



What is Fasting?

Fasting is **voluntarily abstaining** from something (usually food) for spiritual purposes.

What is the Purpose of Fasting?

- The primary purpose of fasting is to focus on God and to center our attention on Him. In doing so, we honor God (**Zechariah 7:5**).
- **Outer fasting is to lead to inner prayer, worship, and devotion.**
- Fasting is not for personal glory or any other selfish motives (**Matthew 6:16-18**).
- Fasting can reveal non-essential things that control us and take precedence over God in our lives (**1 Corinthians 6:12**).
- Fasting can bring wisdom and revelation (**Acts 13:2**).
- Fasting can help our physical well-being (**Daniel 1:12**).
- Fasting can aid in concentration.
- Fasting can help bring freedom for those who are in addiction or bondage.

What Are Some Reasons for Fasting?

- To be obedient to the Word of God (**Mark 9:29**)
- To put you in the best possible position for a breakthrough.
- To seek God for more of Himself in our lives.
- To be restored and refreshed with our first love for God.
- To ask God to cleanse and purify us and our church.
- For the outpouring of the Holy Spirit on our church, community and country and our region.
- For God to restore a hunger for souls and to give us fresh evangelistic fire.
- For healing, salvation, and blessing on our family and friends.

What Will Our Corporate Fasting and Praying at Greater Destiny Involve?

- 21 Days of abstaining from food from **6am to 6pm** (please consider 12pm or 3pm or shorter if there are medical issues/needs)
 - Post Fast Diet (No Chips or Fries; No Soda or No Sugary Drinks, No Sweets, No White Bread, No Fast Food, No Fried Foods)
- 21 Days of abstaining from Social Media from 6am to 6pm
- 21 Days of Holy Living
- 21 Days of Consecrated prayer, Worship and Devotion (see recommended Bible Reading & Prayer Plan) →

GDCM Prayer & Fasting Bible Reading & Prayer Plan

Daily Prayers During The Fast

- ▶ Pastor & Sister Postell, Morgan & Keturah (Protection, Peace, Prosperity and Power)
- ▶ GDCM (Finances, New Building, Increase in Discipleship, Fellowship and Stewardship)
- ▶ Sick & Shut In, Seasoned Saints (Senior Citizens), Youth/Young Adults (Mocha Ministry)
- ▶ All Ministries of the Church and Respective Leaders

March 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	8	9	10	11 Proverbs 1 Pray for Personal Strength to Complete Fast & Personal Confession of Sin	12 Psalm 1 Pray for the Favor of God to be Released In Your Life & He Will Give You A Desire to Read & Mediate on His Word Daily	13 Proverbs 3 Pray for Your Children, Grands, Nephews Nieces for Salvation, Healing, Protection and Prosperity,
14 Psalm 2 Pray for God to expose your enemies while placing a fence around you and your family from the enemy	15 Acts 2:42-47 Pray that the Lord will Save, Sanctify and Set Free a Soul today and add them to body of Christ at GDCM	16 Proverbs 6:6-11 Pray for the discipline to save 10% of your money, tithe 10% and live on the 80% as a good steward	17 Psalm 14 Pray for the atheist / non believers and that their hearts will be soften to receive God's Word	18 Proverbs 6:20-35 Pray for marriages (reconciliation & sanctity) and that any pending divorce or separation is cancelled by the blood of Jesus.	19 Psalm 20 Pray for the Lord to answer your specific prayers that has kept you up at night and give you peace that surpasses all understanding	20 Proverbs 15 Pray for the Lord to deal with your anger issues and put a guard over your mouth so you speak wisdom and love
21 Psalm 23 & 24 Pray for the Lord's provision, protection and presence in your life and that we remember everything belongs to God	22 1 Corinthians 12 Pray that every Partner would know their spiritual gift and join a ministry to help ease the burden on others and grow the kingdom	23 Proverbs 17:5 Pray for the homeless in our community, city and country and the provisions needed to continue our Homeless Ministry	24 Psalm 32 Pray that the spirit of forgiveness will overwhelm you and you will let go of the past hurts	25 Proverbs 20:1 Pray for yourself or those who struggle with addictions (alcohol, drugs, sex, porn, food, etc)	26 Psalm 34 Pray for Holy Ghost boldness to witness about the goodness of the Lord to someone today and going forward	27 Proverbs 21 Pray for the President and Congress and for their spiritual and moral compass to be awaken
28 Psalm 42 Pray for those battling the spirit of depression and that they will learn that the joy of the Lord is their strength	29 Malachi 3:8-12 Pray that more partners will give at least 10% of their income so they can receive a blessing that will overwhelm them	30 Proverbs 27 Pray that God will put people in your circle to encourage and correct you in love and remove those who currently don't	31 Psalm 47 Praise God for the victory in this 21 day Fast and that your breakthrough is already here in Jesus Name!	1	2 Good Friday	3