



21-DAY Fasting Guidelines & Prayer Journal

JANUARY 5, 2020 – JANUARY 25, 2020

Love Alive Church

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Dear Victorious One,

For the next 21 days, as a church, we will embark on a wonderful time of Prayer and Fasting.... This small book will assist you in both.

Since the beginning of our church, we have set our hearts to be a people of prayer. Our heart's cry has simply been, "Pray First." In every situation, whether good or bad, we try to pray before we act. Many times people act first and then want God to bail them out of that situation, but prayer should be our first response, not our last resort.

Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to doing. We are convinced that most people don't enjoy prayer because they have never been taught how to pray. In this book, is a simple prayer journal that can help you Create a Lifestyle of Prayer which will assist you in making prayer more personal.

When you discover the beauty of daily conversation with God, you'll experience His presence that will change your life. Once you learn how to pray, prayer can become a part of everyday life. And then...Before the day begins, Before you go to bed, Before you go to work or school, Before you send that text, Before you eat, drive or travel, When bad things happen, Before bad things happen, essentially in every situation — PRAY FIRST!

We also have a very powerful tool that we can pair with prayer to bring the miraculous power of God on the scene quickly. That tool is fasting. Many people don't really understand everything there is to know about fasting and that is why, we have included a section called Fasting Guidelines in this book. We believe that this simple guide will assist you in being successful over these next 21 Days of Fasting & Praying.

Much Love & Many Blessings!

Leo & Norma Davis

Pastors Leo & Norma Davis

FASTING TIPS AND SUGGESTIONS FOR ADULTS

What does the Bible teach about fasting?

Biblical fasting is abstaining from eating and/or drinking for spiritual purposes

- Fasting teaches us to that God’s Word nourishes us, Matthew 4:1-4
- Fasting teaches us that doing God’s will sustains us, John 4:31-35
- Fasting teaches us that Jesus Himself sustains us, John 6:48-50

There are purposes of fasting that you need to settle in on knowing

- Fasting reveals and heals our dependence on food (and other things)
- Fasting teaches us that we can go without getting what we want and survive
- Fasting expresses and deepens our hunger for God.

First Things First?

A successful fast begins with the right preparation. It is imperative that you make some important decisions ahead of time. Not only will this help with making the necessary preparations to implement your fast, but as you commit to a specific fast ahead of time and know how you’re going to do it, you will be sure to finish strong and successfully. Here are a few Easy Steps to Get Started:

- 1) **Determine the Purpose:** It is important that you know why you are fasting. This fast is a church proclaimed fast where we as a congregation will voluntarily refrain from certain food, drink, activities, etc., for 21 days and spend increased time in prayer.
- 2) **Set an Objective:** Begin by deciding a clear result you expect to receive at the end of your fast. Is it for spiritual renewal, for healing, for wisdom in a particular area, or the resolution of a specific issue? Pick the top 1-5 prayer requests or things you would like to seek God for. Ask the Holy Spirit to lead you in deciding and clarifying your goals for fasting.
- 3) **Choose Your Fast:** Choosing your fast is personal. We are all at different places in our walk with God and our spirituality should never be a cause for comparison. There is nothing “inherently spiritual” about one type of fast over another. Our jobs, daily schedules and health conditions are all different and place various levels of demand on our energy. So whether you’ve fasted before or this will be your first time, prayerfully consider what your fast will look like. Your fast should have a high level of challenge to it, but it’s very important to know your own body, know your options, and most importantly, seek God and follow what the Holy Spirit leads you to do. It’s also important to not let what you eat or not eat become the focus of your fast. This is a time to disconnect from your regular patterns and get closer to God.

- 4) **Choose Your Fasting Schedule:** We obviously want everyone to choose to fast all 21 days, however, you may only be able to complete one week of the 21 days, 3-4 days from each week, i.e., certain days of the week or some other combination. The bottom line is, this is your personal decision and should be prayerfully considered as it applies to your circumstances. Plan ahead.
- 5) **Minister to the Lord:** Ministering to the Lord in praise and worship will keep your spirit active and build you up. You will need the additional strength to stay strong and not quit prior to the fast. (Col. 3:16; Eph. 6:19; Acts 13:1-3).
- 6) **Minister to others AFTER the fast:** During your fast, remember, fasting is a period of preparing yourself so be prepared to minister to others with what you have obtained during your time of fasting and then you will see that the power of God is great upon you!
- 7) **Begin and Break (End) the Fast Correctly:** Depending on the type of fast you choose; it is very important to prepare your body ahead of time before beginning the fast. For example, if you only eat fruits and vegetables or a juice fast, start eliminating meat, white grains and refined sugars from your diet the week before. The same applies to breaking your fast. When your fast is over, add foods back very gradually.
- 8) **Don't fast alone... add Prayer:** It is easy to stop your fast if you don't have the supernatural assistance of the Holy Spirit. Refer to the Prayer Journal section of this guide for assistance.

Types of Fasts

Below are some common types of fasts, however, you are not limited to only these fasts... remember, although this is a church fast, your fasting is a personal journey. Therefore, determine what type of fast you will embark upon. Below are options/variations of different types of fasts you can choose:

- **Water Fast:** A water fast is eating no foods and drinking no liquids except water for a period of time. Extreme precautions should be taken with a water fast and should be done under the supervision of Your doctor.
- **Juice Fast:** A juice fast is when no solid food is consumed and instead involves the intake of vegetable juices, fruit juices and water. This fast should be done under the supervision of Your doctor.

- **Daniel Fast (<http://www.daniel-fast.com/>):** In the book of Daniel, there are two different times where Daniel fasted: 1) In Daniel 1, he ate vegetables and water and 2) In Daniel 10, he ate no rich (or choice/things he liked) foods, no meat or wine. So either of these or any variation is considered the Daniel fast.
- **Specific Food, Activity or Habit Fast:** This type of fast refers to omitting a specific item(s), activity or habit from your time of prayer and fasting. For example, eliminating red meat, processed or fast food, or sweets or refraining from an activity or habit, such as television watching or social media.

Note: Please consult your doctor prior to beginning a fast if you have any health concerns, take medications, have a chronic condition, are pregnant or nursing a baby.

FASTING TIPS AND SUGGESTIONS FOR CHILDREN

Children can fast, with parental supervision of course. An easy way to explain the benefits of fasting to kids is using examples of when we clean out old toys or clothes that no longer work or that they've outgrown in order to make room for new ones. As we clean out our bodies and make time to connect more to God & His Word, we make room to receive new gifts from Him.

Fasting How-To's:

We do not recommend that children skip meals or drastically reduce their food intake, but a modification of their diet might be an easy place to start. For example, fasting specific items such as sweets, red meat, fried foods or introducing a form of the Daniel fast which includes beans, nuts and whole grains is a great way for children to participate in a safe and healthy way. *

Another great way for children to fast is by reducing some of the time spent watching TV, playing video games, using the computer or phone, and instead choosing to spend time praying or reading their Bibles.

The main thing is for kids to recognize the value behind setting aside special times to disconnect from some of the extra-curricular activities and treats they enjoy on a regular basis and learn how to connect to God in a closer way.

**Please note, you should always check with Your child's pediatrician before Your child(ren) begin any type of food fasting.*

Just as there is a Prayer and Fasting Guide Here, please see the 2020 Prayer and Fasting Journal for Children (obtain it from the LAKidz Ministry)

21-DAY PRAYER JOURNAL

Our prayer for you during the next 21 days is that you experience a deeper desire for God, for His leading in Your life and that you will know the fullness of the Holy Spirit and the favor of God. We pray that you will acquire your own testimony at the end of these 21 days and that God will overwhelm you with His goodness as you seek His power, presence and provision in every step of Your journey. You will not go through the next 21 days alone. We, as a church family, will be on this journey together as we go through this prayer journal and meet daily for corporate prayer via the following schedule for the next 21 days:

a. Monday – Friday, 6:00am – 6:15am

- *Website:* From any internet browser, go to www.zoom.us, and select 'Join the Meeting'. Meeting ID: 447 217 214
- *Telephone:* Call dial-in number: (646) 876-9923 and once prompted, add the Meeting ID: 447 217 214

b. Saturday, 9:00am – 10:00 am

- *In Person:* At Love Alive Church, 420 College Dr., Middleburg, FL

c. Sunday, 10:00 am During Morning Church Service

This journal is written in a manner to help you to Apply the SOAP method:

S – SCRIPTURE: Read prayerfully. Take notice of which scripture(s) catches your attention and mark it in your Bible or write it in your journal.

O – OBSERVATION: Focusing on that scripture, tune in and listen to what Jesus is saying to you through His Word.

A – APPLICATION: Think of how this verse(s) applies to your life right now. Is it for instruction, encouragement, or correction for a particular area of your life?

P – PRAYER: Talk to God about what you've just read. Prayer is a two-way conversation, so be sure to listen to what God is telling you.

That's it! **SOAP** is as simple or as deep as you want it to be.

Instrumental Prayer Music

Listening to Instrumental Prayer Music is a great way to get your mind off everything except your communion with God. Below is some great music by an amazing musician, Dappy T Keys, on YouTube:

- In His Presence 3 Hour Piano Instrumental Music for Prayer, Worship, Meditation, Deep Healing, Study, Rest
- Alone with HIM - 3 Hour Piano Music
- Your Presence Is Heaven to Me
- It Is Well - 1 Hour Piano Music

and now... let the **21 Day**
journey begin!

DAY 1: January 5, 2020

Increase in Spiritual Hunger and Holiness

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

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Lord, awaken my heart to Your love. Give me an increased hunger to spend more time in prayer, worship, and Your Word. Please give me a greater awareness of Your holiness, a tender conscience, and a heart to please You in every thought, word, and deed.

DAY 2: January 6, 2020

Draw Close to the Lord

S – SCRIPTURE: Psalm 24:3-4: Who may ascend the mountain of the Lord? Who may stand in his holy place? The one who has clean hands and a pure heart, who does not trust in an idol or swear by a false god.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Heavenly Father, reveal anything in my life that would hinder my ability to come into Your presence. Help me see my propensity towards sin and help me to change. Help me to see my sin the way You see it. Thank You for loving me in spite of my failures. Lord, it is your loving-kindness that leads me to repentance.

DAY 3: January 7, 2020

Worship with a Whole Heart

S – SCRIPTURE: Psalm 111:1: Praise the Lord. I will extol the Lord with all my heart in the council of the upright and in the assembly

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Humbly and yet confidently, I come into Your presence. I am relying on the promise of Christ, providing me the relationship with You as my Heavenly Father. Bring me fully into Your Presence O God. Lead me more fully into Your will so that every day of my life will be worship, offering a living sacrifice to bring You glory.

DAY 4: January 8, 2020

Set the Desire of Your Heart

S – SCRIPTURE: Psalm 27:4: One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Lord I want You to be the top priority of my life with nothing even close in second place. Help me, Father, to love You more than I ever have before. I want You to fill my heart, all of it, so Your love and grace can flow richly through me to everyone I come in contact with.

DAY 5: January 9, 2020

Walk in Wisdom and Revelation

S – SCRIPTURE: Psalm 43:3: Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Lord, open my eyes to see You more clearly and my ears to hear anything You desire to speak. I pray for a Spirit of wisdom and revelation that I might know Jesus more deeply and have a profound understanding of the hope that is in His heart for me.

DAY 6: January 10, 2020

Be Filled with Power and Purpose

S – SCRIPTURE: Psalm 61:3 & 5: For you have been my refuge, a strong tower against the foe. For you, God, have heard my vows; you have given me the heritage of those who fear your name. 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.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Father God, I pray for You to help me stay connected to the Vine. Lord, I desire You in every aspect of my life. Please prune off the things that are not important and get in the way of my time with You. I know that I can only fulfill your purpose for me by being filled with Your Holy Spirit.

DAY 7: January 11, 2020

Find and Fulfill Your Destiny

S – SCRIPTURE: Psalm 37:23: The Lord makes firm the steps of the one who delights in him. Psalm 44:18: Our hearts had not turned back; our feet had not strayed from your path. Psalm 139:24b: ...lead me in the way everlasting.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Lord, please give me the next step in Your Divine plan for my life. Help me to be still and know that You are God, so that I can clearly sense Your guidance and hear from You. I commit to follow You, forever.

DAY 8: January 12, 2020

Produce the Fruit of the Spirit

S – SCRIPTURE: Galatians 5:22: But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Gracious God, thank You for Your Word that describes so clearly what love is and for Your Son Jesus who humbly modeled it on earth for us. Help my family and I to produce the Fruit of Your Spirit and love each other in a way that pleases You. May we always have a love that protects, trusts, hopes, and perseveres.

DAY 9: January 13, 2020

Be Saved and Delivered

S – SCRIPTURE Psalm 18:2: The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Father, I pray for the hurting and lost of this world. I ask that You do what only You can in the life of _____ (insert name). Be their Rock and their Redeemer. Use me in effective ways to show Your love. I pray for any loved ones by name who do not know the Lord or have fallen away from You. I ask You to reveal Yourself to them as the awesome God that You are.

DAY 10: January 14, 2020

Serve God Together

S – SCRIPTURE: Psalm 92:1: It is good to praise the LORD and make music to your name, O Most High. Psalm 100:2: Worship the Lord with gladness; come before him with joyful songs. Joshua 24:15: As for me and my household, we will serve the Lord.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Great Father God, Jesus my Brother, Holy Spirit my Comforter... lead me into deeper communion and fellowship with You and with my community of faith. Begin with my own family to teach me to be bold to lead in worship and prayer, to bring the greatest glory to You, the only wise God, forever and ever.

DAY 11: January 15, 2020

Be Healed and Reconciled

S – SCRIPTURE: Psalm 107:20: He sent out his word and healed them; he rescued them from the grave. Psalm 147:3: He heals the brokenhearted and binds up their wounds.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Father God, You know everything about me. I pray that You would guide my prayers, thoughts & actions and that You would give me spiritual eyes to see You in my life and the ability to respond in a way that pleases You. Teach me what You want me to learn and help me to grow closer to You each day.

DAY 12: January 16, 2020

Receive a Fresh Outpouring of God's Spirit

S – SCRIPTURE: Psalm 51:2: Wash away all my iniquity and cleanse me from my sin. Psalm 51:7: Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. Mark 2:22: But new wine must be put into new wine skins

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Lord, I pray for times of refreshing as Your Word and Holy Spirit's presence cleanse and renew me. I pray that I will be spiritually-minded and that I will say yes to Your way and will through me. Thank you for Your faithfulness to me! I pray that my spiritual family will receive a fresh outpouring of Your Spirit!

DAY 13: January 17, 2020

Be Served by Visionary Leader

S – SCRIPTURE: Proverbs 29:18: Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom's instruction. Psalm 78:24: He rained down manna for the people to eat, he gave them the grain of heaven.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Father, the giver of vision, help me to hear Your voice through Your Word. Mold and motivate me to chase Your vision for my life and the vision You have for Love Alive Church. Answer the prayers of our Pastors; give them a clear and passionate vision. Help the vision to stick on the hearts and minds of this congregation - that we might win the race with You! Thy will be done, on earth as it is in Heaven.

DAY 14: January 18, 2020

Be a Habitation for God's Presence

S – SCRIPTURE: Psalm 95:7-8: For He is our God and we are the people of His pasture, the flock under His care. Today, if only you would hear His voice, “Do not harden your hearts as you did at Meribah, as you did that day at Massah in the wilderness.” Psalm 100:3: Know that the Lord is God. It is He who made us, and we are His; we are His people, the sheep of His pasture.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Heavenly Father, I lift up my neighbors before You Lord, asking for Your presence to fill the atmosphere so that they will hear You speak and see You work in their lives and that you, God, would reveal Yourself to each of them.

DAY 15: January 19, 2020

Value Integrity

S – SCRIPTURE: 1 Samuel 16:7b: The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart. Proverbs 4:23: Above all else, guard your heart. For EVERYTHING you do flows from it. Matthew 5:8: Blessed are the PURE in heart, for they will see God.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Father, I know you can see my thoughts and know them all. I want to be obedient to you. Allow others to see that you have changed me from the inside out.

DAY 16: January 20, 2020

Be Cleansed of Sin

S – SCRIPTURE: Psalm 25:18: Look on my affliction and my distress and take away all my sins.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Holy God, I understand that a city or region cannot receive Your blessing if it is built on sin and bloodshed. That type of foundation causes the people to labor and gain nothing. Lord, we humbly ask Your mercy and for Your forgiveness to be poured out in the community we live in. Lord, at this time I also name the specific sins that I am aware of such as injustices or covenant breaking, and I repent of them. I ask that You use me in my community wherever you desire so that You are glorified and seen in our midst.

DAY 17: January 21, 2020

Experience Revival

S – SCRIPTURE: Psalm 86:6: Will you not revive us again, that your people may rejoice in you?

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Father, I pray for revival to sweep through our community and for revival to break out in our streets, in schools, government, business, media, entertainment and churches. I ask, Lord, that You raise up dedicated Christians who will become a voice to reform our region and to make a difference.

DAY 18: January 22, 2020

Uphold Righteousness and Justice

S – SCRIPTURE: Psalm 89:14: Righteousness and justice are the foundation of your throne; love and faithfulness go before you.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Father God, Your Word shows that You care deeply for those that are suffering under injustice. I ask that You would be with our leaders and work through them as You have so many times throughout history. Give them a passion to establish just laws and wise discernment they need to solve issues. Show us as a church how we can work to influence those around us, and move in our community to show Your love and compassion.

DAY 19: January 23, 2020

Experience God's Presence and Power

S – SCRIPTURE: Psalm 43:3-4: Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell. Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: God, I pray that Your Spirit comes down in real and tangible ways in my life. Show me the power of Your radical love, show me who I am through who you are, show me how to love those around me, show me Your presence and Your power and more than anything, I pray that You show up in my life.

DAY 20: January 24, 2020

Be Filled with God's Glory

S – SCRIPTURE: Habakkuk 2:14: For the earth will be filled with the knowledge of the glory of the Lord as the waters cover the sea.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Sovereign God, I pray that the believers in our community would be a city set on a hill and 'salt and light' to the world. I ask that we would influence other nations with righteousness. I pray You give me Your perspective on reaching this world with the Love of Jesus. Lord, instill in me a passion to join You in the mission of pursuing people to know You so that You are glorified among all nations and peoples. Lord, may I hunger and thirst after You and desire that for all people.

DAY 21: January 25, 2020

Continue to Seek God First

S – SCRIPTURE: Psalm 9:10: Those who know your name trust in You, for You, Lord, have never forsaken those who seek You. Jeremiah 29:13: You will seek me and find me when you seek me with all your heart.

O – OBSERVATION: What is God Saying to Me? _____

A – APPLICATION: What Do I Need to Do? _____

P – PRAYER: Father God, thank You for these last 21 days of focusing on You. Thank You for the promise that You will be found when I seek You. Thank you that You don't hide from me but that You constantly draw me near to You. Please put a hunger and a thirst in my life for You Lord so that daily I will put You first and seek Your face. I love you and want to love and know You more.



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