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Fasting & Prayer Guide

Introduction

A God-purposed fast

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?” Isaiah 58:6.

Fasting is normally a time for introspection and personal examination where we deliberately take time out to hear what the Lord is saying to us personally and collectively as a church. In the scripture verses above we see that the people of Israel fasted but had a wrong understanding of this spiritual discipline and purpose.

The prophet warns the Israelites that their habits during a fast must change if they want to be heard or noticed by God. He noted that they behaved as they pleased and exploited their workers, being far from a state of humility. In other words, they were far from a state of dependence on God, and their fasting was about their own interests. They were operating under their own strength and understanding. The prophet’s description of the children of Israel was that they were fleshly and far from the mindset of “not my will, but your will be done” that Jesus prayed in the garden.

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They were far from the meekness of Moses who interceded on behalf of the children of Israel when God told him that he would not accompany them to the Promised Land (Matthew 5:5). Isaiah's purpose in this "word" was for the children of Israel to know why God had not noticed their fasts. Isaiah goes on to describe the kind of fast that God desires, its benefits, along with the blessings that would accompany the children of God when fasting for the right reason. To that end this Fasting & Prayer Guide has been produced to guide you.

It is needed for such a time as this, where individuals and families are frantically trying to find all kinds of solutions to deal with our nation's crisis, and are in desperate need of inner peace. Well, we have the solution. Seek God and hear his plan. What does he have to say? What does he want us to do? If you follow this guide, your Father will provide all of the answers and remedies necessary for living a life that is blessed, even in the midst of a crisis.

You see, right now the world is fearful and desperately trying to hold on to what belongs to them. This leads to a selfish, critical, and calloused outlook on life. It can also lead to unnecessary stress. But this does not have to be the case for the people of God. Jesus said, *"It is more blessed to give than to receive."* We are givers and in our

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giving, and in helping each other we bring the deliverance that he speaks about in the above scripture. And when we follow God's prescription for difficult times we place ourselves in his protection and his provision. We give the world a face to put with the name of Jesus that they can see, a true representation of Christ.

The Lord wants this for Colorado Christian Fellowship. He wants us to remember the things that are close to his heart as we continue to grow into a healthy body. So the invitation is extended to you to warm up to God and become still in his presence, without any preconceived notions of what it might look like or cost you. Just come and sit in his presence. The discipline of fasting is designed to help take your mind off of yourself and discover what the Father wants you to know and do. Fasting helps you develop an inner ear to hear the thoughts of God. So persevere and take note of the theme for each day's reading. God wants you to intentionally meditate on his Word, seek him and experience a real heart change. Go ahead, read the entire chapter of Isaiah 58, see what drawing close to him will bring.

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Fasting and prayer topics

- Day 1:** *You want me to RSVP?*
- Day 2:** *Local or long distance... your choice*
- Day 3:** *Humility*
- Day 4:** *Fasting is worship*
- Day 5:** *Is this an emergency*
- Day 6:** *The Lord is Light*
- Day 7:** *Worry not*
- Day 8:** *Is anybody home?*
- Day 9:** *The Word is your guide*
- Day 10:** *Authority in fasting*
- Day 11:** *Provision and restoration*
- Day 12:** *The power of agreement*
- Day 13:** *Your words*
- Day 14:** *You are unmovable*
- Day 15:** *You need wisdom*
- Day 16:** *God says, 'Arise'*
- Day 17:** *True love*

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Day 18: *Our leaders*

Day 19: *Our government*

Day 20: *Thanksgiving*

Day 21: *It's a new day*

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21-Day Devotional

Day 1

You want me to RSVP?

Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are – yet was without sin. Hebrews 4:14, 15.

Répondez s'il vous plaît is a French expression meaning to “please reply.” It is a sender’s polite request asking for your presence. Prayer is God’s RSVP to you. He politely asks that you, “yes you”, come and spend time with him. He places no time limit on the invitation, he just simply says, “Come.” It is an open invitation, but many refuse to reply.

He says come so that he can shine light on your circumstances and show you the way to go. He does not want you to lean on your own understanding but to fully lean on him so that you can appropriate his wisdom. Do reply...it shows a high level of R.E.S.P.E.C.T. for the King.

Remember, the invitation from our theme scripture from Isaiah hasn’t changed, and remains as valid today as it was then. God

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is still hosting the party, Jesus is still the way there, and the Holy Spirit is still our chaperone.

Have you been struggling with praying? Praying off and on, or only when you have a need? Humbly ask the Lord for forgiveness and request his help so that you may become a better communicator with your Father. You are still invited, why not RSVP?

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DAY 2

Local or long distance...your choice

Seek the Lord while he may be found; call on him while he is near. Let the wicked forsake his way and the evil man his thoughts. Let him turn to the Lord, and he will have mercy on him, and to our God, for he will freely pardon. "For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord." Isaiah 55:6-8.

Have you discovered that a local call is cheaper than a long-distance call? At least it used to be. Unless the call is to a relative or friend far away, we normally spend our time talking to people in the local area. Remember, the Holy Spirit resides in you? Why place a long-distance call to someone else when you can literally talk to the Father through the Spirit – locally and free of charge! He wants to speak to you about the things that concern you, and those things that concern him. He is longing for that intimate place in your day where he can have personal fellowship with you. *You are his beloved.*

How many times have you called someone in your time of need only to get voicemail? Then you leave a message and must wait for a return call. Our Father says, *"They will call on my name*

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and I will answer them; I will say, 'They are my people,' and they will say, 'The Lord is our God.'" (Zechariah 13:9). No voicemail, no dropped calls and no additional charges. Your Father is always home. So save your money, this is an all inclusive plan with no hidden charges. Go ahead and call him. He's there.

Take the time right now and seek the Lord. You will probably find a few voicemails that he's left on your heart. Ask him his thoughts concerning you for this day. Humbly ask him for direction.

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DAY 3

Humility

"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 will heal their land." 2 Chronicles 7:14.

Humility before God is lowering yourself so God can be exalted. You are showing him that you cannot do anything without him and that no one other than he is greater. You are saying, "Lord, I know that you are my provider and my strength, you know me better than I know myself. Lord, I surrender my all to you!" God is the one who can do all things. He is the one who can bring deliverance to this nation, our cities and our families.

Humility is a place absent of pride and self assertion. It is a posture that children assume naturally with their parents knowing that they can do nothing in and of themselves. Imagine a 10-year-old child trying to figure out how to pay rent or become gainfully employed. It doesn't work for them, and it won't for us. Instead, our Father wants us to turn from where we have been self-reliant and sufficient and return to him, the true source of all we need.

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Bow down to your Father and give him the honor that is due to him and him alone. Spend time today allowing him to show you what he would like to change in your heart.

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DAY 4

Fasting is worship

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship.” Roman 12:1

Do you know that fasting is a form of worship? When you fast you deny yourself the natural things of life for spiritual intimacy and provision. Your fast can be from food, hobbies or shopping – any number of things that you have depended on more than God to meet your needs. In Isaiah 58, God’s intention for a fast was for his people to shift their focus and attention from themselves so that they could be vessels to minister to others for his glory.

There are so many distractions in daily life. Fasting is a way to intentionally quiet the noise by denying ourselves of our own strength and dependencies. It is emptying ourselves so that we can have a deeper experience with God. It is our way of telling God: “There is no one and nothing else I need to be with or depend on.” In this manner, we are deliberately and purposely seeking his presence, and his presence alone.

Worship God. Tell him who he is to you. Present yourself to him as a living sacrifice.

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DAY 5

Is this an emergency?

O Lord, you have searched me and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you know it completely, O Lord. Psalm 139: 1, 2.

Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. Psalm 139:7-9.

Ever listen to a 9-1-1 call placed by a child when there is an emergency? The operator asks, "Is this an emergency?" The child replies, "My mom fell down." The operator asks, "What color is your house?" "My mom fell down," the child repeats. The child's response is interesting. What the child is actually saying is, "I don't have time for answering questions...I need help and I need it now."

Calling on Jesus doesn't require a lot of questions. He knows us intimately. He knows that there isn't any place you can go that he will not be there. He is familiar with

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all your ways, and most of all, he always knows just where you are, even when you don't know. Just place the call...pray. Don't worry about the details; he knows your address and your need. Rest assured that when a Kingdom kid prays, the Father listens and sends help.

Read Psalm 139. Ask the Lord to help you believe that, no matter where you are, or what situation you may be in, he is there with you.

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DAY 6

The Lord is Light

The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid? Psalm 27:1.

One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple. For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock. Psalm 27:4, 5.

David was a man who went through just about everything a person could go through in life. As a shepherd boy he fought and defeated a lion, bear and giant. He faithfully served a king who, because of his jealousy, tried to kill David. David also was a man who sinned against someone else – you know the story. Yet in spite of the good and bad, the Lord continued to say, *“David is a man after my own heart.”* Through it all David prayed, praised, repented and glorified God.

In Acts 10:34 Peter wrote: *“I now realize how true it is that God does not show favoritism.”* Do you know what this means? The above psalms are for you. Learn what David and

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Peter learned; God loves you, but your commitment must be to let nothing separate you from the love of the Lord. Praise him at all times – when you get up and when you fall. Trust him when it seems all hope is gone. Accept David's words as your own because his Father is your Father!

Does it seem hard to believe that he loves you as he did king David? Ask him what he wants you to know about what you're feeling.

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DAY 7

Worry not

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Matthew 6:26-28.

Worry is something that has become so natural that it has subconsciously taken the place of trusting in God. It has become an accepted default response to trouble and demonic attacks. Isn't it amazing that God knew this and penned a scripture that draws our attention to the fact he is there for us?

Read the entire parable. God knows that humans have a tendency not to depend on him. He does not want us to worry about how we can acquire the natural necessities of life. He says that worrying, which is meditating on your troubles, does not add anything to life. If anything, medical research shows that all it does is take from our health and relationships. It can bring about depression, eating disorders, and a multitude of other problems. God wants us

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to live a stress-free life.

Take time now and examine your thinking. Are you stressed-out about life? Yes, things may seem hard right now, but are you willing to trust that your Father will care for you? As you fast today, ask your Father to help you give him your burdens.

Ask him to exchange your worry for his peace. His peace surpasses all understanding as you keep your mind stayed on him. Try focusing on the solution, which is Jesus Christ, and not on the problems you may have.

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DAY 8

Is anybody home?

In a certain town there was a judge who neither feared God nor cared about men. And there was a widow in that town who kept coming to him with the plea, "Grant me justice against my adversary." For some time he refused. But finally he said to himself, "Even though I don't fear God or care about men, yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually wear me out with her coming!"

And the Lord said, "Listen to what the unjust judge says. And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?" Luke 18:1-8.

This parable demonstrates the attitude of consistency and persistency. The widow had nothing to lose but everything to gain. This shows that our Father expects you to come before him with everything and at any time.

What if you drove to visit family members or friends and discovered no one was home? You would have driven a distance and wasted costly gas. You probably

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would feel a wave of disappointment. But to make sure they *weren't* at home, perhaps you would continue to knock on the door in the hope that someone might be inside asleep.

Your persistent urge to see your family or friends probably would cause you to go beyond your initial disappointment. Persistency says, "someone must be home" even when no one initially opens the door. The One whom you truly need to visit is always home...Keep knocking... He promises to open the door.

What has been a prayer request that you have not prayed persistently about? Bring it before the Lord today with the expectation that he has the answer. Continue to do so until his response is clear and you receive rest.

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DAY 9

The Word is your guide

“Is it not to share your food with the hungry and to provide the poor wanderer with shelter – when you see the naked, to clothe him, and not to turn away from your own flesh and blood?” Isaiah 58:7.

Isn't it interesting what a fast should accomplish? To share and reach out to those in need for the glory of our Father as we bring light into the world. Is this not what Jesus did? Isn't this the message and calling we have been hearing from Pastor Phil Smith as of late? This is not just for non-believers; it's for anyone in need. Consider 1 John 3:17, 18: *“If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him? Dear children, let us not love with words or tongue but with actions and in truth.”* Who is your brother or sister? Who is your neighbor?

True fasting is for the purpose of giving ourselves to God to be used as he wishes. Forgetting ourselves for the sake of others is a “self fast,” and this is what our Father longs for us to do. True fasting is not just about changes we want in our own individual lives; more importantly it involves bringing change to the lives of others as we attend to their needs. We cannot fast today as we did in times past,

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this is a new season and the stakes are higher than ever.

Are you ready to see, be a part of, and experience miracles? Ask the Lord to give you a glimpse of what that would look like. Ask him to help you trust that he *will* do for you while you are doing for others.

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DAY 10

Authority in fasting

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?" Isaiah 58:6.

As we begin to line up with the Word of God, we may begin to feel intimidated by expected results that a true fast will manifest. How can I loose the chains of injustice and untie the cords of the yoke to set the oppressed free and break every yoke?

When we comply with the requirements of a "God-Appointed Fast," wondrous things are manifested because it is no longer us, but the God in us operating. His light will shine in the darkness bringing truth, healing and righteousness into the lives of others. His authority now reigns through us. Satan now fears you.

One of the definitions of light is "countenance." God is called the health of the psalmist's countenance. As you engage in a true fast, people will begin to see the Christ in you, as Paul declared, *"It is not I, but Christ in me."* No more you, all of him. It is amazing how everything you have need of is given to you when you don't worry about your own circumstances, but become concerned and

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take action to improve the circumstances of others.

Are there any areas in your life that need restoration? Are you still trying to recover from a difficult situation? Follow the instruction in Isaiah 58 and see what your Father will do. Ask the Lord to give you an understanding of what his glory looks like in your life.

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DAY 11

Provision and restoration

The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings. Isaiah 58:11, 12.

We are all aware of and have felt, to one degree or another, the sting generated from our nation's economic state. Through the economy, God is opening our spiritual eyes to see just how much we have depended on ourselves instead of trusting in him. But just as it was in Isaiah's time, he is a merciful Father who wants his people to return home to him. Our Father knows that there is a tempter on the prowl, slowly trying to lure us from beneath our true covering and away from our calling. The Father wants us to be victorious so that his kingdom can be manifested on earth, where we are, as it is in heaven. We can only accomplish this under his direction.

This particular fast will be a special one for Colorado Christian Fellowship. We have been in a state of repentance as we seek the Father. Our faith has taken a huge leap as we believe God for healing and the

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building of our new home. *"Repairers of Broken Walls"* means experiencing healing and restoration in your God-given dreams for your marriages, relationships, finances, jobs, health and households. The Father is saying, *"Don't ask for me to restore it back to the way it was; ask me for the new thing."*

Set aside special time alone for you and the Father and let him show you where you may have wandered away from him in your effort to "do life" on your own. God loves you, and has made provision for you to get back on course. Just ask him.

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DAY 12

The power of agreement

Then Esther sent this reply to Mordecai: "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish." Esther 4:15-16.

A decree was made to annihilate the Jews. They were in crisis. Queen Esther called the Jews to fast for three days with her as she prepared to do what the Lord had called and prepared her to do. God used an obedient Esther to stop the demise of the Jews. The people fasted and prayed with her because of their support and agreement, knowing that God was about to move on their behalf. Esther received her instructions from Father God and moved, trusting him, regardless of what lay ahead. In response, God stopped the destruction of his people.

Our president has been signing into law (decrees) a lot of new legislation that we have no idea how it will impact our country now and in the future. In a recent message, Pastor Phil Smith showed us how the power of agreement could affect change in our state, causing it to prosper. We have an "Esther" in our pastor, so like the Nation of Israel, let's come into

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agreement with what God wants to do through and at Colorado Christian Fellowship (CCF). Let's watch God move!

"Do two walk together unless they have agreed to do so?" (Amos 3:3). Ask the Lord for strength and courage to agree with what he wants to do in your life and in the life of CCF. Let's pray faithfully for our pastor and his family as they lead us in the vision and responsibility given to this church.

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DAY 13

Your words

Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. Isaiah 58:9-10.

Pay attention to God's voice. He is speaking to each of us about breaking yokes of bondage. Let's stop pointing fingers and take responsibility for our own actions. It doesn't matter whose fault it is; it didn't matter to Jesus because regardless of the fault, he paid the debt and became the answer for us all.

God can use anyone and anything. Michael Jackson, one of the world's most famous and controversial pop artists wrote a song entitled, "Man in the Mirror." In that song he penned this line: "I'm staring at the man in the mirror, I'm asking him to change his ways, no message could have been any clearer."

This sounds so much like our Father. He wants to start with his children, and as we allow him, and we change, he changes the world. As we engage in a true fast, we are

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assured that God will hear when we call. When we set others free, it impacts our relationship with God as we gain a deeper understanding of what he did for us.

Ask him to help you become more sensitive about the words you speak and the behavior you display. Can you ask him to start with you? Will you let him surround you with his truth and light?

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DAY 14

You are unmovable

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. Psalm 1:1-3.

To delight is to express great pleasure in someone or something. This has a two-fold meaning. First, if you delight in someone, there should be an articulation of your delight. Second, the results should cause a spontaneous response between other individuals that are delighted in the same person or thing. Can you imagine what a worship service would become if everyone, no matter what was happening, openly delighted in the Lord? People delighting in something of common interest will bring about an explosion of joy, praise and worship.

Here at Colorado Christian Fellowship, you will always hear us ask, "What is the Father telling you?" To know what God wants you to do and delighting in the fact that he

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knows what is best, positions you to prosper. Consequently, you will experience a divine connection, protection and favor. Whatever you do according to his will, must prosper.

In your meditation, thank the Lord for his Word. Through his word you will be successful and bless others. Thank him for his faithfulness toward you because of what he has already done!

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DAY 15

You need wisdom

*"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to him."
James 1:5*

Our nation is in such a state on many different levels, with mostly everyone feeling the effects. If ever wisdom was needed, it's now.

Our Father tells us to pray for our leaders. What better prayer than a prayer for wisdom? It always was and still remains a prized asset. With wisdom, challenges can be met, problems solved, and calamities avoided. And yes, a nation can be restored. Why? Wisdom is a person; his name is Jesus and through him, all things are possible. God wants us to be wise in all of our undertakings in life so his glory may be revealed. Know this: he wants you to be wise.

Ask your Father for wisdom. Go ahead. Your past doesn't matter and he finds no fault. He knows you need wisdom to make the right choices. Ask him! He is waiting to help you.

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DAY 16

God says, 'Arise'

Jesus went through all the towns and villages, teaching in their synagogues, teaching the good news of the kingdom and healing every disease and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful but the workers are few." Matthew 9:35-37.

This is a powerful passage. In the middle of all Jesus was doing, he looked around and observed the people's condition. He saw ordinary individuals trying to "do life" to no avail. Read how Jesus puts it: *"Because they were harassed and helpless, like sheep without a shepherd."* In other words, people didn't want to be the way they were; they were being manipulated because they were defenseless and uncovered. This caused Jesus to love them even more.

The world is the same today – only the situation is magnified. Notice that Jesus wasn't blaming the people for their condition, or copping an attitude because the task seemed insurmountable. No. His answer was: *"The harvest is plentiful, but the workers are few."* Look around you, in your home, on your job, and in your

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community. Do you recognize anyone harassed and helpless? Do you see anything resembling a harvest? The laborers are few, but the harvest still needs to be brought in.

Ask the Lord to give you his heart for people. Are you moved with an outpouring of compassion that compels you to act?

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DAY 17

True Love

"A new command I give you: Love one another. As I have loved you, so you must love one another." John 13:34.

"Let no debt remain outstanding, except the continuing debt to love one another, for he who loves his fellowman has fulfilled the law." Romans 13: 8.

Since the start of 2009, the Lord has revealed the essence of these two scriptures to Pastor Phil Smith. It also has began to flow through everything we do at Colorado Christian Fellowship. It's not so much the commandment that we are to love each other that makes these scriptures come alive. Most of us say and believe that we love, especially those close to us. But is our love unconditional? This is what we've been learning, to love without conditions and to accept everyone as they are.

Paul says in Romans 13:8 that the only debt we should have is love for our brother and sister – just as Jesus commanded us in John 13:34. The problem is that a lot of us haven't completely accepted or experienced what unconditional love feels like.

If each of us could get a glimpse of what it really cost the Father and Jesus to love us

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this way, we would respond accordingly. We would never withhold true love from anyone ever again.

Ask your Father to help you experience his love that enables you to come to him as you are, and also allows others to come to you as they are. Ask him to love on you. Can you do that?

Fasting & Prayer Guide

DAY 18

Our leaders

“Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith. Jesus Christ is the same yesterday and today and forever.” Hebrews 13:7.

Today we remember our spiritual leaders, specifically here at Colorado Christian Fellowship: Pastor Phil Smith, our elders and all those who take part in ministering and making a difference in our lives. Sometimes we neglect doing this by saying, “God will take care of them.” And God will. But they are human and need your prayers, support and encouragement. Share with them how much you enjoy the table they prepare for you. We are truly blessed. Our leaders don’t ask us for much, but as the Word says: *“Remember your leaders”*, can we do that through prayer?

During this fast, bring your spiritual leaders before the Father in prayer. Ask him to bless their lives with strength, wisdom, provision and direction as they lead us forward in the things of God. Give thanks for them!

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DAY 19

Our government

*"I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone – for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness."
1 Timothy 2:1-3*

This seems to suggest that there is power and benefits in praying for everyone, especially our government. If this is true, how would you like to live a quiet and peaceful life, filled with godliness, holiness, truth and light, despite what our country is going through?

As believers, it is our responsibility to touch heaven on behalf of our leaders through prayer. We are to especially pray for those who do not have a relationship with him. The verse also says, *"This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth."* Pray that all will come into a faith relationship with our heavenly Father.

Can you imagine having the kind of peace that comes from within, the kind of peace that says God has got it handled, no matter what's going on? Can you envision praying and staying together in Christ and living a peaceful life?

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Ask the Lord to surround our leaders with truth and light. Pray for those in authority who are Christians that they allow their light to shine as they carry out the responsibilities of their office.

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DAY 20

A heart of thanksgiving

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.
Colossians 3:15, 16.

As we come to the close of our fast, let us take the above scripture to heart. We have spent time earnestly cultivating a deeper relationship with our heavenly Father. He has met you right where you were and loved on you. He may have shown you things that felt uncomfortable, revealed things in you, and affirmed what you already knew. You will be a better person for what he has done. Bask in the place of joy and thanksgiving as the Lord builds your spiritual character by changing your heart. Thank him for loving you!

Never forget that in order to change, you must be willing to allow others to speak into your life. The verse tells us to teach and admonish one another with God's wisdom, but then it says to do this as you sing with gratitude. Now there's a different twist. You should be glad, glad about God loving you just as you are, and yet loving

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you too much to leave you unchanged.

Thank the Lord for all that he has revealed to you as a result of this fast. Pledge to do your best to allow him to continue the work he has started in you. Remember: *"Give thanks in all circumstances, for this is God's will for you in Christ Jesus."* 1 Thessalonians 5:18.

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DAY 21

It's a new day

"Then your light will break forth like the dawn and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard." Isaiah 58:8.

When the sun dawns on a new day, it is soft, calm and warming. A new day provides the opportunity for fresh beginnings and possibilities in Christ. It is another chance for you to partner with him as he fulfills the promise of his Word through your life. Your time of fasting and prayer is a spiritual endeavor that brings results.

This fast has been the mechanism God has used to release a breakthrough in your life. You have allowed your heart to be lifted to a place of expectation while positioning yourself for a move of God. Be expectant over the coming months and see how God will move in your life. Also watch how you affect the life of others. All of this may happen immediately or over time, but keep expecting. The Son will appear.

Pray: "Father, please seal everything that you have done in my life through this fast. I give you permission to use this vessel to bring change in the lives of my neighbors, whoever you determine them to be. I also

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declare that every scheme, plot and plan of the enemy to steal what you have birthed in my life will not succeed!

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Final thoughts

After meditating on this fasting and prayer devotional, you might ask yourself, "What about Colorado Christian Fellowship's new facility, CCF Village: Building A Place to Call Home? Believe it or not, this entire fast represented, and was all about building our new home. Look at the last two verses in Isaiah 58:

*"If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, **then you will find your joy in the Lord, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob.**" **The mouth of the Lord has spoken.**"*

We tend to spend a lot of times asking God for what we need (which is OK), but what does God desire? Solomon got it right when he acknowledged that he was like a child before the Lord. Solomon prayed:

"But I am only a little child and do not know how to carry out my duties. Your servant is here among the people you have chosen, a great people, too numerous to count or number. So give your servant a discerning heart to govern your people and to

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distinguish between right and wrong. For who is able to govern this great people of yours?"

*The Lord was pleased that Solomon had asked for this. So God said to him, **"Since you have asked for this and not for long life or wealth for yourself, nor have asked for the death of your enemies but for discernment in administering justice, I will do what you have asked. I will give you a wise and discerning heart, so that there will never have been anyone like you, nor will there ever be. Moreover, I will give you what you have not asked for – both riches and honor – so that in your lifetime you will have no equal among kings. And if you walk in my ways and obey my statutes and commands as David your father did, I will give you a long life."** 1 Kings 3:7-14.*

If we are obedient in love, our Father's kingdom will come, on earth, as it is in heaven. Moreover, CCF Village will be built as a manifestation of God's kingdom.

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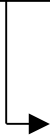
Fasting and prayer guidelines

We recognize that everyone may not be able to participate in a food fast. If you choose to participate, please know that you are taking a risk. Consult a physician if you are taking medications or are on a restricted diet.

- *Always pray about how you should fast, especially if there are reasons you cannot fast as suggested.* God may have you fast in other ways. Focus on talking with God, reading your Bible, and listening to him. Remember, fasting is about your relationship with the Father!
- *Conduct a media fast.* Take time away from your TV, radio, iPod, personal computer, and PDA (except those electronics required for work or emergency purposes) between 7 and 9 p.m. during the fast. Keep your calls to a minimum unless it is to encourage or pray with someone. Dedicate that time for family prayer and discussion. Those who are single can connect with family members and prayer partners.
- *Once you end the fast, ease into your regular diet.* Consider working the schedule backward. For example, after a seven-day fast, eat fruits for three days, then fruits and vegetables for three days, and then gradually return to your regular diet.

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Fasting schedule

What you CANNOT eat...	What you CAN eat...	Length of Fast, In Days		
		21	14	7
<ul style="list-style-type: none"> • No fried or sautéed (fried in butter) food. It's OK to boil, bake, broil, steam, or barbecue food. • No red meat, including beef, pork, lamb, venison, and veal. • No game meats. • No "sweets," including cookies, cakes, pies, pastries, croissants, éclairs, pancakes, custards, pudding, Jell-O, candy, confectionary sugar, and confectionary chocolate (covered or filled). • No jam, jelly, marmalade, or honey preserves. • No sweetened breakfast cereals, including Fruit Loops, Cap'n Crunch, Frosted Flakes, and Cocoa Puffs. • No canned fruit in syrup or sugar. 	<ul style="list-style-type: none"> • Poultry, including chicken, turkey, duck, goose, and pheasant. Poultry cannot be fried or sautéed. • Fish, including white fish – cod, haddock, whiting, and perch; oily fish, including herring, mackerel, salmon, tuna, trout, and catfish; shellfish, including lobster, crawfish, shrimp, crab, and mussels. Fish cannot be fried or sautéed. • Vegetables– green, leafy-like lettuce, spinach, and greens; roots like beetroots, carrots, and radishes; tubers like potatoes, yams, and onions; other vegetables like tomatoes. • Unsweetened cereals, including bran, oat, Corn Flakes, Cheerios, grits, oatmeal, and Cream of Wheat. • Pasta, including dried, egg noodles, semolina, macaroni and cheese, and dumplings. 	6 days	3 days	2 days
				
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What you CANNOT eat...	What you CAN eat...	Length of Fast, In Days		
		21	14	7
<ul style="list-style-type: none"> • No carbonated soft drinks, including soda – low-sugar, low-calorie, sugar-free, decaf, or diet; no coffee – regular or decaf; no punch or “drink”; only 100% natural juice, concentrated, frozen, or ready-made. • No microwave popcorn, popcorn cooked in oil, or kettle corn. Popcorn cooked in hot air is OK. • No bread, including white, whole meal, whole grain, rye, wheat, oatmeal, bran, garlic, French, Hawaiian, brown Ciabatta, and pita bread; breadsticks, English muffins, bagels, buns, biscuits, brioche, rolls, crumpets, Pop Tarts, and cornbread, including hot-water cornbread. 	<ul style="list-style-type: none"> • Beans, lentils, legumes – black beans, red beans, lima beans, green beans, black-eyed peas, and cowpeas. • Fruits, including fresh or canned in 100% “natural juice”; yellow or orange fruits like papaya and mangoes; citrus fruits like oranges and lemons; dry fruit like figs, dates, and raisins; and other fruits like bananas, pineapples, and grapes. • Juice, including 100% natural, whether concentrated, frozen, or ready-made; also carbonated mineral water. • Nuts, including pecans, cashews, almonds, pistachios, walnuts, and peanut butter. Nuts must be baked and not fried. • Herbs, including condiments, and spices like turmeric, tamarind, cloves, cinnamon, and pepper. 	6 days	3 days	2 days

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What you CANNOT eat...	What you CAN eat...	Length of Fast, In Days		
		21	14	7
<ul style="list-style-type: none"> • All of the above. Additionally: • Poultry, including chicken, turkey, duck, goose, and pheasant. • Fish, including white fish – cod, haddock, whiting, and perch; oily fish, including herring, mackerel, salmon, tuna, trout, and catfish; shellfish, including lobster, crawfish, shrimp, crab, and mussels. • Unsweetened cereals, including bran, oat, Corn Flakes, Cheerios, grits, oatmeal, and Cream of Wheat. • Pasta, including dried, egg noodles, semolina, macaroni and cheese, and dumplings. 	<ul style="list-style-type: none"> • Vegetables – green, leafy- like lettuce, spinach, and greens; roots like beetroots, carrots, and radishes; tubers like potatoes, yams and onions; other vegetables like tomatoes. • Beans, lentils, legumes – black beans, red beans, lima beans, green beans, black-eyed peas, and cowpeas. • Fruits – Fresh or canned in 100% natural juice; yellow or orange fruits like papaya, mangoes; citrus fruits like oranges, lemons; dry fruits like figs, dates, raisins; other fruits like bananas, pineapples, and grapes. • Juice – 100% natural, including concentrated, frozen, or ready-made; also carbonated mineral water. • Nuts – baked not fried, including pecans, cashews, almonds, pistachios, walnuts, peanut butter. • Herbs, condiments, and spices, including turmeric, tamarind, cloves, cinnamon, and pepper. 	4 days	3 days	2 days

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What you CANNOT eat...	What you CAN eat...	Length of Fast, In Days		
		21	14	7
<ul style="list-style-type: none"> • All of the above. Additionally: • Fruits – fresh or canned in 100% natural juice; yellow or orange fruit like papaya, mangoes; citrus fruits like oranges, lemons; dry fruit like figs, dates, raisins; other fruits like bananas, pineapples, and grapes. • Juice – 100% natural, including concentrated, frozen or ready-made, or carbonated mineral water. • Nuts, including pecans, cashews, almonds, pistachios, walnuts, and peanut butter. 	<ul style="list-style-type: none"> • Vegetables – green, leafy-like lettuce, spinach, greens; roots like beetroots, carrots, radishes; tubers like potatoes, yams, onions; other vegetables like tomatoes. • Beans, lentils, legumes – black beans, red beans, lima beans, green beans, black-eyed peas, and cowpeas. • Herbs, condiments, and spices, including turmeric, tamarind, cloves, cinnamon, and pepper. 	4 days	3 days	1 day
<ul style="list-style-type: none"> • Level 1 – Everything, except carbonated mineral water or plain water. 	<ul style="list-style-type: none"> • Level 2 – Nothing except water until 6 p.m. Then: • Vegetables – green, leafy-like lettuce, spinach, greens; roots like beetroots, carrots radishes; tubers like potatoes, yams, onions; other vegetables like tomatoes. • Beans, lentils, legumes – black beans, red beans, lima beans, green beans, black-eyed peas, and cowpeas. • Herbs, condiments, and spices, including turmeric, tamarind, cloves, cinnamon, and pepper. 	7 days	5 days	2 days