



# 21-day Prayer and Fasting



01 Feb – 07 Feb 2021

## WEEK THREE

*Daniel 10:2-3 At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips...*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>01</b>  Day 15 <b>Enemy called Fear</b>  <i>2 Timothy 1:7</i>  <u>Reading Plan:</u> Romans Chapters 1,2,3	<b>02</b>  Day 16 <b>Shield of Faith</b>  <i>Roman 10:17</i>  <u>Reading Plan:</u> Romans Chapters 4,5,6	<b>03</b>  Day 17 <b>Sword of the Word</b>  <i>Hebrews 4:12-13</i>  <u>Reading Plan:</u> Romans Chapters 7,8	<b>04</b>  Day 18 <b>Courageous Army</b>  <i>2 Corinthians 10:3-5</i>  <u>Reading Plan:</u> Romans Chapters 9,10	<b>05</b>  Day 19 <b>Rest is a Weapon</b>  <i>Psalm 23</i>  <u>Reading Plan:</u> Romans Chapters 11,12	<b>06</b>  Day 20 <b>Nation Changers</b>  <i>Ezekiel 22:30</i>  <u>Reading Plan:</u> Romans Chapters 13,14	<b>07</b>  Day 21 <b>Thanksgiving</b>  <i>Jeremiah 30:19</i>  <u>Reading Plan:</u> Romans Chapters 15,16

## Day 15 Enemy called Fear

Be sober, be vigilant because your adversary the devil walks about like a roaring lion, seeking whom he may devour 1 Peter 5:8. Notice, “like a roaring lion” it means he is not one, he just wants us to fear. Coronavirus is riding on the spirit of fear, that’s why so many people are gripped by it.

Fear can begin as an emotion then turn into a spirit if allowed to linger. It begins to control your reactions, change your confession, exalt the problem and minimize the promise. It can torment your soul, paralyse and hinder you from fulfilling your purpose by keeping you in bondage.

Fear is the enemy of Faith; just as God responds and operates through faith, the enemy responds and operates through fear. God has not given us a spirit of fear, but of Power and of Love and of a Sound mind 2 Timothy 1:7.

Isaiah 35:3-4 Strengthen the weak hands and make firm the feeble knees. Say to those who are fearful-hearted; “Be strong, do not fear! Behold your God will come and save you!”

To respond to fear we need to trust in the Lord, cast all our cares upon Him, be continually filled with the Holy Spirit, read and meditate on His Word. We need to look with eyes of faith, resist the devil and he will flee. (1Peter 5:7 /Acts 13:52 /Ephesians 5:18 / Psalm 56:3 / James 4:7).

Ask yourself; am I overtaken by the spirit of fear? Is the above my response? Do I draw strength from of the Holy Spirit within me? Read and meditate on Psalm 91

## Day 16 Shield of Faith

Faith means being sure of the things we hope for. And faith means knowing that something is real even if we do not see it (Hebrews 11:1 ICB). Jesus said, “have faith in God.

So, I tell you to ask for things in prayer. And if you believe that you have received those things, then they will be yours” (Mark 11:22,24 ICB).

The foundation of our faith begins in God as we have our existence only in Him. Hebrews 11:6 it is

impossible to please God without faith. Anyone who wants to come to Him must believe that God exists and that He rewards those who sincerely seek Him.

Having faith in God is believing in His existence and everything about Him (His character and attributes). Even if we can’t see Him, we can experience the reality of His Presence in the present (NOW) not in the past or the future. Most of the time we find ourselves either consumed by the past (our minds filled with regrets, failures or even successes) or by the future (fears, worries and anxieties) and forget to enjoy the present (where God is).

We are commanded to live by faith (operate from the “NOW”, aware of His presence) but our cares can really hinder us. God gives us a solution: ‘Cast all your cares on Him for He cares for you’ (1 Pet.5:7). Faith makes room for God’s intervention in your situation while fear opens doors for the devil to mess with you. We don’t deny the existence of coronavirus, but we choose to focus on God.

Cultivating an awareness of who and whose you are will become a shield for your mind – Shield of Faith! ‘Faith comes by hearing and hearing the Word of God’ (Rom.10:17) let’s keep reading and confessing aloud God’s promises. (Psalm 56, 91, 103 / Romans 12:3 / Matthew 17:20 / Mark 5:36 / Galatians 5:6) Ask yourself; Do I live by faith? Do I answer matters that are hard in my life with faith? Do I cast all my cares on Him? What do I do when I am afraid? Do I listen to the Word to increase my faith? Do I watch what comes in through my eye and ear gate? Allow the Holy Spirit to lead you.

## Day 17 Sword of the Word

John 1:14 And the Word became flesh and dwelt among us! If Jesus needed the Word of God to escape temptation – much more us! Matthew 4:4 but He answered and said, “it is written, man shall not live by bread alone, but by every word that proceeds from the mouth of God.” Hebrews 4:12-13 for the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joint and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God’s sight. Everything

is uncovered and laid bare before the eyes of Him to whom we must give account.

The double-edged Sword pierces to the core to reveal the condition of my heart and is a weapon against the enemy.

We ought to be a people of the Word; Proverbs 4:20-22 my son, give attention to my words, incline your ears to my sayings.

Don't let them depart from your eyes, keep them in the midst of your heart; for they are life to those who find them and health to all their flesh. The Word of God is Life, Truth, medicine, Light, spiritual food, produces faith, gives wisdom, corrects, sanctifies and much more. (John 17:17 /1Peter 2:2 /Psalm 107:20 /Psalm 119:9-10, 105, 172 /Matthew 7:24 / 2 Timothy 3:16).

The more we feed, the more we desire and hunger for it. Hunger is a critical component in learning to love God's Word. Ask yourself; do I submit myself to the Sword of the Word? Do I engage it in every battle I face? Am I getting enough spiritual nourishment? Ask God for an increase in your appetite for His Word. "... I have treasured the words of His mouth more than my necessary food" Job 23:12

### Day 18 Courageous Army

The Lord of Hosts has an army in Heaven, captained by Michael the archangel, and one on the earth – you and I! We find instances where the two armies worked together. 2Samuel 5:24 "when you hear a sound like marching feet in the tops of the poplar trees, be on the alert! That will be the signal that the Lord is moving ahead of you to strike down the Philistine army." Joshua, Gideon, David, and others mustered their armies based on the instructions from God regardless of the natural, and always overcame!

Just like Caleb and Joshua (Numbers 14:24) we too are of a different Spirit. We are new creation and our lives are hidden in Christ, in God, and His Spirit dwells in us. Unlike them, our battle field is in the mind. Ephesians 6:12 we are not fighting against flesh and blood enemies, but against evil rulers and authorities of the unseen world, mighty powers in the dark world, and evil spirits in the heavenly places. 2Corinthians 10:3-5 we are humans, but we don't wage war as humans do. We

use God's mighty weapons not worldly weapons to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

Therefore, be Courageous, put on the whole Armor of God and set sights on the Word of the Lord of Hosts; not on entanglements of this life. (John 16:33 / Ephesians 6:13-18 / 2 Corinthians 2:14 / 2Timothy 2:3-4) Ask yourself; what's my immediate response when faced with adversity? Do I explore all my options before turning to God? Am I tormented in any area of my life? Do I stand in my authority in Christ? Find a scripture that addresses that particular area of torment and meditate on it day and night.

### Day 19 Rest is a Weapon (Peace)

Peace I leave with you, my peace I give to you, not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid John 14:27 Peace means to be at rest, to have a quieted spirit, to be undivided in heart.

The Prince of Peace says in Matthew 11:28, "come to Me, all of you who are weary and carry heavy burdens and I will give you rest." He already paid and left us peace (the chastisement of our peace was upon Him – Isaiah 53:5) so we need to learn to live from what He has already died to give and not strive to obtain what is already ours!

This pandemic presents us many opportunities for unrest in the mind but Philippians 4:6-7 urges us- be anxious for nothing but in everything by prayer and supplication with thanksgiving, let your requests be made known to God; and the peace of God which surpasses all understanding will guard your hearts and minds through Christ Jesus. When we choose to walk in peace and remain rested in the midst of the battle, we disarm the enemy.

True rest comes from a place of "knowing" something to be true regardless of our circumstances. Our peace/rest should be anchored in the knowledge of who God is and His love for us. Psalm 23 is a perfect example of resting in the knowledge of the Good Shepherd regardless. You will keep him in perfect peace whose mind is stayed on You, because he trusts in You Isaiah 26:3

Ask yourself; do I need rest in my soul? Am I experiencing Peace in this covid storm? Is my mind fixed on God? Allow the Prince of Peace reveal another facet of who He is and how to access and live in His peace. Begin to use rest as your weapon and enjoy victory. (Psalm 23 / Psalm 4:8 / 55:6 / John 16:33 / Romans 5:1 / 16:20 / 1 Thessalonians 5:23)

## Day 20 Nation Changers

Acts 17:26 From one man, Adam, He made every man and woman and every race of humanity, and He spread us over all the earth. He sets the boundaries of people and nations, determining their appointed times in history.

Our God the Omnipotent (All Powerful), Omniscient (All Knowing) is very purposeful in everything He does. He predetermined your timely existence in this nation beforehand and for a purpose.

As inhabitants in this nation, we are called to partner with God to establish His Kingdom and His Will here as it is in Heaven (Psalm 115:16, Matthew 6:10). You are not just part of the statistics, you are a Nation Changer, Jesus' Legislative Assembly (Matthew 16:18-19 TPT).

Proverbs 14:34 righteousness exalts a nation, but sin is a reproach to any people. God is dissatisfied with the reproach among His people Ezekiel 22:30 "I sought for a man among them who would make a wall and stand in the gap before Me on behalf of the land, that I should not destroy it, but I found no one." He is still seeking for you and I to stand in the gap.

Ask yourself; if God predetermined my appointed time in history, what is my role in this nation? Am I partnering with God to establish His Kingdom and Will here? Am I using my authority to bind and loose whatever is bound and loosed in Heaven? Do I pray for all those in authority? What fragrance am I releasing wherever I go? Allow Holy Spirit to show you way forward.

(2 Chronicles 7:14 / Job 12:23-25 / Jeremiah 29:7 / 1 Timothy 2:1-3 / 2 Corinthians 2:14-15)

## Day 21 Thanksgiving

As we conclude our 21day fast, lets focus on giving thanks to God for who He is first and foremost, for the good work He has begun in us which He will complete, and for carrying us through (It's never easy).

There's no condemnation if you weren't able to participate for whatever reasons, or you started and dropped off along the way, I release Grace to you for next time and you're welcome to join in thanksgiving to God.

Throughout this season of waiting on God, I believe He has dealt with you, and revealed things to you. In week 1 we dealt with relationships, week 2 our spirit man, and week 3 was about equipping ourselves for battle. I trust we've grown in our relationship with God and with His word. Take a moment to reflect on your journey and let thanksgiving begin to flow.

Jeremiah 30:19 From them will come songs of thanksgiving and the sound of rejoicing. I will add to their numbers, and they will not be decreased; I will bring them honour, and they will not be disdained. (1Thess 5:18 / Jeremiah 33:11 / Psalm 100:4)