



21 DAYS OF PRAYER FAQ

WHY do we pray and fast?

Prioritization

“We fast from things that are fine to keep God first” - New City Church

The Holy Spirit could be convicting you, revealing that your priorities are not in right order. God may be prompting your heart to eliminate some “good things” to say yes to the “God things”. Fasting re-centers and re-prioritizes our life back on Jesus. But remember, you are saved “by grace, through faith” alone. Fasting does not earn our salvation or make God think more highly of us, but it can produce great spiritual fruit, as listed throughout this document.

Matthew 6:33 (NIV)

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Awareness & Intimacy

Prayer and fasting is like opening a door to a fresh awareness of God’s presence. The goal of fasting is not to attain something materialistic in return from God, but to first abide in Him and grow in relationship with Him. Praying and fasting redirects our hearts, minds, and souls to what matters most; what is eternal. Walking in this clarity, God may expose sinful areas of our life that we may not have noticed to be corrected.

James 4:8 (NIV)

Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

Clarity

Prayer and fasting is a wise spiritual discipline to lean into especially when seeking discernment and direction from the Holy Spirit for a specific decision at hand. But it’s important that we seek God’s face, not just His hand. In other words, seek God just to worship Him, not just to get a miracle from His hand.

James 1:5 (NIV)

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Power

Prayer and fasting re-positions our heart to be re-charged with power from the Holy Spirit to walk in victory over spiritual warfare. Look at this story below where Jesus shows the disciples needed to lean into prayer and fasting to see the deliverance.

Matthew 17:14-21 (NIV)

14 When they came to the crowd, a man approached Jesus and knelt before him.

15 “Lord, have mercy on my son,” he said. “He has seizures and is suffering greatly. He often falls into the fire or into the water. **16** I brought him to your disciples, but they could not heal him.” **17** “You unbelieving and perverse generation,” Jesus replied, “how long shall I stay with you? How long shall I put up with you? Bring the boy here to me.”

18 Jesus rebuked the demon, and it came out of the boy, and he was healed at that moment. **19** Then the disciples came to Jesus in private and asked, “Why couldn’t we drive it out?” **20** He replied, “Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” **21** This kind does not go out except by prayer and fasting.

Holiness

Prayer and fasting, when done in the right heart posture, can shape and mold us to become more like Christ (sanctification). God can use this act of self-denial to walk the path of Christ, taking up our cross, as we live in abundant life.

1 Thessalonians 5:23 (NIV)

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.

Church Unity

As we re-prioritize seeking Jesus first, the body of Christ can come into greater alignment.

Ephesians 4:1-5 (NIV)

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. **2** Be completely humble and gentle; be patient, bearing with one another in love. **3** Make every effort to keep the unity of the Spirit through the bond of peace. **4** There is one body and one Spirit, just as you were called to one hope when you were called; **5** one Lord, one faith, one baptism; **6** one God and Father of all, who is over all and through all and in all.

Marital Unity

In the passage below, Paul explains the power of a married couple intentionally breaking from sex by “mutual consent” for a set period of time of prayer, to only come back stronger together.

1 Corinthians 7:5 (NIV)

Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

WHAT am I supposed to fast?

Most people think fasting is just about food, but it’s much more than that.

First, ask God: “Lord, what should I fast? What are the 1-2 things that could be distracting me or hindering me from flourishing in my walk with you?”

Examples

- Social media
- Desserts
- TV
- Shopping
- Sports
- Coffee
- Etc.

WHO is supposed to fast?

Fasting is a call for all believers.

Notice in this passage below Jesus does not say “if” you fast, He says “when” you fast.

Matthew 6:16-18 (NIV)

16 “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full

WHEN are we supposed to fast?

Fasting does not have to look the same for everyone.

For example, you could fast a meal everyday for 21 days: one day you fast breakfast, the next day you fast dinner, etc. On the other hand, maybe you feel led to fast social

media completely for 21 days. Be careful not to compare yourself to what someone else is fasting. Keep your eyes on Jesus.

WHERE do we fast?

Fasting can be done individually or corporately.

Here is a passage below where the early church fasted corporately and saw breakthrough and direction for the next season.

Acts 13:1-3 (NIV)

1 Now in the church at Antioch there were prophets and teachers: Barnabas, Simeon called Niger, Lucius of Cyrene, Manaen (who had been brought up with Herod the tetrarch) and Saul. **2** While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." **3** So after they had fasted and prayed, they placed their hands on them and sent them off.

WHO should know I am fasting?

Fasting should be done in a humble, honorable manner.

Since this is a corporate fast, it's okay for us as brothers and sisters to know that we're fasting. However, as we enter into the world, our co-workers, friends, family and others don't need to know. Keep this between you, your Father in Heaven, and your church family.

Matthew 6:16-18 (NIV)

16 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. **17** But when you fast, put oil on your head and wash your face, **18** so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.