



ALL NATIONS  
Church

*“However, this kind does not go out  
except by prayer and fasting.”* Matthew 17:21

*Prayer* +  
FASTING

**21 DAY GUIDE**

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## Welcome to 21 Days of Prayer and Fasting!

**Some things will only change when we *fast and pray*.** In Matthew 17:21, Jesus said... "*this kind does not go out except by prayer and fasting.*"

It's a new season and I think most of us have things in our lives that we would like to be *different*... things that we would like to be *better*. God wants better things for us too! He is a good God and a gracious Father.

That being said, God will not give us all of the things that we *want*. We should thank Him for that! There may be some things that we *want* that may become an idol or hurt our relationship with Him. However, God will supply all of our *need* according to His riches in glory by Christ Jesus (*Philippians 4:19*). That is incredible news for us! It assures us that God is more than willing and able to meet our *needs*!

What do you *want*? What do you *need*? If we are honest with ourselves, what we *want* and *need* may be two different things. The following 21 Days are *not* about convincing God to give us what we *want*. They are about seeking the face of God, growing in our personal relationship with Him, and asking Him to provide what we *need*. Hear the promise of 1 John 5:14–15, "<sup>14</sup>Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. <sup>15</sup>And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him."

I encourage you to take the next 21 Days and earnestly seek God, asking for **His will** to be done in your family this new season. The following pages are designed to help you. There will be a page for each of the next 21 days. These pages will remind you to fast by giving you a place to write down what you are fasting. They will also suggest Scripture to read each day. They have a template for prayer so that you can pray "the model prayer" of Jesus. And finally, each day, there is a place to journal and write down your prayer requests. Chronicle your journey and record what God is saying to you.

### **FASTING IDEAS**

There are many ways to fast, according to Scripture. The basic principle is that fasting is humbling ourselves by going without things that we want or need. When we humble ourselves before God, He lifts us up.





Many believers in the Old and New Testaments fasted from food in order to humble themselves and receive direction from the LORD. Acts 13 records the disciples fasting and ministering to the Holy Spirit. As the disciples humbled themselves, the Holy Spirit spoke to them and sent Paul and Barnabas to the work He had called them to. The gospel spread to the west, and we are a product of their diligent fasting and prayer today!

Daniel modified the food fast. He denied himself meat, pleasant food, and wine for 21 days in order to humble himself and seek the LORD. God heard his prayer, respected his humility, and inspired the Book of Daniel which continues to speak to and bless us in our modern world.

In Isaiah's time, God called Israel to humble themselves and fast from business as usual by feeding the hungry and ministering to the poor and mistreated. God's powerful calling was to get ahold of the hearts of the people of God. Isaiah 58:6-8 says,

6"Is this not the **fast** that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? 7Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? 8Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard."

Fasting comes in many shapes and sizes. Some have fasted coffee. Some have fasted television. Some have fasted social media. Others have gotten active in ministering to the less fortunate. I want to encourage you to ask God how He would have you to fast and then follow that leading with 2 Chronicles 7:14 in mind,

"if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land."

May the LORD bless you mightily as you seek Him!

*Pastor Craig Caylor*  
All Nations Church



# DANIEL FAST GUIDE

Daniel 10:2-3

## FOODS TO EAT

- **ALL FRUITS**  
Apples, peaches, berries, grapes, pineapples, oranges, bananas, melons, etc. (fresh, raw, frozen, dried, juiced, or canned without syrup).
- **ALL VEGGIES**  
Squash, lettuce, spinach, carrots, kale, broccoli, asparagus, cabbage, greens, corn, potatoes, sweet potatoes, etc. (fresh, raw, frozen, dried, or canned).
- **WHOLE GRAINS**  
Brown rice, oats, barley, grits, hot cereal, whole-wheat pasta, etc.
- **OTHER NATURAL FOODS**  
Beans and peas, seeds and nuts, oils, spices, herbs, tofu, vinegar.
- **DRINKS**  
Water and various unsweetened beverages

## FOODS TO AVOID

- Meat & eggs
- Desserts & sweets
- White rice/white flour
- Dairy Products
- Sugar, sweeteners, soft drinks, alcohol

*Please consider your own health when making the decision on what your personal fast should look like. Consult your doctor and make necessary modifications if needed.*















































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