

21 Days Of Prayer + Fasting

RE-AWAKEN MY HEART...

CREATING SPACE FOR GOD

“What a beautiful thing, God, to give thanks, to sing an anthem to you, the High God! ²To announce your love each daybreak, sing your faithful presence all through the night,” — **PSALMS 92:1-1** (MESSAGE)





“These days I will bring clarity to My voice. These will be days that I will walk among you says the Lord, to prepare you for a new significance, to prepare you for a new power. And yes, even to prepare you for a new sound of worship to come.” — A PROPHETIC WORD IN 2007 GIVEN BY PASTOR SAM

“RE-AWAKEN MY HEART...” CREATING SPACE FOR GOD... Space for His Presence... Space for His Voice... Space for His Goodness... 21 Days of prayer in Agreement for Alignment for the Assignment!

“Prayer is reaching out after the unseen; fasting is letting go of all that is seen and temporal. Fasting helps express, deepen and confirm the resolution that we are ready to sacrifice anything, even ourselves to attain what we seek for the Kingdom of God.” -

ANDREW MURRAY

“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 will heal their land. 15 Now my eyes will be open and my ears attentive to the prayers offered in this place.” (2 CHRON 7:14-15 NIV)

“If My people... Seek My face...” Our pilgrimage has been about coming to God to have our needs met. But God wants to

shift our focus from our needs to seeking His face. The Spirit of God desires not only that we seek Him but that we actually find Him! When we become true God-seekers - individuals whose delight is perpetually in the Lord - we will secure the full help of Heaven. And even better, we will rise to meet the absolute reward of Heaven: to see the face of God.

“Hear, O Lord, when I cry with my voice! Have mercy also upon me, and answer me. When You said, “Seek My face,” My heart said to You, “Your face, Lord, I will seek.” Ps 27:7-8 NKJV

This is the cry of my heart for this fast... *“Oh God, my insides ache for You, to know You and walk in Your ways. You are my exceedingly great reward, the pearl of great price. I love You, Master with all my heart and I will seek You until I truly find You.”*

Pastor Sam

GOD, RE-AWAKEN MY HEART

THE PURPOSE:

“Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.”

ROMANS 12:11 • NIV

The “Purpose” of this fast is... **How close do you feel to God?** Most of us have sensed and known that there is more to a relationship with God than we currently experiencing right now. The purpose of this fast is to help develop a more intimate bond with Him and to learn the secret of staying consistently fresh in our relationship with Him. The deepening friendship begins with crying out, “God Re- Awaken My Heart.”

And when God reawakens our hearts, life will never be the same again.

Luke 4:14 *Then Jesus returned to Galilee, filled with the Holy Spirit's power. Reports about him spread quickly through the whole region.* NLT

TIMELINE

- **Sunday, Jan. 8:**
21 Days of Prayer + Fasting begins
- **Sunday, Jan. 29:** We will conclude the fast during our Weekend services. We will come together and celebrate what God has done!

This can and will be your best year ever, if it's your best year spiritually

Daniel Fast Guidelines

These are simply guidelines for doing a daniel fast but you can choose to modify the fast according to your convictions. We encourage you to join us during these 21 days and stay true to what the holy spirit has placed on your heart. Remember that the main goal is to spend more time with God.

NOTE: IF YOU HAVE ANY KNOWN MEDICAL CONDITIONS OR SUSPECT SUCH CONDITIONS, CONSULT YOUR DOCTOR BEFORE BEGINNING THE FAST.

MENU

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. Please refer to the guide we have included for a list of foods to eat and foods to avoid.

FOODS TO EAT:

Whole Grains: Brown Rice, Oats, Barley, etc.

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon, etc.

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili



Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, etc.

Seeds, Nuts, Sprouts

Liquids: Water, Unsweetened Soy Milk, Herbal (caffeine free) Tea, Natural Fruit Juice (no added sugar), Honey

FOODS TO AVOID:

- Meat, Poultry, Fish
- White Rice
- Fried Foods
- Caffeine, Coffee, Tea (including decaf), carbonated beverages
- Foods Containing Preservatives or Additives
- Refined Sugar or Sugar Substitutes
- White Flour
- Margarine, Shortening, High Fat Products
- All Breads (Ezekiel bread contains no flour so it is allowable)
- Dairy (milk, butter, cheese, yogurt, etc.)

RE-AWAKEN MY HEART... CREATING SPACE FOR GOD

WEEK
1FOCUS: CREATING SPACE FOR
HIS PRESENCE

PRAYER IN AGREEMENT...

- Start your day with God's new mercies – **Lamentations 3:21-23**
- Let go of the past
- Start your day with prayer
- Spend time in worship ... 'Awestruck worship'
– **Psalms 139:1-18**
- Read God's word and listen to His voice
- Declare God's promises for your life daily
- Visit our Fasting Blog:
<http://tgpworship.wordpress.com>
for the "daily promise"

WEEK
2FOCUS: CREATING SPACE FOR
HIS VOICE

... FOR THE ALIGNMENT...

- Pray for God's glory to fill your life.
- Pray for the young people and the challenges they face.
- Pray for unity amongst the believers in our city so our community can see Jesus

WEEK
3FOCUS: CREATING SPACE FOR
HIS GOODNESS

... FOR THE ASSIGNMENT.

- Pray for a release of the miraculous and the things we are believing for.
- Receive God's power in your life in breakthroughs, healing, finances, marriages and relationships
- Declare these truths over you: I am created in His image, I am crucified with Him, I am delivered, I am a disciple, I am fruitful, I am forgiven, I am a friend, I am free, I am holy, I am healed, I am healthy, I am seated with Christ in heavenly places!
- Pray for God's strategy to impact our community



Share your testimony and fasting via online:

<http://tgpworship.wordpress.com>