

2018

S U P E R N A T U R A L
BREAKTHROUGH
C H U R C H W I D E F A S T
J A N U A R Y 7 T H - 2 8 T H

1 STEP 1

DETERMINE YOUR FOCUS

Determine what your focus will be during the 21 day fast.

What is important to God?

What is important to me?

Get your game plan together.

2 STEP 2

SET YOUR OBJECTIVE

"I am fasting and praying towards _____
(spiritual renewal, guidance, healing, revival, resolution of
problems, special grace to handle a situation, finances,
ministry, family, salvation of others, etc.) so I am fasting from
(foods, meals, media etc.) _____.

- Write them down as the Holy Spirit gives them to you
- This will help you pray with more focus and strategy

3 STEP 3

MAKE YOUR COMMITMENT

Pray about the kind of fast you will do.

1. Fasting from Food.

- Eat at sunset
- Daniel Fast: vegan
- Liquid Fast: water, juice
- Create your own, you can create any kind of combination

2. Fasting from Distractions.

- Media (TV, movies, social media etc)
- Activities (regular hobbies etc)

3. How much time will you devote each day to prayer and
God's Word?

- Increase time for prayer , consider scheduling it
- Increase time in the Word, how much time will your
Bible reading increase

4. This 21-Day Fasting and Prayer is for the whole family.
Encourage your children to fast and pray with you. Have them
make a 21 day commitment.

4 STEP 4

PREPARE YOURSELF SPIRITUALLY

1. Ask the Lord to help you. He is waiting and loves the fact
that He will get more time with you.
2. Have your Bible
3. Have a journal and pens
4. Schedule your day
5. Include your family

5 STEP 5

EXPECT RESULTS

1. The benefits of your fast can occur during or after,
remember, you get back what you put in.
2. The goal is to enjoy God's presence by giving Him your
full attention and focus.

CHECKLIST

- I have determined my focus
- I have set my objective
- I have made my commitment
- I will prepare myself spiritually
- I will expect results from God