

21 Days Fasting & Praying your Neighbourhood

WALK
DRIVE
PRAY



1. For God's Kingdom to come to your neighborhood
2. Our National Government
3. Health Care Workers
4. Our Local Churches
5. Our Schools
6. Our Provincial Government
7. An end to the Pandemic
8. The Lonely
9. Neighbours 360° health
10. For the health of families
11. Our Municipal Government
12. Healing for the sick
13. For Marriages
14. Safe neighbourhoods
15. Opportunities to share and show your faith
16. Salvation of our neighbours
17. For safe and loving homes
18. For the poor near & far
19. Miracles that point to Christ
20. For our Teachers
21. Freedom from oppression & spiritual breakthrough!

JAN 16 - FEB 6 2022

FASTING 101

Fasting isn't about getting God's attention; it's about getting our attention back where it belongs - on Him!

Fasting isn't about "getting" God to do something: it's about intentionally taking something OUT of your life in expectation that God will pour something IN. It's removing something physical from your life in order to tell your body that we live by the Spirit! There are different types of fasts: The one you choose is between you and God. He will honour your best sacrifice. Here are SOME examples (see Pastor Aaron if you'd like some more ideas!)

Full Fast

Drink only liquids (you establish the number of days) - please consult your doctor before fasting this way.

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat legumes, fruits and vegetables.

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting—a Full Fast, Daniel Fast or give up at least one item of food.

Non-Food Fasts

Give up television, social media, video games, or something else! Replace the time usually spent on those activities in prayer, worship, and Scripture.

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 40, Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). Be sure that whatever you give up for your time of fasting is intentionally replaced by time to hear from God: through his written Word, prayer time, worship time, service to others, and more.