

Word of Life Christian Church

21 Days of Fasting begins
January 18th to February 7th

WORD OF LIFE CHRISTIAN CHURCH

PASTOR DEMETRIUS MCCOY, SR.
DR. MARIAH CREW MCCOY

21 DAYS OF *Prayer & Fasting* FOR
SPIRITUAL GROWTH

JOIN US FOR PRAYER DAILY (MONDAY - FRIDAY) AT 6:00 AM

(267) 807 - 9572 ACCESS CODE: 793346#

WEEK 1	NO SWEETS OR SUGARS NO BEER, WINE, OR ALCOHOL NO SODAS NO SEX OUTSIDE OF MARRIAGE NO PORNOGRAPHY	WEEK 2	NO SOCIAL MEDIA NO GOSSIPING NO CURSING NO FRIED FOODS NO UNNECESSARY SPENDING	WEEK 3	NO FOOD BETWEEN 6A - 6P (EXCEPT MEDICAL CONDITIONS)
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January 18th – February 7th

Demetrius E. McCoy, Sr. | Senior Pastor
Michael L. McCoy, Sr. | Ministry Overseer

January 18th – February 7th (12am start/end)

“May my prayer be set before you like incense.” Psalm 141:2

Enhance your spiritual awareness and spiritual connectivity by beginning each day of your fast with prayer. Join us **Monday through Friday** during the FAST on the Prayer Line each morning at 6AM.

Phone Number: 267 – 807 - 9572

Access Code: 793346

Your fasting journey over the course of these next 21 days won't be easy, however, if you remain committed to the fast, you will be sure to grow closer to God. Fasting is not about giving up food to lose weight or because you are trying to get a quick blessing. Fasting is about you growing closer to God, seeking the heart of God and surrendering your desires and wants to the will of God.

Scriptural Reference

“Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.” 13 Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.

-Joel 2:12-13

Purpose of Fasting

Jesus encourages us to partake in fasting with an intentional approach to fasting as a spiritual weapon, not as a biblical law. Fasting is done for spiritual reasons. Fasting *always* has a purpose. Since that purpose is spiritual, it is crucial to keep your focus and activity centered on the Holy Spirit. That means setting aside time for regular worship, Bible study, and prayer—especially around mealtimes. Otherwise, fasting simply becomes an empty ritual or an ineffective diet plan.

Often individuals fast with the intention of moving the hand of God. However, fasting does not move or change God, it is meant to change us. At first, it may draw out the worst in us. Rest assured, irritability, anger, compulsive cravings, etc. were stored up inside before the fasting began. A

fast pulls these issues to the surface so that we can see them clearly and eliminate them at the root.

About the Fast

Joel 2: 12 – 13 is our inspiration for this 21-day journey, which commands us to return back unto the Lord with all of our heart, with fasting, with weeping and mourning. The reality is that in life, there are so many distractions that pull our attention away from the presence of God. This corporate fast (*others will participate in this fast with you*) is a partial fast (*rather than total abstention from all food*) that is designed to eliminate distractions and self-desires, so that you can draw closer to God.

This modified fast prohibits the following:

- **No “Pleasant” Food (Sweets/Sugars/Salts) – Week 1:**
This includes processed food and sweets, salts, carbonated drinks, coffee (i.e, snack cakes, cookies, chips, etc.)
- **No Beer/Wine/Liquor Week 1:**
This restriction, coupled with previous fasts where Daniel drank only water (*typical for biblical fasting*). Natural fruit or vegetable juices are also acceptable.
- **No Fried Foods (Week 2)**
- **Refrain from Unnecessary Spending (Week 2)**
- **No Sexual Activity Outside of Marriage**
- **No Pornography**
- **No Social Media (Week 2)**
- **No Gossiping**
- **No Cursing**
- **No Food Between 6AM – 6PM (Week Three)**

Basic Guidelines

Healthy Foods to include in your diet during the Fast

All Fruits:

These can be fresh, frozen, dried, juiced or canned. Not packed in sugars or syrups.

All Vegetables and Legumes:

These can be fresh, frozen, dried, juiced or canned. Veggie burgers are an option if you are not allergic to soy.

All Whole Grains: This includes but is not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All Nuts and Seeds, and Oils: This includes but is not limited to sunflower seeds, cashews, peanuts, sesame, olive, canola, etc. Also all natural nut burgers including peanut butter.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to Avoid on the Fast

All Sweeteners not limited to sugar, substitute sugar, honey, etc.

All Refined and Processed Food Products not limited to flavorings, food additives, chemicals, white rice/flour, artificial preservatives.

All Deep Fried Foods not limited to potato chips, fries, corn chips.

Beverages including but not limited to sodas, wine, beer, carbonated beverages, energy drinks, and alcohol.

Throughout the Bible, believers took up a fast for three reasons:

- 1. To become more aware of God’s presence
- 2. To confirm God’s will and anointing
- 3. To hear a Word from the Lord in a time of need

Fasting is seeing ourselves apart to center our lives on God. It’s not just eating differently and expecting some supernatural results. But rather, fasting helps us focus more on God and His Word, we will become aware of the supernatural power of God that is already at work all around us.

Helpful Tips

- ~ **READ THE LABELS.** You will likely be amazed, and maybe even a bit discouraged, as you try to find prepared foods that are sugar-free and chemical-free. But make sure you read the labels.
- ~ As you fast, seek the Lord’s wisdom and direction. Life is full of noise that makes it difficult to clearly discern God’s will. As the requirements of fasting consume your thoughts and interrupt your activity throughout the day— instead of a distraction, use these thoughts as a reminder to pray and be sensitive to the Spirit.

Prior to starting the fast, journal to the following statement so you can refer to it at the end and see how God manifested Himself to you during this time of fasting.

Statement:
What I’m expecting from God during this time of consecration through the 21 day Fast:

What I'm hoping will change within me through this sacred time:

DAY 1:

The first step in coming closer to Jesus in our personal walk, is to deny ourselves. As you begin this fasting journey, we must deny self (selfish desires, gratifying fleshly desires) in order to pursue after the glory of God.

Luke 9:23 *If anyone would come after me, let him deny himself and take up his cross daily and follow me.*

DAY 2:

Fasting is an act of worship, a way of submitting and surrendering to the Holy Spirit in our lives. As you worship Him and resist temptation, you place your desire for intimacy with God above physical cravings of hunger.

Deuteronomy 8:3 *He humbled you... to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD. See also (Matthew 4:4 and Luke 4:4)*

DAY 3:

You can do nothing without the power of God at work in your life. With Him, all things are possible.

John 15:5 *I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.*

DAY 4:

During a fast, you come face to face with the weakness of your flesh. In order to persevere, you'll need His strength.

Zech. 4:6 *Not by might nor by power, but by my Spirit, says the LORD Almighty.*

DAY 5:

When you trust in the Lord to fight your battles, He will persevere until you have victory.

Mark 12:36 *The Lord said to my Lord: "Sit at my right hand until I put your enemies under your feet.*

DAY 6:

Fasting allows you to walk freely in the love of God and challenges you to express God's love to others.

John 13:34-35 *New command I give you: Love one another. As I have loved you, so you must love one another. 35 By this all men will know that you are my disciples, if you love one another.*

DAY 7:

It is only through the indwelling of the Holy Spirit you receive wisdom and guidance to do God's will.

Colossians 1:9 *For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding.*

DAY 8:

Start each day with a prayer from your heart, that your fasting may not be in vain or become a routine.

Psalms 51:10-12 *Create in me a pure heart, O God, and renew a steadfast spirit within me. 11 Do not cast me from your presence or take your Holy Spirit from me. 12 Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.*

DAY 9:

Fasting is an act of faith. We deny ourselves today based on the promises of God. Fasting and prayer cleanse both our body and Spirit as we focus our mind on Him.

2 Corinthians 7:1 *Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.*

DAY 10:

The discipline of fasting is meant to build up your Spirit. It is only effective as much as it is coupled with prayer.

***Jude 1:20** But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit.*

DAY 11:

This 21-day fast is not just about food. The daily choices we make are a testimony to the fact that God alone sustains us. We trust in Him for strength and healing.

***Jeremiah 17:14** Heal me, O LORD, and I will be healed; save me and I will be saved, for you are the one I praise.*

DAY 12:

Stress is part of life. How you respond is up to you. Instead of turning to worldly comforts, surrender your worries to God. Trust Him to provide a way through.

***1 Peter 5:7** Cast all your anxiety on him because he cares for you.*

DAY 13:

Slow down enough today to listen to His small, small voice. Rising inside and all around you— if you have doubt ask Him for confirmation. Faith is built up through obedience.

***Hebrews 3:7-8** So, as the Holy Spirit says: Today, if you hear his voice, do not harden your hearts as you did in the rebellion...*

DAY 14:

Just one word from God can bring peace into your situation. The Holy Spirit dwells within you, and when you call on Him, His peace and comfort are never far away.

***John 14:26-27** But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

DAY 15:

When you confess Jesus as your Lord and Savior, you pledged your life to Him. Being filled with the Holy Spirit, you can no longer do as you wish. Pursue a life of obedience.

***1 Corinthians 6:19-20** Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore, honor God with your body.*

DAY 16:

Love prevails over legalism, but true love obeys the rules willingly. Let nothing in your life become an obstacle to what God is trying to do within you.

***Romans 14:17-21** For the kingdom of God is not a manner of eating and drinking, but of righteousness, peace and joy in the Holy Spirit, 18 because anyone who serves Christ in this way is pleasing to God and approved by men. 19 Let us therefore make every effort to do what leads to peace and to mutual edification. 20 Do not destroy the work of God for the sake of food. All food is clean, but it is wrong for a man to eat anything that causes someone else to stumble. 21 It is better not to eat meat or drink wine or to do anything else that will cause your brother to fall.*

DAY 17:

Trust in the Lord to be faithful, rather than relying on your own knowledge and strength.

***Romans 15:13** May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

DAY 18:

God expects us to mind our mouths. Fasting should teach us not only to filter what goes in, but what comes out.

***Ephesians 4:29-32** Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. Do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage, anger, brawling, slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

**DAY 19: January 29th: CORPORATE PRAYER at Main Campus
(6:30p – 7:30PM)**

Press through in humility and faithfulness. Make sure you don't compromise in life in order to please people, but rather stand firm in reverent fear of the Most Holy God.

Philippians 2:12-13 Therefore, my dear friends, as you have always obeyed not only in my presence, but now much more in my absence continue to work out your salvation with fear and trembling, 13 for it is God who works in you to will and to act according to his good purpose.

DAY 20:

The more you allow the Holy Spirit to work within you, the more His glory will become evident and victorious in all areas of your life. This is what it means to follow Christ, and to be made in the image of God as He designed us to be.

2 Corinthians 3:17-18 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.

DAY 21:

Give God the glory for the victory! Stay alert for the traps of the enemy. May you finish this fast not only filled with the Holy Spirit, but also operating in the fullness of the Spirit's power in your life.

Luke 4:1-14 Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, 2 where for forty days he was tempted by the devil... When the devil had finished all this tempting, he led him until an opportune me. 14 Jesus returned to Galilee in the power of the Spirit...

Notes:

January 15th - Questions Jesus Asked # 1:

What good will it be for someone to gain the whole world, yet forfeit their soul? Matthew 16:26

January 22nd - Questions Jesus Asked # 2:

If a man owns a hundred sheep, and one of them wanders away, will he not leave the ninety-nine on the hills and go to look for the one that wandered off? Matthew 18:12

January 29th - Questions Jesus Asked # 3:

Why do you ask me about what is good? Matthew 19:17