



**- 21 Day Fast -**

As you begin this 21 day journey of fasting and praying it is our hope that you will see Jesus in new ways, that walls will be broken down, strongholds set free, and joy restored. Each day remember to spend time in God's word but also in P.R.A.Y.E.R.

P- Praise the Lord (Matthew 6:33)

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R- Repent or Rid yourself of Sin (Ephesians 4:31-32)

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A- Accept Responsibility for where you are at (Romans 12:3)

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Y- Yield to God's Authority (James 4:7)

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E- bE Encouraged by Truth (Romans 15:13)

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R- Resolve to follow God (Jeremiah 42:6)

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**Day 1**

**Theme: Renewed**

"God uses broken things. It takes broken soil to produce a crop, broken clouds to give rain, broken grain to give bread, broken bread to give strength. It is the broken alabaster box that gives forth perfume." - Vance Havner

**Prayer:**

Lord, take my broken pieces and renew me.

**Reflection Verses:**

Ezekiel 36: 26-27

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Romans 12:9- 10

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Philippians 4:5-7

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Ephesians 4:22-24

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Specific Prayer, Convictions, and Praises:

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Fasting Challenge: Fast One Meal

Fasted Meal: \_\_\_\_\_

Other Fasting Choice: \_\_\_\_\_

## Day 2

### Theme: Learning

Learning to live from God's power is about more than just putting on a friendly face or "faking it till you make it." It is about being a visible, tangible reflection of who Jesus is in any situation.

### Prayer:

Lord, would I be teachable and always ready to learn from your Word.

### Reflection Verses:

Ephesians 1:18-21

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2 Peter 2:19

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Psalm 86: 11-12

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Ephesians 4:22-24

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Specific Prayer, Convictions, and Praises:

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## Day 3

### Theme: Integrity

Integrity is more than just the knowledge of what is right, it is taking the time to put what is right into action.

### Prayer:

Lord, may I see what needs to be done and do it.

### Reflection Verses:

Proverbs 10:9

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1 Peter 2:12

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Psalm 25:21

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Psalm 26:11-12

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Specific Prayer, Convictions, and Praises:

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## Day 4

### Theme: **Forgiveness**

“To forgive is to set a prisoner free and discover that prisoner was you.”

-C.S. Lewis

#### Prayer:

Lord, would I release all bitterness and rage, hurt and pain, and surrender it all to you.

#### Reflection Verses:

2 Chronicles 7:14

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Proverbs 19:11

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Proverbs 20:3

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Matthew 6:14-15

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Specific Prayer, Convictions, and Praises:

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## Day 5

### Theme: **Faith**

Faith is a gift, it should be cultivated and built upon. As we grow in our faith we become more like Christ and more confident that our pain and struggles will not last, that we will be healed and through the darkness we shall see the light.

#### Prayer:

Lord, help my unbelief.

#### Reflection Verses:

1 Corinthians 2:5

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Romans 4:20-21

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James 1:6-7

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Hebrews 11:6

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Specific Prayer, Convictions, and Praises:

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## Day 6

### Theme: **Healing**

Our God is a God of healing. Body, soul, and mind. All we have to do is ask Him and in His timing and in His way, He will heal us all.

### Prayer:

Lord, bring life to my dry bones.

### Reflection Verses:

Proverbs 3:7-8

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Jeremiah 17:14

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Jeremiah 30:17

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Isaiah 57:18-19

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Specific Prayer, Convictions, and Praises:

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## Day 7

### Theme: **Peace**

Do not be anxious about anything, but in everything, 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 mind in Christ Jesus. (Philippians 4:6-7)

### Prayer:

Lord, still me, that I may know your peace.

### Reflection Verses:

Psalms 119:165

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Numbers 6: 24-26

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Philippians 4:5-7

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Psalms 33:20-22

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Specific Prayer, Convictions, and Praises:

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## Day 8

### Theme: Freedom

God tells us that not only are we free from the penalty of sin but we have been given freedom from the power of sin. All of the choices we make are first filtered through our minds, we have the ability and authority to control our thoughts and live in freedom.

#### Prayer:

Lord, remind me that I am free.

#### Reflection Verses:

Romans 8: 5-6

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Romans 12:2

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1 Peter 1:13

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2 Timothy 1:7

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Specific Prayer, Convictions, and Praises:

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Fasted Meal: \_\_\_\_\_

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## Day 9

### Theme: Patience

We have to remember that God has already overcome the World and even when we can't see it, He is working.

#### Prayer:

Lord, help me to trust you are working even when I don't see it, feel it, or hear it.

#### Reflection Verses:

Proverbs 14:29

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Romans 12:12

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Proverbs 16:32

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Exodus 14:14

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Specific Prayer, Convictions, and Praises:

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Fasted Meal: \_\_\_\_\_

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## Day 10

### Theme: Attitude

God's desire is that we are made new from the inside out, that we would throw off our old ways of life and thinking, and turn instead to our new nature- one that is like Christ.

### Prayer:

Lord, put in me a clean heart that I may think and act as you do.

### Reflection Verses:

Ezekiel 18:31

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Romans 12:3

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Ezekiel 36: 26-27

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Titus 3: 1-2

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Specific Prayer, Convictions, and Praises:

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Fasted Meal: \_\_\_\_\_

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## Day 11

### Theme: Courage

God doesn't call the qualified, He qualifies the called. We just have to have the courage to say yes when He calls.

### Prayer:

Lord, give me courage for far more than I could ever ask or think.

### Reflection Verses:

1 Chronicles 28:20

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Deuteronomy 31:6

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Isaiah 12:2

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2 Timothy 1:7

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Specific Prayer, Convictions, and Praises:

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## Day 12

### Theme: Love

The greatest commandment God has given us is to love, laying down our own desires and giving ourselves to each other. Pure love is compassionate, sacrificial, and generous. Our goal is to love others in the way they need to be loved, not how we think they deserve to be.

### Prayer:

Lord, help me to love like you do.

### Reflection Verses:

Romans 12:9-10

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Ephesians 5:1-2

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1 Corinthians 13: 1-3

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1 Corinthians 10:24

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Specific Prayer, Convictions, and Praises:

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## Day 13

### Theme: Humility

Humility is not thinking less of yourself, it's thinking of yourself less. -C. S. Lewis

### Prayer:

Lord, would you lead me in serving others, that I may put them first.

### Reflection Verses:

Proverbs 11:2

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Matthew 23:12

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Proverbs 15:31-33

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James 4:10

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Specific Prayer, Convictions, and Praises:

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## Day 14

### Theme: Joy

The enemy's goal is to steal, kill, and destroy our joy. Our joy doesn't come from the realities of our circumstance but from the certainty that we have a Hope that will outlast any of the trials we face. Joy is the assurance that we are connected to our creator no matter what comes.

### Prayer:

Lord, fill my heart with you.

### Reflection Verses:

Psalm 94:19

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Nehemiah 8:10

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Habakkuk 3: 18-19

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Psalm 30:1

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Specific Prayer, Convictions, and Praises:

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## Day 15

### Theme: Empowerment

All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness, so that the man of God may be thoroughly equipped for every good work. (2 Timothy 3:16-17)

### Prayer:

Lord, Empower me to do your will.

### Reflection Verses:

Jeremiah 6:16

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1 Thessalonians 5:21-22

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1 Peter 2:12

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Galatians 6:9-10

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Specific Prayer, Convictions, and Praises:

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## Day 16

### Theme: **Guidance**

We are called to live not only for God, but from His power. This means being grounded in who He created us to be and living from that guidance.

### Prayer:

Lord, guide me in your ways.

### Reflection Verses:

Psalm 27:14

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Isaiah 30:21

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Isaiah 58:11

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John 16:13

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Specific Prayer, Convictions, and Praises:

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Fasting Challenge: Fast One Meal

Fasted Meal: \_\_\_\_\_

Other Fasting Choice: \_\_\_\_\_

## Day 17

### Theme: **Obedience**

We may hear the Lord, and answer the Lord, but we also need to obey the Lord. Only then will we be truly free.

### Prayer:

Lord, may I learn to obey you without hesitation.

### Reflection Verses:

John 14:23

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Deuteronomy 5:33

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Deuteronomy 28:1

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Luke 9:23

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Specific Prayer, Convictions, and Praises:

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Fasted Meal: \_\_\_\_\_

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## Day 18

### Theme: **Surrender**

Surrender is knowing when to let go of your own thoughts and emotions and to give in to what God has called you to do.

### Prayer:

Lord, you can have it all.

### Reflection Verses:

Proverbs 16:32

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Luke 9:23

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Proverbs 3:5-6

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James 4:10

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Specific Prayer, Convictions, and Praises:

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## Day 19

### Theme: **Victory**

Our God has already conquered the grave. He makes beauty from ashes, bones to armies, seas into highways. There is nothing our God can not do.

### Prayer:

Lord, remind me the battle is already won.

### Reflection Verses:

Philippians 3:13-15

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Isaiah 43:18-19

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Romans 8:37

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John 16:33

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Specific Prayer, Convictions, and Praises:

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Fasted Meal: \_\_\_\_\_

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## Day 20

### Theme: Legacy

May the example of our lives point others towards the hope they can find only in Jesus.

### Prayer:

Lord, would I pursue righteousness, godliness, faith, love, endurance, and gentleness as I work to lead others towards you.

### Reflection Verses:

Ephesians 5:1-2

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2 Timothy 2:15

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1 Thessalonians 4:11-12

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2 Timothy 2:16

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Specific Prayer, Convictions, and Praises:

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## Day 21

### Theme: Hope

Isaiah 40:31- But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

### Prayer:

Lord, my Hope is in you!

### Reflection Verses:

Psalms 16:8

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Psalms 25:4-5

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Jeremiah 29:11

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Romans 15:13

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Specific Prayer, Convictions, and Praises:

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