

Valencia Christian Center's 21 Day Fast

Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. The purpose of a biblical fast is to gain deeper fellowship with God.

Fasting helps us gain a new perspective and a renewed reliance upon God. The purpose of fasting should be to take your eyes off the things of this world to focus completely on God. By taking our eyes off the things of this world, we can more successfully turn our attention to Christ. As we spend more time in prayer, more time in worship, and more time reading and studying God's Word, we humbly seek His face and His best for our lives. Our motive over the next 21 days is not to have an emotional experience or attain personal happiness, but rather to glorify God and establish a renewed closeness with Him, gaining greater sensitivity to His will, His ways, and His desires.

Fasting is not a way to get God to do what we want. Fasting changes us, not God. Fasting is not a way to appear more spiritual than others. Fasting is to be done in a spirit of humility and a joyful attitude.

Although fasting in Scripture is almost always a fasting from food, there are other ways to fast. Anything given up temporarily in order to focus all our attention on God can be considered a fast.

[Matthew 6:16-18](#) declares, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

IMPORTANT NOTE

FASTING SHOULD BE DONE AT YOUR OWN RISK. CONSULT A PHYSICIAN if you are taking medication of any kind, are on a restricted diet of any kind, or if you have any kind of medical physical, or dietary concerns!!!

ALWAYS PRAY ABOUT WHAT YOUR COVENANT FAST SHOULD BE, especially if there are reasons you cannot fast as suggested. God may have you fast other things or in other ways. Your focus should be talking to God (PRAYER), reading your Bible (UNDERSTANDING GOD), and meditation (LISTENING TO GOD). In a nutshell, fasting is about building your relationship with HIM!!!

During the fast, all TV, Music, and Reading should be Christian based ONLY. Phone conversations should (to the best of our ability) be limited to encouragement, prayer, and Godly things – and not prolonged beyond what is necessary. Give yourself to prayer!

FASTING SCRIPTURES

Daniel 10:2-3

² In those days I, Daniel, was mourning three full weeks. ³ I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

Daniel 9:3-4

³ Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes. ⁴ And I prayed to the LORD my God, and made confession, and said, “O Lord, great and awesome God, who keeps His covenant and mercy with those who love Him, and with those who keep His commandments,

Joel 2:12

¹² “Now, therefore,” says the LORD, “Turn to Me with all your heart, with fasting, with weeping, and with mourning.”

Matthew 17:20-21

²⁰ So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. ²¹ However, this kind does not go out except by prayer and fasting.”

Joel 1:14

¹⁴ Consecrate a fast, call a sacred assembly; Gather the elders *and* all the inhabitants of the land *into* the house of the LORD your God, and cry out to the LORD.

Listed below are some of the reasons why people in the Bible fasted:

In times of war: **Judges 20:26**

Repentance: **Jonah 3:5** and **Daniel 6:18**

When facing danger: **Ezra 8:21, 23**

Courage and wisdom: **Esther 4:3, 16** and **9:31**

In times of grief: **1 Samuel 31:13** and **1 Chronicles 10:12**

In times of distress: **2 Samuel 1:12**

Ultimate denial of the flesh: **Matthew 4:2**

Spiritual power: **Mark 9:29**

Wisdom: **Acts 14:23**

Set aside self for holiness: **1 Corinthians 7:5**

Answered prayer: **Acts 10:30-31**

Mourning: **Daniel 10:1-3**

Special revelation: **Exodus 34:27-28**

Spiritual recuperation: **1 Kings 19:1-9**

Prayer Schedule

Day 1: Read Luke 18, Matthew 19, I John 1 and 2. ***See Your Eye of the Needle!*** Look at every narrow place in your life and decree that you will be anointed to squeeze through into your new enlarged place.

Day 2: Read Numbers 13, 14, 16, 17 & 20. ***I will believe God.*** Do not allow unbelief and fear to prevail in your vision. Ask the Lord to allow you to see in a new way. Do not allow jealousy, rebellion, and accusation to blind you so that you become like the camp at Korah. Ask the Lord to remove these unproductive and deadly spirits from the Body of Christ. We must always be careful in our attitude and actions toward leadership – not just church, but in our careers, in our homes, in all of our relationships. We may disagree with leadership, but should do so in an appropriate way. Break all cycles relating to past broken relationships with leadership. There was much complaining against leadership within the camp. Moses got angry and struck the rock. This was the only instance after leaving Sinai where God did not judge the people for their complaining. Instead, He judged Moses so that he could not enter the Land. Ask the Lord to break old cycles of anger that have held you captive and kept you from crossing over into the fullness of God's plan. Moses' spirit became vexed, keeping him from revealing God's pattern from heaven. Ask the Lord to stop you from reacting wrongly. Do not allow the following question to be yours: "*Why have you brought us out of Egypt to die in the wilderness?*" This slandered their future! Declare that you will have a "different" spirit like Joshua and Caleb.

Day 3: Read Numbers 22-25, & 31. ***Seducing Spirits.*** Watch for curses from outside the camp: Balak hires Baalam to curse Israel, but is unsuccessful. Instead Baalam blesses Israel and curses Balak. Idolatry and immorality occur from within the camp: ***Beware of seducing spirits.*** When Balak was not successful in placing a curse against Israel, he tempted them with idolatry and immorality. The older generation had not struggled with these issues after the golden calf. This was a new test for this generation and they failed. Ask the Lord to deliver you from seducing spirits. Partial victory is not enough this season. God ordered Israel to wipe out those who had seduced them and caused them to agree with idolatry and immorality. Israel fought and won, but did not execute the full vengeance God had commanded. They took for themselves spoil and plunder which God had commanded to be destroyed. Moses made them execute the full vengeance of God. This is a time to understand the phrase "utterly destroy." There are certain things that the Lord is refusing to allow to go into our next phase. Choose to let go of all that the Lord is requiring you to leave behind.

Day 4: Read Jeremiah 25, 29; Haggai 1&2. ***Captivity.*** Define types of captivity that seem to burden you (individuals, ministries, cities, and nations). Praise God for His plan for the future. Let HOPE spring forth. Thank Him that He has an expected end. Declare that your latter will be greater than your former.

Day 5: Read John 2, Matthew 9 and 14. ***Change your water into new wine.*** Let the Lord change your water into new wine. He used the pots of religious ritualism and filled them with new wine. Ask the Lord to remove the spirit of religion from you. Let His Glory begin to shine. Be willing to let go of any old method that is operating in your life, business, church, etc. Notice the teaching after the wineskin. The lady who had an issue of blood for 12 years pressed through and touched Jesus. Jesus was on His way to awaken the 12 year old daughter of Jairus. Declare that now is the

time to press through into the new, even in your weakness. Declare that what needs to wake up will wake up now. There is a time when the old season ends. When John the Baptist was beheaded, the old season ended. Allow the old to end and the new to begin. If you are in the winepress, it's important to allow the stomping to have its full effect. If we resist stomping, the new wine cannot flow. If we refuse to die to our own desires and ambitions, what comes out is not the New Wine, but the **old whine!** We see our hopes and ambitions frustrated, and we start to murmur and complain, "I don't see why this is happening! God, this isn't what you promised!" Old whine is full of frustration, bitterness and anger! It will never bring the results God wants. If God has you in the winepress, He is looking for a **shift!** He wants you to shift!

Day 6: Read Jeremiah 31-33. **Memorize and meditate on any three verses from Romans 8. Is there anything too hard for God?** He has many blessings for us in the new covenant. Notice that Jeremiah had to buy a field as an act of faith. Ask the Lord to reveal any act of faith that He would have you do at this time in your life. Answer the question in your life: "*Is there anything too hard for God?*" Know that God has a plan to surprise you. Call unto Him and watch Him do things you would not expect. Know that His covenant will stand. He can pray through you when you do not know what to pray. Ask God to define your next intercession.

Day 7: Read Hebrews 4 and 12. **Who does God say that I am?** Don't live in the past. This leads only to regret and bitterness. If you have repented, God's grace will cover past sins and failings. Allow your past to be pruned away; instead of being a bitter drink offering, you will become a sweet drink offering to the Lord. Meditate on Hosea 2:14-23. Unlock your door of hope. Know that there is hope in your valley of Achor. Ask God for that new door of hope to open up. Ask the Lord for mercy. Renew your covenant with God. Feel heaven and earth coming into agreement and new wine and oil flowing over you. **Go to Matthew 16: 13-16.** Answer the question, "*Who do you say that I AM?*" Then read Matthew 16:21-28 and ask the Lord *is there anything in you that could be identified and referred to as "Satan"*.

Day 8: Read Song of Solomon 2-4. **Meditate on Matthew 23:24. Find your little foxes.** Ask the Lord to reveal to you the little foxes that are trying to crush the vine that will bring forth the new wine. Get a vision of your future identity. Ask the Lord to send a new wind and blow upon your garden. Look at the gnats that are hindering you and blow them away by the Spirit. Ask the Lord to show you the difference between a gnat and the little fox, who can crush the vine and the beginning of the grapes that are forming. Stone walls and/or hedges were usually built around the vineyard to protect the grapes from thirsty animals and from thieves (Song of Sol. 2:15 ; Jer. 49:9). Watchtowers were also built to provide further protection. The hewing out of a winepress or vat completed the vineyard installation (Isa. 5:2). During the harvesting season, the owner of the vineyard might live in a booth to stay close to his valuable crop (Isa. 1:8).

Day 9: Read Luke 14 & 17; Hebrews 8. **Memorize Luke 17:6. Increase your faith.** Let Him define your priestly service for the future. Ask Him to increase your faith. Let Him define your duty for the days ahead. Are you plowing or serving?

Day 10: Read Genesis 12, 14, 15; Romans 9, 11. **You are grafted into God's covenant purpose.** Understand the power of covenant. As born again Believers, we are grafted into the covenant that God made with Abraham. The war in the earth realm is over God's covenant blessings. Covenant involves promise, commitment, faithfulness and loyalty, even unto death.

God is a covenant keeping God. He will war through His people to maintain His covenant in the earth. The blood of Jesus says to the enemy, “*Hands off! This is not your territory!*” Declare the same. Let faith arise and feel God’s agreement over your life. Understand how you are grafted into God’s covenant purposes. See how the Lord can surprise you even when you think things seem dead. Also, know that covenant connects you to the blessings of the generations.

Day 11: Read Matthew 13, Micah 4, Isaiah 56. ***Find your house of prayer.*** Declare that you find your place in the House of Prayer. Declare that in the days ahead you will understand mysteries and parables. Declare that all the power of His covenant blessings will manifest in your life. Ask the Lord to give you joy in His House of Prayer.

Day 12: Read Psalm 4, Psalm 16, and Psalm 110. ***Let God sanctify you.*** Allow the Lord to set you apart for the future. Let new joy and gladness arise. Declare you will sleep in peace and you will feel safe in the presence of God. Ask Him to secure your night and break open your morning with fresh insight.

Day 13: ***Read and Meditate on Daniel 1, 2, & 4 in the morning. Read Daniel 5&6 in the evening. Read Psalm 31 out loud before you go to bed. God’s revelations.*** Daniel obeyed God and separated himself. Ask the Lord how to separate yourself from anything that is making you common in the world. Let the Holy Spirit train you to assist in revealing supernatural wisdom to others. Ask the Lord about compromise in your life. Ask for help to stand firm. Let the Lord remind you of the power of dreams; may He activate the gift of interpretation in you. Do not fret over evil doers around you. God has a plan. Ask the Lord to reveal any plot of evil devised against you. Be at peace with your lions.

Day 14: Read Daniel 7. ***Get to know the “Ancient of Days.”*** Bless the Ancient of Days. In Daniel 7, we also find revelation of the Ancient of Days. This is very important and necessary revelation for us to be victorious in prayer in days ahead. In Daniel 7:9-14, we find that Daniel had a revelation of God’s everlasting reigning power. This name of God, “Ancient of Days,” is a phrase that describes the Everlasting God, One advanced in days or knowledge, the Father of Years, and One who forwards time, or rules over it. The name implies dignity, endurance, judgment, and wisdom. “*His number of years is undiscoverable*” (Job 36:26). Daniel’s vision is recorded in 7:21-22. The Ancient of Days is going to favor us (the saints) in days ahead and the time *will* come for the saints to possess the Kingdom. That means we *will* take dominion, govern, prevail, and dominate the world powers around us. *Verses 24 & 25* reveals that the enemy will attempt to change both times and law. He will attempt to redefine law to oppress and pull us out of God’s timing. We must understand timing and God’s spiritual boundaries that He has given us through law. If not, deception will easily enter into our lives.

Day 15: Read Ezra 8, Nehemiah 1 and Acts 23. ***Fasting moves God.*** Those about to return with Ezra from the Captivity fasted at the river of Ahava in the face of the dangers faced on the journey. Ask the Lord to lead you in a new way and to break every robbing spirit that is ahead on your path. Declare your children (physical or spiritual) will be protected. Ask the Lord to remove old cycles of grief. Ask Him to show you situations that are in decay (individuals, cities, families, nations, churches, etc.). Receive supernatural wisdom from the Lord. Ask Him to send angels in your captivity.

Day 16: Read 1 Cor. 15, Hebrews 2, 2 Tim. 1, and Is. 25. **Break the fear of Death.** The apostle Paul speaks of death as an enemy: "*The last enemy that will be destroyed is death.*" In His resurrection, Jesus conquered death - physical, spiritual, and eternal. Through fear of death, men are subject to bondage. "*Our Savior Jesus Christ has abolished death and brought life and immortality to light through the gospel*". Demand that the shadow of death over you, your family, city, state, and nation be broken. Declare a death shroud to lift.

Day 17: Read the Faith Chapter - Hebrews 11 . **Sing a new song.** "*Through faith he kept the Passover, and the sprinkling of blood, lest he that destroyed the firstborn should touch them.*" **Read Numbers 21** . Declare a new well to spring forth. Break any strategy of impatience. Declare a new level of faith. See how the Lord supplies water in a new way. The leaders assemble and begin to sing, calling the water to spring up from the earth as they dug with their staffs. The new song was breaking an old cycle of complaining about lack of water. Listen to or sing a new song.

Day 18: Memorize and meditate on Luke 9:62, and 1 Corinthians 9:10. **Meditate today.** Ask God to speak to you and give you revelation.

Day 19: Read Isaiah 58. **Praise the Lord!** In the prophet Isaiah's time, people complained that they had fasted and that God had not responded favorably. The prophet declared that the external show was futile. The fast that the Lord requires is to loose the bonds of wickedness, undo the heavy burdens, feed the hungry, shelter the poor, and clothe the naked. Ask the Lord to break old cycles related to selfishness so that His purposes are accomplished.

Day 20: Read Daniel 8. **Meditate on Psalm 34. God's fast.** Let angelic forces aid you in bringing Divine understanding into your situations. *Praise Lord Sabaoth! The Lord of Hosts!*

Day 21: Read 2 Corinthians 10. *Your day of redemption is now at hand.* Rejoice for your day of redemption is now at hand. Read Ruth 3 and declare your new day has come. Declare you have entered your new field and established your new authority. Declare the text of Isaiah 10:26 and 27. You are anointed with the same anointing that overthrew the Midianites in Joshua's days. Clap your hands and decree that you have made it through!!!