

21 Days of
Prayer and Fasting

2015 FAST

January 5th to 26,
2015

Day 16

The discipline of fasting breaks you out of the world's routine. It is a form of worship-offering your body to God as a living sacrifice is holy and pleasing to God (see Romans 12:1). The discipline of fasting will humble you by reminding you of your dependency on God, and bring you back to your first love. It causes the roots of your relationship with Jesus, and your worship to go deeper.

On Your Sixteenth Day of Fasting, remember:

Stay in God's Word

Stay Hydrated

Go to your prayer time and prayer place

Listen to your favorite worship CDs

Maintain your journal

Reflect on your fast and how it is helping you to grow spiritually

Mints

Physical and Spiritual Effects:

Weight loss continues

Bad breath continues

Your senses become more sensitive to your surroundings and the voice of God.

Thoughts for your Journal:

Remember to stay the course. Write out your thoughts on how you can continue to present your body as a living sacrifice and see if the Lord does not open up the windows of heaven to you and shower you with His presence.

Fasting is a form of worship that will humble you. Remind yourself of your dependency on God.

Attention:

Read this > Luke 4:1-13

This will probably be the toughest week of this 21 day fast. You are getting closer to the end of this fast. Satan will try and tempt you every way he can. He doesn't want you to accomplish this fast. Read the word extra hard, Pray even more and Worship even Longer.

Prayer Focus Day 16: Personal Ministry

God has given you giftings to use for His purpose. It makes me think of Abraham and the five dynamics that brought him into the place of ministry, the place of destiny that God had for him. First, he could hear God. Secondly, Abraham believed what he heard. Third, he came to place of denouncing his comfort zone to follow God's leading. Fourth, Abraham had the courage to follow God's direction for His life. And finally, he had the tenacity to focus on the promise and not the problems that stood in his way.

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So on this day of the fast, I encourage you to pray and seek God about His purpose and plan for your life, your ministry unto Him.

Then Jesus said to His disciples, "If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me."

(Matthew 16:24 NASV)

1 Peter 1:23 Amplified Bible (AMP)

23 You have been regenerated (born again), not from a mortal [**a**]origin ([**b**]seed, sperm), but from one that is immortal by the ever living and lasting Word of God.

Father, I thank you that I have been born again, not of corruptible seed but of incorruptible, by the word of God, which lives and abides forever.

2 Corinthians 4:17-18

Amplified Bible (AMP)

17 For our light, momentary affliction (this slight distress of the passing hour) is ever more and more abundantly preparing *and* producing *and* achieving for us an everlasting weight of glory [beyond all measure, excessively surpassing all comparisons and all calculations, a vast and transcendent glory and blessedness never to cease!],

18 Since we consider *and* look not to the things that are seen but to the things that are unseen; for the things that are visible are temporal (brief and fleeting), but the things that are invisible are deathless *and* everlasting.

Father, I thank you that my light affliction, which is but for a moment, works for me a far more exceeding and eternal weight of glory, while I look not at the things which are seen, but at the things which are not seen. For the things which are seen are temporary but the things which are not seen are eternal

2 Corinthians 5:17 Amplified Bible (AMP)

17 Therefore if any person is [ingrafted] in Christ (the Messiah) he is a new creation (a new creature altogether); the old [previous moral and spiritual condition] has passed away. Behold, the fresh *and* new has come!

Father, I thank You that I am in Christ and I am a new creature Old things have passed away and behold all things have become new.