



READY-SET-GROW GETTING STARTED

As you consider fasting during the next 21 days here are some practical steps to consider:

PRAYER: The spiritual discipline of fasting is pointless without prayer. Prayer is essential when fasting. When you fast, move throughout your day with praise and prayer. Let what you are missing from fasting remind you during your day to continue to talk to God and thank Him, praise Him and pray to Him. Be intentional about spending time reading the Bible. Devotionals are also a great tool. We have selected a 21-day devotional that you may find useful, we've included a link at <https://www.cornwallchurch.com/21dayfast>

LENGTH: If you are new to fasting, don't attempt to go without food for 21 days. While the season of our prayer and fasting is 21 days you may decide to fast one meal, one day, once a week, certain days of each week, etc.

Here are some suggestions as we learn the discipline and joy of fasting.

- Give up one meal a day and use that time to be intentional about connecting with God.
- Fast from something such as tv, social media, or activity removing distractions so that you can focus on the goodness of God. The goal is to spend time in God's Word, pray, worship and listen.

OBJECTIVE: Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

**Content inspired by Main Street Church 21Day of Prayer&Fasting-used with permission.*



MY PERSONAL COMMITMENT & PRAYER GOALS

DETERMINE YOUR FAST: Decide how long you will fast and what kind of fast or fasts you will do. Some may do the full 21 days while others may choose specific days. Whatever you decide, write it down.

PUT YOURSELF ON THE CALENDAR: Set aside time each day as you fast to be alone with God in prayer and the Bible. The more time you spend with Him, the more meaningful your fast will be.

CREATE A PRAYER LIST & GOALS: Take some time to think about who you will be praying for, what specific circumstances or issues you will pray over to focus your time.

FOOD FAST(S) _____

MEDIA FAST(S) _____

OTHER _____

Who will I specifically pray for by name for the next 21 days?

What specific circumstances or issues will I pray and ask God to work in?

List any other prayer requests that you may have and pray for them daily.

