry out His work. As we deny ourselves physically during the period of fasting, we recognize our spiritual dependence on God's strength and grace. This humility positions us to rely on His power rather than our own, acknowledging that true effectiveness in co-laboring comes from partnering with Him to serve others selflessly. So, through fasting and prayer, we find ourselves embracing the opportunity to co-labor with God in His redemptive mission.


Scripture: 1 Corinthians 3:9 (NIV)- "For we are co-workers in God's service; you are God's field, God's building."

Day 17: Empowered by the Spirit

At this point of the fast, you understand just how significant and powerful it is when you fast and pray. This fast has not only served as a means to draw closer to God and seek His guidance, but it has also created the space for us to be more sensitive and open to the leading of the Holy Spirit.

In the beginning of the book of Acts, Jesus promised His disciples that they would receive power when the Holy Spirit came upon them. So, today we will look at the spiritual discipline of fasting in relation to Acts 1:8 and how it can strengthen our spiritual journey as Christians.

Jesus tells His followers in Acts 1:8, "But you will receive power when the Holy Spirit has come upon you, and you will be My witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth." This verse emphasizes the transformative



nature of the Holy Spirit, empowering believers to share the message of Christ's love and salvation with the world.

But the question is: How does fasting relate to this promise of power?

Fasting involves abstaining from food and certain activities for a specific period, dedicating that time to prayer, meditation, and seeking God's presence. It is a spiritual discipline that allows us to detach from worldly distractions and focus on deepening our relationship with God. In doing so, we position ourselves to become more aware of the promptings of the Holy Spirit, leading us to a greater understanding of God's will and empowering us to be effective witnesses for Christ. It helps us tune our hearts to God's voice, heightening our sensitivity to His leading and guidance, and it opens our lives to the reality of His power at work through us.


The power promised in Acts 1:8 becomes more tangible in our lives as we yield to the Spirit's leading, and fasting positions us to receive that power through a fresh infilling of the Holy Spirit – empowering us to live out our faith boldly, to overcome spiritual obstacles, and to impact our world for Christ. And the exciting thing about this power from the Holy Spirit is that it isn't temporary or confined just to this time of fasting. This power is to be available and can be at work throughout your life each and every day as you continue to be open and sensitive to the leading of the Holy Spirit.

Recognize the significance of where this fast has positioned you and the power that is available to you. By denying your physical cravings and dedicating time to prayer and reflection, you are continually positioning yourself to receive divine wisdom, discernment, and power to do what you never could on your own. So, let this fast become so much more than just a physical discipline. Allow it to be the catalyst that facilitates a continual spiritual posture where you are open and hungry to be filled with the power of the Holy Spirit to reach as many people as possible for the Kingdom.

Scripture: Acts 1:8 (NIV) - “But you will receive power when the Holy Spirit comes on you; and You will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

Day 18: Send Me!

Yesterday, we looked at how the empowerment of the Holy Spirit is essential for every believer if we are going to be the most effective in what God has called us to accomplish. Today, we look at the prophet Isaiah who records a captivating vision



in **Isaiah 6** where he sees angels surrounding the Lord on His throne, continually crying out, **“Holy, holy, holy is the LORD Almighty; the whole earth is full of His glory.”**

As he’s standing in the presence of the Lord, Isaiah immediately recognizes his own guilt and sin. One of the angels brings a hot coal from the altar and places it on Isaiah’s lips declaring his sin atoned for. With his sin forgiven, Isaiah would be asked a question that the Lord continues to ask us today: **“Then I heard the voice of the Lord saying, “Whom shall I send? And who will go for us? “And I said, ‘Here am I. Send me!’ He said, ‘Go and tell this people...””**

Isaiah has an incredible encounter with the Almighty God, but that experience was never intended to stay only with him. God asks Isaiah a question that He still asks His people today, **“Who will go for us?” Who will go and tell people about the forgiveness God offers? Who will go and tell people there is freedom in Jesus? Who will go and tell people that there is a God who loves them and wants to transform their lives?**


Isaiah passionately responds – **“Send me!”** Through this time of prayer and fasting, God is doing a deeper work in us. But the truth is what God does in us through this fast is not meant to stay only with us; He wants us to go! As we fast and pray, God is empowering and increasing our boldness to share with people His love and power that can completely change their lives.

Let’s look and pray for opportunities to “Go and tell this people...” about a God who has done a powerful work in our lives and wants to do that for so many more as we pray and believe for a Great Awakening in our land!

Scripture: Isaiah 6:8 (NIV)“Then I heard the voice of the Lord saying, “Whom shall I send? And who will go for us?” And I said, “Here am I. Send me!”

Day 19: The Best Gift Giver

Something we all love to see is an over-the-top gift to a person who didn’t expect it and didn’t earn it. Viral videos of extreme generosity are some of the most watched on YouTube. Oprah’s 2004 extravagant act of generosity has become so etched into the fabric of our society that nearly 20 years later, the phrase, “You get a car, and you get a car!” has become part of our normal American vernacular.



We love to see people get a gift they don't deserve; there is something fun about it. Generosity sparks joy at the very core of our being because we were created by an abundantly generous heavenly Father. He delights in giving good gifts to His children, and when we see undeserved generosity, it reflects the very heart of God.

While it would be incredible to be one of the few who have been given \$10,000 or a new car, God has something so much better planned for us! God desires to give us a gift that would not only change a part of our lives but transform the very core of who we are. Jesus said, "Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will he give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask Him!" **(Luke 11:11-13).**

God delights in giving amazing gifts to His children, and the best gift any of us could ever be given is the presence of the Holy Spirit in our lives. It is in His presence we find joy, peace, wisdom, and access to His endless power! It is through the Holy Spirit that God not only answers our prayers but changes us to become more like Him. As we seek Him, the Holy Spirit transforms our hearts so that God not only changes our situation, but He changes us.


The amazing part is that this promise isn't for the lucky few who happen to be in the right place at the right time but for all who would ask. His presence is not something we can earn or that we deserve, but a gift our wonderfully gracious God desires to give us!

As we approach the end of this fast, rest in the fact that God is good, and He desires to give good gifts to His children. He is changing you and working in every situation because He is a generous God who gives over-the-top blessings to all.

Scriptures: Luke 11:11-13 (NIV) – "Which of you fathers, if your son asks for[a] a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"

Day 20: Ready for Awakening

One of the greatest revivals we see in the early church is in the city of Ephesus. Ephesus was a pagan city full of evil, including rampant sorcery and witchcraft,



sexual immorality, and the worship of false gods. Ephesus was ripe for a Great Awakening! Acts 19 describes the events that led the city of Ephesus to experience such a powerful move of God that it transformed the entire city.

When the Apostle Paul first arrives in Ephesus, he immediately finds some fellow believers, and his first question to them is if they've received the Holy Spirit. They responded that they'd not even heard of the Holy Spirit, so verse 6 tells us, "When Paul placed his hands on them, the Holy Spirit came on them, and they spoke in tongues and prophesied." Paul understood that if the city of Ephesus were going to experience the spiritual awakening God desired, His people would need to be full of the Holy Spirit.


Paul then spends two years preaching powerfully in the synagogues and throughout the city. Verses 11-12 tell us that "God did extraordinary miracles through Paul, so that even handkerchiefs and aprons that had touched him were taken to the sick, and their illnesses were cured, and the evil spirits left them."

Miracles are taking place, evil spirits are leaving, and then we see a radical event demonstrating just how powerfully God was working in people's lives. Verse 19 tells us, "A number who had practiced sorcery brought their scrolls together and burned them publicly. When they calculated the value of the scrolls, the total came to fifty thousand drachmas." A drachma was equivalent to a person's daily wage, so based on the average salary in America today, fifty thousand drachmas would be between four and five million dollars!

People are being saved, baptized, healed, and filled with the Holy Spirit. They are parting ways with evil and turning to Jesus by the thousands. The city of Ephesus was experiencing a Great Awakening! This is what we are praying for our cities, our state, and our nation. We desperately need God to sweep across our land so that we might see millions turn to Jesus as their Savior!

Acts 19 provides great insights into what must happen if we are going to experience such a Great Awakening in our nation today. Believers must be full of the Holy Spirit, praying for people to be healed and sharing the message of Jesus with those who don't know Him. These 21 days of prayer and fasting are preparing us for a season of increase in what we've seen God do over the past several years. God wants to do more through each and every one of us, but for that to happen, we must continue to get ready for awakening!


Scriptures: Acts 19:1-21 (NIV) – "While Apollos was at Corinth, Paul took the road through the interior and arrived at Ephesus. There he



found some disciples and asked them, “Did you receive the Holy Spirit when you believed?” They answered, “No, we have not even heard that there is a Holy Spirit.” So Paul asked, “Then what baptism did you receive?” “John’s baptism,” they replied. Paul said, “John’s baptism was a baptism of repentance. He told the people to believe in the one coming after him, that is, in Jesus.” On hearing this, they were baptized in the name of the Lord Jesus. When Paul placed his hands on them, the Holy Spirit came on them, and they spoke in tongues and prophesied. There were about twelve men in all. Paul entered the synagogue and spoke boldly there for three months, arguing persuasively about the kingdom of God. But some of them became obstinate; they refused to believe and publicly maligned the Way. So Paul left them. He took the disciples with him and had discussions daily in the lecture hall of Tyrannus. This went on for two years, so that all the Jews and Greeks who lived in the province of Asia heard the word of the Lord. God did extraordinary miracles through Paul, so that even handkerchiefs and aprons that had touched him were taken to the sick, and their illnesses were cured and the evil spirits left them. Some Jews who went around driving out evil spirits tried to invoke the name of the Lord Jesus over those who were demon-possessed. They would say, “In the name of the Jesus whom Paul preaches, I command you to come out.” Seven sons of Sceva, a Jewish chief priest, were doing this. One day the evil spirit answered them, “Jesus I know, and Paul I know about, but who are you?” Then the man who had the evil spirit jumped on them and overpowered them all. He gave them such a beating that they ran out of the house naked and bleeding. When this became known to the Jews and Greeks living in Ephesus, they were all seized with fear, and the name of the Lord Jesus was held in high honor. Many of those who believed now came and openly confessed what they had done. A number who had practiced sorcery brought their scrolls together and burned them publicly. When they calculated the value of the scrolls, the total came to fifty thousand drachmas. In this way the word of the Lord spread widely and grew in power. After all this had happened, Paul decided to go to Jerusalem, passing through Macedonia and Achaia. “After I have been there,” he said, “I must visit Rome also.”

Day 21: Let It Rain

Over these past 21 days of prayer and fasting, we have set aside our comfort to seek something more valuable. It is impossible to spend time calling on God, asking



Him to do more than we've ever seen before, and not see anything happen. God is faithful, and His word promises that He responds to the prayers of His people.

Isaiah 45:8 tells us what God can and will do as we call on Him, "Open up, heavens, and rain. Clouds pour out buckets of my goodness! Loosen up, earth, and bloom salvation; sprout right living. I, God, generate all this."

This is what we are asking God to do in our church, in our cities, and in our nation – open the heavens and let it rain! We want to see His goodness poured out on our land. We are praying for more salvations, more healings, more people delivered, and more baptisms than ever before!

1 John 5:14-15 says, "And we are confident that He hears us whenever we ask for anything that pleases Him. And since we know He hears us when we make our requests, we also know that He will give us what we ask for."

We can live with supernatural confidence that heaven has heard our prayers throughout this fast and then walk with an assurance God will answer! In fact, Jesus tells us exactly what to do after we've prayed, **"I tell you, you can pray for anything, and if you believe that you've received it, it will be yours" (Mark 11:24)**. Pray and believe!

Let's believe we will receive what we've prayed for. Let's believe more is coming. Let's believe God's greatest miracles are still ahead of us. Let's believe God is going to do more than we can ask or imagine in the days to come. Believe you have received it, and it will be yours!

Scriptures:

Isaiah 45:8 (NIV) – "You heavens above, rain down my righteousness; let the clouds shower it down. Let the earth open wide, let salvation spring up, let righteousness flourish with it; I, the Lord, have created it."

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."

Mark 11:24 – "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours."

At midnight on Sunday, January 28, 2024, we will be concluding Covenant Life Cathedral's Corporate 2024 - 21 Days of Prayer and Fasting. Whether or not you are a member of the CLC Church Fellowship, thank you so very much for sharing in this year's Prayer & Fasting journey with us! I pray that it has been a rich and rewarding experience for you. If you are not a member of the CLC Church Fellowship and currently do not have a Church Home, please prayerfully consider connecting with us.

Feel free to share any Praise Reports that you feel occurred as a direct result of your obedience to God during this time of Prayer & Fasting as well as any Comments that this time of Prayer and Fasting has meant to you. You may send your Praise Reports or Comments to the Attention of Pastor Bob via the Church's main Email Address: covenantlife4543@aol.com.

When submitting this information, please include your name and contact telephone number.