



## **Raleigh International Church**

**21 Day Fast January 1 – 21, 2017**

**“Gather my saints together unto me; those  
that have made a covenant with me by  
sacrifice. (Psalm 50:5)**

### **WHY DO WE FAST?**

In the Old Testament, when the Nation of Israel sought to hear God’s voice clearly, repent before the Lord, or conquer an enemy, they engaged in a collective fast (Daniel 9:3-5; Deut 9: 15-18; 2 Chron. 20:3-4). Within the New Testament we see that Jesus not only embarked on a 40 day fast before beginning His ministry, but He also EXPECTED his followers to fast (Matt. 6:16-18; Matt. 9:14-17). During RIC’s 21 days

of fasting and prayer, it will be a wonderful time of hearing God, receiving guidance and continuing to maximize our potential for God's Glory.

### **FIRST TIME FAST TIPS**

- Make a decision/commitment that you will complete the fast.
- Ask God to help you and He will.
- Focus on the reason you are fasting and the opportunity to get closer with God.
- Focus on the prayer objectives along with journaling is very helpful in helping you stay focused during your time of fasting.
- Be encouraged to share your praise reports along with your struggles of the fast with others who are fasting along with you.
- Drink plenty of water even if it's not appealing to you. These are only a few of the many helpful suggestions for fasting for the first time. Speak with others who have fasted in the past to gain other helpful hints on fasting.

### **SPECIFICS OF THE FAST**

One meal a day after 6:00pm.

### **DAY**

#### **21 Day Corporate Prayer Focus**

1. A Spirit of Confession and repentance
2. Renewed Hunger for God's word
3. Reconciliation of broken relationships
4. Keep your servant from presumptuous sins
5. Unity in the body of Christ

6. Open doors for the body of Christ
7. Hedge of protection over marriages
8. Protection over our youth and young adults
9. The raising of new leaders of courage/vision
10. Walk in Total Freedom
  11. That we would clearly hear his voice
  12. That we would recognize and embrace God's correction
  13. A new heart for the lost in the triangle
  14. A heart for the homeless (pray for hotels)
  15. That we would never be broke again
  16. That we would walk in power and anointing
  17. Complaining and murmuring would not be our garment
  18. That we would be a Tithing church
  19. Commitment to the local body would increase
  20. Increase our faith in God
  21. That God's people would do exploits in 2017!!!