



GOD *can*

21 DAYS OF FASTING & PRAYER JOURNAL

**"...all things are possible with God."
- Mark 10:27**



WE'RE SO

expectant



to hear God's voice like never before during our time of fasting and prayer.

We are excited to see what God does in your life and in the life of our church.

If this is your very first time fasting with us - have a look at the info on the next page. This will be so helpful in your time of fasting and prayer.

For more info on fasting and prayer you can make use of one of these links:

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.html>

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.html>

Feel free to WhatsApp your prayer requests & praise reports to 072 625 7226. We'd love to pray with you!

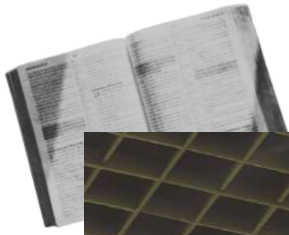
Before you jump in it is important to know that our time of fasting and prayer is accompanied by a YouVersion Bible Plan called **HERE AS IN HEAVEN.**

We would love for you to join us as we journey throughout the next 21 days. You can request the Bible plan link on our WhatsApp number or find it on social media, alternatively you can scan the following QR code to jump in and follow the Bible plan with us:



Don't miss **First Wednesday Prayer** at 7-8pm on Wednesday evening, 05 February 2025 & our worship night 23 February 2025 at 6pm.

www.friendofgodchurch.com



Fasting



The goal of fasting is to draw closer to God. Whenever you feel hungry or whenever you desire to have the specific thing you are fasting, speak to God and tune in to hear from Him!

Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do. Fasting requires reasonable precautions. Consult your doctor first, especially if you take prescription medication, or have any chronic illnesses. Some people should never fast without professional supervision.

Below are some types of fasts:

COMPLETE FAST

In this type of fast you drink only liquids; typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet, like caffeine or sugar. Another example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunrise to sunset.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to fast the internet for certain times during each day, or not watch television for the duration of the fast, spend less time on social media, etc.

SCRIPTURE REFERENCES

Matthew 6:16-18 | Matthew 9:14-15 | Luke 18:9-14
Acts 27:33-37 | Nehemiah 9:1-3

We trust that as you journey through the next few days, you will start to see and learn new things and that God will reveal Himself to you in a fresh way! Our prayer is that you will dig deep into the Word and truly hear and receive revelation from God and His Word. We are going to use the SOAP method to journey together through the next few days.

WHAT DOES SOAP MEAN?

SCRIPTURE

Take time each day to read through the Bible plan the relevant Scripture references and reflect on them each day and allow God to speak to you. Look for the verse(s) that speak to you that day and write it out.

OBSERVATION

What do you see in the verses that you're reading? Who is the audience? Is there a repetition of words? What words stand out to you? What do you think God is saying to you in this specific scripture? Ask the Holy Spirit to speak to you.

APPLICATION

This is when God's Word becomes personal. Ask yourself how the scripture can apply to your life right now and write it down. It can be an instruction, encouragement, correction for an area of your life, or a promise. What is God saying to you? What changes do you need to make? Is there an action that you need to take?

PRAYER

Pray God's Word back to Him. If He has revealed something to you during this time in His Word, pray about it! Ask God for greater insight on what He may be revealing to you. If God has revealed some sin in your life, confess it to Him. Don't forget that prayer is a two-way conversation. We speak to God and God speaks to us!



Day 1



SCRIPTURE	OBSERVATION
APPLICATION	PRAYER

Bible plan notes

DIG

DISCOVER

DO



Day 2



<p>SCRIPTURE</p>	<p>OBSERVATION</p>
<p>APPLICATION</p>	<p>PRAYER</p>

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Day 3



SCRIPTURE	OBSERVATION
APPLICATION	PRAYER

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Day 4



SCRIPTURE	OBSERVATION
APPLICATION	PRAYER

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Day 5



<p>SCRIPTURE</p>	<p>OBSERVATION</p>
<p>APPLICATION</p>	<p>PRAYER</p>

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Day 6



SCRIPTURE	OBSERVATION
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Day 7



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Day 8



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Day 9



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Day 10



<p>SCRIPTURE</p>	<p>OBSERVATION</p>
<p>APPLICATION</p>	<p>PRAYER</p>

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Day 11



<p>SCRIPTURE</p>	<p>OBSERVATION</p>
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Day 12



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Day 13



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Day 14



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Day 16



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Day 17



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Day 19



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Day 20



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Day 21



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Lordayer



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Friend of God
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