



## 21 DAYS OF PRAYER & FASTING

2024 - Advancing The Vision

**Duration:** January 7 (12am) - January 28 (12pm)

**Prayer for Volunteers:** January 24 & 28 (7pm)

### **Prayer Times:**

Mon, Tues, Thurs, & Fri - Pray at home (7-8pm)

Wednesday - United Prayer at Harvest (7-8pm)

**Our Mission:** Love God • Love People • Live With Purpose

**Apply Our Vision:**

- 1) **Reach** - Bring someone
- 2) **Connect** - Choose community
- 3) **Grow** - To your full potential
- 4) **Serve** - Your way to your destiny

### **Fast With a Purpose**

Make sure you understand why you are fasting before you begin so your prayers can be focused.

### **What Is Fasting?**

Fasting is a time of pursuing a deeper relationship with God while temporarily giving up some things you desire. Fasting requires sacrifice, self-control, and discipline. Our goal during the fast is to minimize our focus on the natural while we pursue God through prayer. Fasting does not change God. Fasting and praying helps us gain a renewed reliance upon God.

Although fasting in the Bible was almost always refraining from food, there are other ways to fast. Anything desirous that we give up as we focus our attention toward God can be a part of the fast. Fasting can include refraining from certain types of beverages, snacks, foods, or even skipping meals that you normally eat. Fasting can also include limiting or doing without other things such as: Internet browsing, social media, television, or video games. Since we are all unique, it is up to each of us individually to determine something meaningful that we will give up for the duration of our January fast. We give these things up so we can spend more time with God in prayer and the Word.

### **Why Prayer & Fasting?**

During Jesus' ministry, He devoted time teaching His disciples the principles of the Kingdom of God. In Matthew 6, Jesus provided the pattern of how each of us should live as a child of God. He addressed three specific duties: GIVING (vs. 1-4), PRAYING (vs. 5-15), and FASTING (vs. 16-21). Jesus said, "When you give..." and "When you pray..." and "When you fast..." making it clear that fasting, like giving and praying, is a normal part of Christian life.

# The Proper Way to Fast

Be happy and keep your fasting private.

Matt 6:16-18 (NLT): “And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.”

## As We Prepare to Fast

- Adjust your daily schedule to allow dedicated time for personal prayer and meditating on God’s Word
- Join us for United Prayer on Wednesdays (at 7pm) during our fast
- Don’t do anything extreme (Seek God before deciding what you want to give up during our fast)
- If you are going to fast from food and are currently on a restricted diet or prescription medications, please check with your physician before making any changes

## 2024 Harvest Prayer Targets

- Our Nation, all those in authority, and Israel
- Pastor Joe, Pastor Misti, and family
- Harvest Church: leadership, families, volunteers, and this year’s goals
- The body of Christ and reaching the lost

## 2024 Harvest Global Goals

- To renovate facilities to REFLECT our vision
- For each Team Director to focus on IMPLEMENTING our vision
- For each Team Director to focus on EXECUTING the processes developed in 2023
- For everyone at Harvest to become even more engaged in the vision of our house (via application strategies)

## Your 2024 Goals

### Personal:

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### Family:

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### Devotional:

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### Health:

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### Financial:

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### Career:

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