

21– Day Fast Scripture, Prayer, and Fasting Period



Remember: Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. In the book of Matthew, the bible speaks concerning how private discipline brings you rewards in Heaven.

Over the next 21 days you will undoubtedly discover some amazing benefits of fasting. As God blesses your life, we encourage you to write down your prayers and experiences. Praise God for the renewed relationship you have with Him and for the works He is doing in your life. Prepare to experience the power of a refreshed perspective for the things He has in store for your life in 2024!

What is Fasting

Fasting is the deliberate abstinence from some form of physical gratification, for a period of time, in order to achieve a greater spiritual goal. Fasting usually involves setting aside food, but we can fast from any physical appetite, including sex within marriage (only if spouses are in agreement), television, Internet, social media, etc. The idea is to devote the time we would ordinarily spend on these activities to prayer and worship before the Lord.

Here are some common elements to fasting in scripture:

Humility – Then I proclaimed a fast . . . that we might humble ourselves before our God, to seek from Him. - Ezra 8:21

Prayer – So we fasted and petitioned our God about this, and he answered our prayer. - Ezra 8:23

Praise & Worship – They sat there before the Lord and fasted that day until evening and offered burnt offerings and peace offerings before the Lord. - Judges 20:26

Abstinence from physical gratification – Let neither man nor beast, heard nor flock, taste anything. Let them not feed or drink water . . . and let them call out mightily to God. - Jonah 3:7-8

Fasting is a way of prostrating ourselves before God. As we say no to fleshly gratifications and “then you will call, and the LORD will answer; You will cry, and He will say, ‘Here I am.’ Isaiah 58:9

Note: This fast is **not required** and neither expected of IRMinistries members or anyone who may want to participate. The fast is completely **voluntary**. **We ask that all who choose to participate should seek the advice of their physician/healthcare provider before participating in this fast.** The 21 day fast is not required and participants may stop at any time during the fast.

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Important Reminder: Don't forget to DRINK water.

Week One

Week One will focus on SELF as it relates to *ministry*. This week we will be asking God to show us ourselves and reveal to us our purpose for His Kingdom plan on earth.

Foods to Eat: You are able to have baked or broiled fish (No FRIED foods) and Poultry. Only eat foods that are on the list of “foods to eat.”

Day 1: Daniel 9:3

Fasting Period: 4 hours (w/o food) Advanced: 6 hours (w/o food)

Day 2: Proverbs 2

Fasting Period: 4 hours (w/o food) Advanced: 6 hours (w/o food)

Day 3: James 1-3

Fasting Period: 4 hours (w/o food) Advanced: 6 hours (w/o food)

Day 4: James 4-5

Fasting Period: 4 hours (w/o food) Advanced: 8 hours (w/o food)

Day 5: Ephesians 4 – 6 (w/emphasis on Ephesians 4: 11-13)

Fasting Period: 6 hours (w/o food) Advanced: 8 hours (w/o food)

Day 6: Romans 12 and 14 & 1Corinthians 12:28

Fasting Period: 6 hours (w/o food) Advanced: 10 hours (w/o food)

Day 7: Hebrews 11 and 1Timothy 4

Fasting Period: 6 hours (w/o food) Advanced: 10 hours (w/o food)

Take 5 minutes of silence after prayer and think about the things that come to mind that need changing and write those things down on the daily prayer log. These items will be the ones that you will be in prayer for the next 21 days.

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Week Two – Only Fruits and Vegetables

Week two will focus on family and structure. We will fast during this week from food for a specified time. Look at the hours of fasting after each day mentioned below. There will be no food consumption for the specified times – only water. This is to prepare us for week 3 where we will fast for longer periods of time.

Prayer: Ask God to show you where you need change and areas in where growth is needed. Write these things down on your log sheet and pray for them for the week. The scriptures are focused on family structure as well as how men and woman are to present themselves in the family. Also, focus on praying for the church body—asking God to bring families and provide resources for those that are to come, through the ministry.

Take 5 minutes after you pray and focus on listening to God. Write down anything that comes to mind during this time.

Day 8: Deuteronomy 6

Fasting Period: 6 hours (w/o food) Advanced: 12 hours (w/o food)

Day 9: 1 Timothy 2 and 3

Fasting Period: 8 hours (w/o food) Advanced: 12 hours (w/o food)

Day 10: Colossians 3 and 4

Fasting Period: 8 hours (w/o food) Advanced: 14 hours (w/o food)

Day 11: Titus 2 and 3

Fasting Period: 8 hours (w/o food) Advanced: 14 hours (w/o food)

Day 12: Ephesians 5 and 1 Corinthians 11

Fasting Period: 8 hours (w/o food) Advanced: 14 hours (w/o food)

Day 13: Proverbs 31

Fasting Period: 8 hours (w/o food) Advanced: 16 hours (w/o food)

Day 14: 1 Kings 2 and Acts 13

Fasting Period: 8 hours (w/o food) Advanced: 16 hours (w/o food)

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Week 3 – Only Fruits Vegetables

Week three will focus on your area in ministry and the importance of the task that God has assigned you to do for this season. During this time, please read the book of Psalms as much as you can. Psalms are meditations expressing the love and one on one relationship with God. **Prayer:** Prayer should be focused on God revealing your ministry gifts to you so that they can be used for His Kingdom. These prayers should be specific and to the point. **After prayer, spend some time** each day concentrating on the scriptures and what God may be saying to you.

Day 15: 1 Cor 12:1-11

Fasting Period: 10 hours (w/o food) Advanced: 20 hours (w/o food)

Day 16: Romans 12: 3-8

Fasting Period: 10 hours (w/o food) Advanced: 20 hours (w/o food)

Day 17: Ephesians 4 (with emphasis on verses 12-15)

Fasting Period: 10 hours (w/o food) Advanced: 20 hours (w/o food)

Day 18: Acts 1 & 2

Fasting Period: 10 hours (w/o food) Advanced: 20 hours (w/o food)

Day 19: Acts 4

Fasting Period: 12 hours (w/o food) Advanced: 24 hours (w/o food)

Day 20: Matthew 28:16-20 (The Great Commission)

Fasting Period: 12 hours (w/o food) Advanced: 24 hours (w/o food)

Day 21: 2 Corinthians 4

****Fasting Period from Midnight Sunday to 6am. 6 hours (w/o food)****