



21 DAYS

OF PRAYER AND FASTING

JUNE 11—JULY 1, 2018

This Devotional Journal Belongs to



Trinity Church

For more fasting resources for adults, youth, and children
visit our website at: onetrinitychurch.org

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Monterey Park and Rowland Heights) and Instagram
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encouragement.

A Word of Encouragement

Dear Friend,

We are excited that you have decided to join on this journey of prayer and fasting! You may have so many questions and thoughts, but rest assured that drawing closer to God is always a good choice, even when the road to doing so may be full of challenges.

Prayer and fasting are disciplines, so do not be discouraged if it does not come easily. Especially if prayer and fasting are new to you, it will take some time to become adjusted to a different way of living. And even if you have a solid understanding of these spiritual disciplines, you will constantly be stretched, because the circumstances of our lives do change.

The most important thing to remember is that you are not doing this alone. When you engage with God through prayer and fasting, you will experience God in a powerful way, and His presence will carry you through even the times when the commitment becomes burdensome.

Also, remember that we are doing this as a whole church; the goal for these 21 days is for everyone to participate. **This is why accountability is key.** Find someone—like a friend or family member—to be your partner in this and to help keep you going.

Finally, our theme for this 21 days is “**UNITY.**” Along with your own personal requests and needs, please join together in praying for us to have the wisdom, courage, strength, and love to discover what unity looks like in the uniqueness and complexity of Trinity Church.

See you on the journey!

With Love,
Trinity Church Pastors & Staff

HOW TO FAST SAFELY

If you are making significant changes to your diet during your fast (such as abstaining from solid food), you may hear from concerned loved ones and friends who urge you to protect your health. And they are right. You should protect your health. But if done properly, fasting will prove to be a wonderful spiritual blessing.

We strongly encourage you to consult your doctor before you begin your fast. You may have a physical problem that would make fasting unwise or dangerous. Also, if you are under any type of medication, make sure you talk to your doctor before changing your regime. Prudence and caution are in order.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- Do not rush into your fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruits and vegetables for two days before starting a fast.

While you fast:

- Avoid drugs, even natural herbal drugs and homeopathic remedies. Medication should be withdrawn only with your physician's supervision.
- Limit your activity.
- Exercise only moderately. Walk one to three miles each day if convenient and comfortable.
- Rest as much as your schedule will permit.
- Prepare yourself for temporary discomforts, such as impatience, crankiness, and anxiety.
- Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

HOW TO USE THIS JOURNAL

Just like prayer and fasting, reading your Bible is about connecting to God in a more powerful way. It's not about an obligation, it's about a relationship. When we engage God through reading His Word, we experience His very presence. God's Word is living and active! As we read our Bible, we are drawing closer to God and positioning ourselves to hear from Him.

A simple yet meaningful way to journal your devotions is to use the SOAP method. SOAP stands for:

S

SCRIPTURE

Read the daily passage and then identify a scripture from the passage that stands out to you.

O

OBSERVATION

Focusing on that scripture, ask the Holy Spirit to show you what God is saying.

A

APPLICATION

How does this apply to your life right now?

P

PRAYER

Thank God for revealing His truths to you. Remember, prayer is a two-way conversation, so listen for what God wants to say to you. Write out your prayers, it helps.

As you read these passages of Scripture keep in mind the following three things: read daily, read prayerfully and read with expectation. We encourage you to read the passages and prepare your own SOAP. God is prepared to reveal Himself to you, so get ready to be awakened!

PRAYER REQUESTS

As you prepare for the next twenty-one days, it can be tempting to start thinking of a long laundry list of prayers you'd love to see answered. But we really want to encourage you to keep this simple. Think about the top **four** or **five** things most pressing on your heart and zone in on those with God. Write these down in the space provided on the opposite page, and be open to hearing what God wants to show you in those areas. The breakthroughs, miracles, and answers to your prayers will be by-products of drawing closer to Jesus.

When praying, **make your primary goal to know Jesus more and experience Him.** Pray prayers of total surrender, and aim to glorify God with your life. Focus first on what's right about Him, such as his goodness and His greatness, and see everything else through that filter.

Make time to pray daily. Don't overcomplicate this! Just talk to God. Have that place and time where you can seek Him every day. If you don't plan to pray, you won't. If you find it a challenge to disconnect from the busyness of your day, engaging in worship music is a great way to prepare your heart for prayer.

DAY 2: June 12th

“Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus.”

Philippians 2:1-5

Notes

DAY 6: June 16th

Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being...

The LORD God took the man and put him in the Garden of Eden to work it and take care of it. And the LORD God commanded the man, "You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die." The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."

Genesis 1:7, 15-18

Notes

DAY 7: June 17th

I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one—I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

Matthew 17:15-23

Notes

DAY 8: June 18th

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

Acts 2:42-47

Notes

DAY 9: June 19th

May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ. Accept one another, then, just as Christ accepted you, in order to bring praise to God...

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:5-7, 13

Notes

DAY 10: June 20th

Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Philippians 2:1-4

Notes

DAY 11: June 21st

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

Colossians 3:12-15

Notes

DAY 14: June 24th

As Jesus went on from there, two blind men followed him, calling out, "Have mercy on us, Son of David!" When he had gone indoors, the blind men came to him, and he asked them, "Do you believe that I am able to do this?" "Yes, Lord," they replied. Then he touched their eyes and said, "According to your faith let it be done to you"; and their sight was restored. Jesus warned them sternly, "See that no one knows about this." But they went out and spread the news about him all over that region. While they were going out, a man who was demon-possessed and could not talk was brought to Jesus. And when the demon was driven out, the man who had been mute spoke. The crowd was amazed and said, "Nothing like this has ever been seen in Israel."

Matthew 9:27-33

Notes

DAY 16: June 26th

I love you, Lord, my strength.

The Lord is my rock, my fortress and my deliverer;

My God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

I called to the Lord, who is worthy of praise, and I have been saved from my enemies.

The cords of death entangled me; the torrents of destruction overwhelmed me. The cords of the grave coiled around me; the snares of death confronted me.

In my distress I called to the Lord for help; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears.

Psalm 18:1-6

Notes

DAY 20: June 30th

Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, "Pray that you will not fall into temptation." He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground. When he rose from prayer and went back to the disciples, he found them sleeping, exhausted from sorrow. "Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation."

Luke 22:39-46

Notes

DAY 21: July 1st

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. 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. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the peace of God will be with you.

Philippians 4:4-9

Notes

THE NEXT 21 DAYS

We want to encourage you to be just as intentional about the next twenty-one days...and the twenty-one days after that... and so on. Remember, keeping the fire and zeal for God burning in your heart is what will keep your relationship with Him fresh and new. It will allow you to continue serving and obeying Him from a position of *want* to, and you will experience the joy of your salvation everyday— regardless of what life brings your way.

The principles you have practiced in these twenty-one days are very easy to sustain long-term. Prayer, fasting, and personal devotion are all quite simple to incorporate into your everyday life. Over these last twenty-one days, you've created space for God to fill. The best way to continue in these same practices is to keep that space open indefinitely. Don't allow it to close up! Protect that time and space with God and make it your priority each day.

Just like reading your Bible, praying, and attending church, fasting is also a lifestyle. We encourage you to establish a frequency and consistency of fasting in your life. Remember, this is not a legalistic thing. This is an "I get to experience God" thing. It is like going into heaven for a tune up, so we can keep our passion for God and enjoyment of Him at a high level. We encourage you to do the same. Figure out what works for you, commit to it, and make it a part of your life.

BREAKING YOUR FAST

(if you fasted from solid foods)

When your designated time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial spiritual and physical effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

- Break an extended water fast with fruit such as watermelon.
- While continuing to drink fruit or vegetable juices, add the following:
 - First day: Add a raw salad
 - Second day: Add a baked or boiled potato, no butter or seasoning.
 - Third day: Add a steamed vegetable.
 - Thereafter: Begin to reintroduce your normal diet.
- Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit, such as watermelon/cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

For Further Reading:

Chan, F., & Yankoski, D. (2009). *Forgotten God: Reversing our tragic neglect of the Holy Spirit*. Colorado Springs, CO: David C. Cook.

Cymbala, J., & Merrill, D. (1997). *Fresh wind, fresh fire: What happens when God's spirit invades the heart of his people*. Grand Rapids, Mich.: Zondervan.

Franklin, J. (2008). *Fasting: Opening the door to a deeper, more intimate, more powerful relationship with God*. Lake Mary, Florida: Charisma House

Keller, T. (2014). *Prayer: Experiencing awe and intimacy with God*. New York: Dutton Adult.

Stanley, C. (2013). *Prayer: The Ultimate Conversation*. New York: Howard Books.

Tozer, A.W. (1982). *The Pursuit of God: The Human Thirst for the Divine*. Camp Hill, Pennsylvania: Christian Publications.

PRAYER AND FASTING CHART

June 11	June 12	June 13	June 14	June 15	June 16	June 17
Prayer?	Prayer?	Prayer?	Prayer?	Prayer?	Prayer?	Prayer?
Fast?	Fast?	Fast?	Fast?	Fast?	Fast?	Fast?
June 18	June 19	June 20	June 21	June 22	June 23	June 24
Prayer?	Prayer?	Prayer?	Prayer?	Prayer?	Prayer?	Prayer?
Fast?	Fast?	Fast?	Fast?	Fast?	Fast?	Fast?
June 25	June 26	June 27	June 28	June 29	June 30	July 1
Prayer?	Prayer?	Prayer?	Prayer?	Prayer?	Prayer?	Prayer?
Fast?	Fast?	Fast?	Fast?	Fast?	Fast?	Fast?

For each day, keep track of whether or not you've prayed and fasted. The goal is not to get a checkmark in each box but to see how much you have progressed in these past 3 weeks with these spiritual disciplines.

Share your stories with us by writing to:

prayer@onetrinitychurch.org