

21 Day Fast

What is Fasting?

The dictionary definition of “*fasting*” is pretty simple: it means abstaining from food for a period of time.

There are several different types of fasting. Usually, fasting means you don’t eat any food, but you can still drink water. Sometimes it can mean abstaining from all food and water, as in **Esther 4:16**. Or, on the other end of the spectrum, it could mean giving up only certain types of food or drink, as in **Daniel 10:3**. Daniel abstained from the food he would have preferred—meat, wine, and “delicacies”—choosing to have only vegetables and water (**Daniel 1:12**).

As a church, we will be abstaining from one meal per day and, where it is mentioned, you are welcome to partake in 2 full day fasts, or just continue to fast one meal a day. Join us as we dive into God’s word and seek Him more intimately in preparation of the easter season.

Why Should I Fast?

The main point of fasting is to focus your attention on God. It provides that focus in a few ways:

- The time and effort normally spent cooking and eating can be spent in prayer or meditation on the Word.
- When you fast, you get hungry. That hunger serves as a reminder of why you are fasting, keeping it top-of-mind. Every time you feel hunger when fasting, use that as a prompt to pray.
- Fasting can help us focus on the Giver instead of His gifts. Food is a gift from God, but how often do we fully appreciate God’s goodness in how He provides everything we need? Going without food makes you more appreciative of both the gift and the Giver.

Getting Started:

- Pick the type of fast in which you would like to participate
 - 21 day group fast
 - 21 day Daniel Fast

**We recommend the group fast for those who have never fasted*

- Pick three main things for which you will be praying over the next 21 Days
- Make a plan for when you are tempted to eat but cannot

**An accountability partner, journaling, going for a walk, etc.*

- Plan your meals ahead of time
- Practice grace
- Visit our website hellohopecity.com and join our fasting group

The 21 Day Group Fast

As a church family, we are separating ourselves for twenty-one days. During these 21 days, you will learn to worship God in a new, deeper way and praise Him like never before. Write down and pray about things that God puts on your heart, and then watch Him work.

Day 1

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 1

Verse: 1 Corinthians 1:18

*For the message of the cross is foolishness to those who are perishing,
but to us who are being saved it is the power of God*

Prayer: Understanding the power of the Cross

The Apostle Paul knew the power and importance of the cross. It was a weapon of great torment and torture, but it had also become a symbol of redemption, love, peace and hope. May the Lord remind you of the power and impact of the cross.

Day 1 Reflection:

1. Can you recall a time when the cross had an impact upon your life?
2. What does the cross of Jesus mean to you?
3. What else jumped out in your reading today in 1 Corinthians 1?

Day 2

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 2

Verse: 1 Corinthians 2:10

*But God has revealed it to us by the Spirit.
The Spirit searches all things, even the deep things of God*

Prayer: Power in His Spirit

The Holy Spirit is called our Helper. He helps us grow in our relationship with Him. He searches me and knows my every thought. May God search me and know me. May He expose every anxious thought and fear I may have. May He fill me with His power so that I can do His will.

Day 2 Reflection:

1. God desires to do some exploratory surgery in your life through the power of the Holy Spirit. What area of your life are you concerned about that may be an area of weakness or ugliness that God may expose?
2. Paul says we have been given the mind of Jesus Christ. One day when we are in heaven we will be like Him. What are some things you can't wait to experience in heaven with Jesus?
3. What may be preventing you to experience the fullness of His power in your life? Are you hindering the Holy Spirit in some way by unforgiveness, not repenting of sin, etc...?

Day 3

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 3

Verse: 1 Corinthians 3:18

Let no one deceive himself. If any of you thinks he is wise in this age, he should become a fool, so that he may become wise.

Prayer: Wisdom

Wisdom is what Solomon asked for. It is what James reminds us that we should be praying for (James 1:5). Today, ask for God to grant you wisdom to begin your day.

Day 3 Reflection:

1. The Fear of the Lord (Honor / Respect) is the beginning of wisdom. What prevents you from seeking wisdom?
2. The Lord reminds us to pursue Him daily, because it matters how we live on earth. One day we will receive treasure in heaven for how we have lived for Jesus. What motivates you in your relationship with Jesus to live a life for Him?
3. What stood out to you in Chapter 3 today in 1 Corinthians?

Day 4

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 4

Verse: 1 Corinthians 4:5

*Therefore judge nothing before the appointed time; wait until the Lord comes.
He will bring to light what is hidden in darkness and will expose the motives of men's hearts.
At that time each will receive his praise from God.*

Prayer: May I Be Still

It can be easy to demand instant answers from people instead of taking time to wait on an answer from God. Our goal should be to have patience and seek the Lord for counsel, before acting upon feelings instead of allowing the Lord to reveal the truth. Our response should be, when threatened or accused, should be stillness. Take time to pause and pray and trust that God will provide an answer.

Day 4 Reflection:

1. How would you respond if someone came to you with threatening news, news of accusation or condemnation?
2. Can you recall a time when God came to your rescue? Explain.
3. Patience and waiting on the Lord has great benefits. Why would someone not wait on the Lord?

Day 5

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 5

Verse: 1 Corinthians 5:6

*Your boasting is not good.
Do you not know that a little leaven works through the whole batch of dough?*

Prayer: Repentance

Sin was welcomed in the church of Corinth. Paul was disgusted that Christians had allowed immoral sexual sin to remain openly in the church. They even boasted about it. Just like a little bit of yeast can destroy a loaf of bread, so can sin destroy a great thing like a life or a church. Ask God to reveal areas in your life where you may need to repent.

Day 5 Reflection:

1. What breaks your heart?
2. God's heart breaks when we sin. What triggers you to be quick to seek forgiveness when you have broken God's heart?
3. Why do people (*or yourself*) choose to justify sin?

Day 6

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 6

Verse: 1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore glorify God with your body.

Prayer: Praise the Lord

We were made to worship Jesus. Let your life, your body and your temple be a place of worship for the Lord.

Day 6 Reflection:

1. In difficult times where do you run?
2. How do you define praise?
3. What are 3 things you can praise God for right now?

Day 7

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 7

Verse: 1 Corinthians 7:17

Regardless, each one should lead the life that the Lord has assigned to him and to which God has called him. This is what I prescribe in all the churches.

Prayer: Relationships

Relationships are so important to the Lord. That is why Adam needed Eve. Whether we are single, married, divorced or single with a child, we have been made to find companionship with a friend or family member. Focus prayer on the relationships God has given you and will be giving you.

Day 7 Reflection:

1. Describe the type of relationship that you enjoy the most and the least.
2. Do you enjoy spending time with someone, talking to them, or not much conversation?
3. Name 3 people you will be praying for to improve your communication and relationship.

Day 8

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 8

Verse: 1 Corinthians 8:9

Be careful, however, that your freedom does not become a stumbling block to the weak.

Prayer: Shape my Legacy

Our relationship with God is important. People watch your every move at times and they are impacted by you. When people see your life, do they see Jesus living actively in your life or is it hiding? Pray for an impactful legacy to leave.

Day 8 Reflection:

1. What qualities do people use to describe you?
2. Do you strive to create a good reputation or feel like you have to hide certain things to influence your reputation?
3. Have you experienced a time where you felt forgotten? What was your relationship with Jesus like at that time?

Day 9

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 9

Verse: 1 Corinthians 9:23

I do all this for the sake of the gospel, so that I may share in its blessings.

Prayer: Sharing the Gospel

Jesus commanded us before He ascended into heaven to go and make disciples. The first two letters of the word GOspel is GO. We need to go and share the good news of Jesus with the world. Who will you be praying for to hear the good news? God hasn't given you a spirit of fear, so what are you waiting for to share the great story ever told?

Day 9 Reflection:

1. In your own words, what is the gospel message?
2. Who shared the Gospel with you?
3. With whom will you be sharing the gospel?

Day 10

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 10

Verse: 1 Corinthians 10:31

So whether you eat or drink or whatever you do, do it all to the glory of God.

Prayer: Glory of God

Everything we do matters to God. My life is to be a life that imitates the Lord. I am a reflection of His beauty. I proclaim His name in the good and bad times. To God be all the Glory.

Day 10 Reflection:

1. How would you describe the Glory of God?
2. Whatever we do should be for the glory of God. What in your life that you do on a routine basis does not glorify Jesus?
3. Where do you serve the Lord Jesus to glorify Him?

Day 11

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 11

Verse: 1 Corinthians 11:1

You are to imitate me, just as I imitate Christ.

Prayer: Discipleship

The Apostle Paul challenged the church of Corinth to follow him as he followed Jesus. He was bold in his statement, because he was not ashamed of the Gospel nor was he going to turn away from Jesus. He was fully committed to follow Jesus. There was no turning back for him. Who will you ask to follow you as you follow Jesus? Are you discipling someone? Is someone discipling you? Pray for these people.

Day 11 Reflection:

1. What area of weakness would you like to address as you follow Jesus?
2. Discipleship is vital for the Christian. Who are you discipling? If you are not, ask God to teach you what to do and to put someone in your life to disciple.
3. What in Chapter 11 of 1 Corinthians impacted you?

Day 12

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 12

Verse: 1 Corinthians 12:24-26

*But God has composed the body and has given greater honor to the parts that lacked it, 25 so that there should be no division in the body, but that its members should have mutual concern for one another.
26 If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.*

Prayer: Unity

The prayer Jesus had for His church as He prayed in the Garden of Gethsemane was for the church to be unified under Him... that there be no division. It seems that division is constant in the church and in our world. Prayer focus... Unity.

Day 12 Reflection:

1. What can cause division?
2. How can one discover unity? Is this only possible by humility?
3. Unity can happen when we are quick to listen and slow to speak. It can also happen when we fight for the love of Jesus instead of the love of self. Describe how you can use your spiritual gift to unify the body of Christ with one another.

Day 13

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 13

Verse: 1 Corinthians 13:13

And now these three remain: faith, hope, and love; but the greatest of these is love.

Prayer: Love

1 Corinthians 13 is the “LOVE” chapter. It is here we understand the definition of love. We see love lived out in and through Jesus. The love of God is the first “fruit of the Spirit” mentioned in Galatians 5. To say love is important would be an understatement. We need to live a life of love. Pray for the love of God to be present in your heart and to pour out of your life for others.

Day 13 Reflection:

1. Who demonstrated love to you like Jesus?
2. What prevents someone from loving unconditionally?
3. If the greatest gift is to love, why do we not ask for this more often?
Why is love missing sometimes in the church?

Day 14

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 14

Verse: 1 Corinthians 14:1; 40

*Earnestly pursue love and eagerly desire spiritual gifts, especially the gift of prophecy.
40 But everything must be done in a proper and orderly manner.*

Prayer: The power of using your spiritual gift

God desires to use your gift for His glory, to use your gift in His love. Yet it must be done in a way that honors and glorifies the Lord. Our God is not a God of chaos, but a God of order. Pray for revelation of your spiritual gift and how to use it effectively for His glory in church, at home, and at your workplace.

Day 14 Reflection:

1. What is your spiritual gift? (See Romans 12:1-8)
2. Where can you use your gift to impact the world for Jesus? If you do not know, what will you do to discover your gift? How and where will you use your gift?
3. What questions do you have about prophecy and speaking in tongues? Have you ever spoken in a different language before or have you heard this before in a service?

Day 15

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 15

Verse: 1 Corinthians 15:10

*But by the grace of God I am what I am, and His grace to me was not in vain.
No, I worked harder than all of them—yet not I, but the grace of God that was with me.*

Prayer: To know the Depths and Heights of God's Grace

Grace is all we need. God's grace is amazing. We will never fully know how deep and wide the Father's love is for us!

Day 15 Reflection:

1. What stood out in Chapter 15?
2. To know there is a resurrection of this body after we die is very comforting. What do you expect to experience in the resurrection?
3. How would you define the grace of God?

Day 16

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: 1 Corinthians 16

Verse: 1 Corinthians 16:13-14

*Be on the alert. Stand firm in the faith. Be men of courage. Be strong.
14 Do everything in love.*

Prayer: Deliver me from evil / temptation

Jesus teaches us to be on the alert and to pray for deliverance from evil because the temptation we experience can be removed. In His strength we are able to stand firm and strong in our faith.

Day 16 Reflection:

1. What stood out in Chapter 16?
2. What are the 5 points in the verse(s) that are provided for us today?
3. Many people are mentioned in Chapter 16. These are people that have impacted Paul's life in some way. Who has impacted you as you have been growing in your walk with Jesus?

Day 17

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: James 1

Verse: James 1:2-4

Consider it pure joy, my brothers, when you encounter trials of many kinds, 3 because you know that the testing of your faith develops perseverance. 4 Allow perseverance to finish its work, so that you may be mature and complete, not lacking anything.

Prayer: Rejoice in suffering

The crucible is a place of growth. To walk through a trial is not a time to flee from it, but a time to embrace and ask God, "What are you teaching me? How can I thrive where you have me? Help me to see Your glory in the midst of adversity."

Day 17 Reflection:

1. Trials come and go, but they have an impact in your life. What type of trials have you experienced to help you grow in your faith?
2. Why is it difficult to experience joy in the midst of a storm?
3. Joy is a fruit of the Spirit. So if I am to experience joy, what will help produce the sweetness of joy in my life?

Day 18

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: James 2

Verse: James 2:8

*If you really fulfill the royal law stated in Scripture,
"Love your neighbor as yourself," you are doing well.*

Prayer: Love like Jesus

The "Royal Law" is to love the Lord your God with all your heart, mind, body and soul, and to love your neighbor as you love yourself. It is a sacrificial love we are to have. It is the love of Jesus. Pray for this and the power of His love for all at all times.

Day 18 Reflection:

1. Love is a verb. It requires action. James would say later in chapter 4 that it is a sin if we don't do what we know we should do. It is the sin of omission. What is something you have neglected and have not humbled yourself to respond in an act of love?
2. What did the Lord point out to you in Chapter 2 of James?
3. Favoritism was prevalent for the church to whom James was writing. They showed apathy and not love. Love has no record of wrong and it is not selective. How do you love without bias?

Day 19

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: James 3

Verse: James 3:9-10

With the tongue we bless our Lord and Father, and with it we curse men, who have been made in God's likeness. 10 Out of the same mouth come blessing and cursing. My brothers, this should not be!

Prayer: Conversation (Speech)

My tongue can get me into trouble as well as get me out of it. The power of the tongue is great for edifying someone or not at all. It can be glorious and disgusting all at the same time. Ask the Lord to tame your tongue.

Day 19 Reflection:

1. What are words or phrases that you say that are not appropriate for others to hear?
2. If you wrote them out (*from question 1*), if it is disgusting to say, why do you say them? What could you say to better edify and glorify Jesus (*and the one He made*) if your words are directed negatively towards another person?
3. What spoke to you about Chapter 3 in James?

Day 20

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: James 4

Verse: James 4:7-8

*Submit yourselves, then, to God. Resist the devil, and he will flee from you.
8 Draw near to God, and He will draw near to you.
Cleanse your hands, you sinners, and purify your hearts, you double-minded.*

Prayer: Humility

God is opposed to the proud, but He gives grace to the humble. He exalts the humble at the proper time. Humility is vital for Christians, especially His leaders. Pray for humility.

Day 20 Reflection:

1. What prevents you from walking in humility?
2. What does humility look like for you?
3. How did Jesus model humility? (See Philippians 2:5-8)

Day 21

Fast: Breakfast, Lunch or Dinner (You Choose)

Read: James 5

Verse: James 5:13-16

Is any one of you suffering? He should pray. Is anyone cheerful? He should sing praises. 14 Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. 15 And the prayer offered in faith will restore the one who is sick. The Lord will raise him up. If he has sinned, he will be forgiven. 16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man has great power to prevail.

Prayer: Healing

As we conclude our time with our fast, may God Heal you from anything with which you have been wrestling or struggling. Confess your sins to someone and walk through the scriptures together.

Day 21 Reflection:

1. To whom will you confess your sins?
2. What will you be praising the Lord for today?
3. What impacted you in reading the book of James this week?