

## 21 Day Fast for Supernatural Breakthrough, Increase and Provision

Premise #1: Things don't just happen. By the power of God, in accordance with His Word, we make them happen.

### Key Scriptures

#### **Luke 9:1**

*Then He called His twelve disciples together and gave them power and authority over all demons, and to cure diseases.*

#### **Matthew 10:8**

*Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give.*

#### **Mark 16:14-18**

*<sup>14</sup> Later He appeared to the eleven as they sat at the table; and He rebuked their unbelief and hardness of heart, because they did not believe those who had seen Him after He had risen. <sup>15</sup> And He said to them, "Go into all the world and preach the gospel to every creature. <sup>16</sup> He who believes and is baptized will be saved; but he who does not believe will be condemned. <sup>17</sup> And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; <sup>18</sup> they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."*

Premise #2: Prayer and fasting are required tools for moving mountains that were previously unmovable.

### Key Scriptures

#### **Matthew 17:19-21**

*<sup>19</sup> Then the disciples came to Jesus privately and said, "Why could we not cast it out?"*

*<sup>20</sup> So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. <sup>21</sup> However, this kind does not go out except by prayer and fasting."*

#### **Daniel 10:10-14**

*<sup>10</sup> Suddenly, a hand touched me, which made me tremble on my knees and on the palms of my hands. <sup>11</sup> And he said to me, "O Daniel, man greatly beloved, understand the words that I speak to you, and stand upright, for I have now been sent to you." While he was speaking this word to me, I stood trembling.*

*<sup>12</sup> Then he said to me, "Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have*

*come because of your words. <sup>13</sup> But the prince of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes, came to help me, for I had been left alone there with the kings of Persia. <sup>14</sup> Now I have come to make you understand what will happen to your people in the latter days, for the vision refers to many days yet to come.”*

We see from this passage in the book of **Daniel** that Daniel’s prayer was heard from day one, but the answer came 21 days later because it was opposed in the spirit realm. So, while his prayer was heard immediately, his continued fasting was critical for the breakthrough to happen in the spiritual (supernatural) realm.

### **Improper Reasons/Motives**

Prayer and fasting are improper when a person seeks...

- To fulfill selfish desires and ambitions
- To attempt to manipulate God
- To elevate one’s status or personal agenda
- To promote false piety, legalism, or religious duty

### **Improper Manner**

Prayer and fasting are improper when they...

- Draw attention to or personal glorification
- Are attempted without sufficient seriousness and respect
- Are conducted while intentionally continuing in sin
- Are conducted while continuing to pursue selfish desires in pleasure and business
- Are conducted while harboring improper, ungodly attitudes
- Are conducted while promoting or continuing injustice, oppression, or impropriety  
**(Isaiah 58:6-9)**
- Are conducted without drawing aside daily and dedicating ample time for sincere seeking, quiet communion, and devoted prayer with God

### **God-Honoring Fast**

One purpose of prayer and fasting is to bring our hearts to a place of being filled with a sacrificial love that results in godly attitudes in our lives. True fasting will draw us closer to God and His purposes.

Fasting brings a sharp focus to the dramatic difference between our physical and spiritual natures.

By exercising our wills and depriving ourselves of food for spiritual purposes, we acknowledge our spiritual natures and honor our Creator-Father. When we deny the natural for the purpose of calling on God to do the supernatural, He will enable and empower us to experience the

supernatural. Through fasting, we confirm the words uttered by Jesus in the face of temptation during His forty day fast, ***“Man does not live by bread alone, but by every Word that proceeds from the mouth of God” (Matthew 4:4).***

Through prayer and fasting we forsake our own physical needs and the creature comforts of this world and call upon God as the Originator, Giver, Source, and Sustainer of all life, especially our own. We exalt Him as our hope and salvation. True spiritual fasting will result in submission and devotion to God.

### **God Blesses Us When Our Fasts...**

- Focus on Him and honor Him.
- Have spiritual purposes
- Cause individuals to humble themselves and submit to the authority of God and His Word
- Cause individuals to acknowledge and repent of sin
- Deprive our natural desires and lusts to focus on the spiritual

Even when we honor God by praying and fasting, this does not mean that our heavenly Father will grant everything on OUR agenda. God will only work and bless in ways that are consistent and in harmony with His will and purpose. One of the primary functions of prayer and fasting is to help us discover what His ordained purposes and will are for our lives.

### **Spiritual Suggestions**

- Determine the purposes of your fast and write them down before you begin.
- Identify, confess, and repent of all revealed sin before and during your fast.
- Be sensitive to the Holy Spirit’s prompting in all areas of your life, since God will often require you to seek reconciliation or restoration in broken relationships.
- Pray fervently and continually.
- Absorb large quantities of Scripture.
- Always reserve time to be still and quiet before the Lord.
- Keep a journal of your purposes for the fast, revelation received, and directives given.
- Skipping meals alone will not result in a meaningful fast. You must set aside time to pray and seek spiritual insight.
- Give serious consideration to avoiding all forms of media that are not necessary for work, daily function, or spiritual in nature.
- Consider praying audibly and in a kneeling position when able.
- Praise God verbally and in song for who He is and what He has done: Worship Him.
- Use scriptural prayers during some of your prayer time.

- Ask God with whom, when, and how you may want to share your fasting experience with when it has come to an end.

### **Physical Suggestions**

- Determine in advance what kind of fast you will undertake (the parameters). It builds resolve for the challenging times (usually days two through four).
- Avoid chewing gum. Chewing activates the digestive process.
- You may need to restrict some physical activity during the fast, especially rigorous exercise.
- Expect some physical, mental and, perhaps even some emotional discomfort.

Also remember...

We fast FROM things (food/types of food, social media, entertainment media etc.) and we fast TO God – to fill the voids created by fasting with Him.

### **Week One: Me and My House**

#### Daily Focus

Saturday (1/1): **Submission/Surrender**

Scriptures for Meditation: James 4:7-8, 10; Hebrews 12:1-2; Matthew 11:28; 1 Peter 5:6; Luke 9:23-24

Saying yes to the Lord with love and joy in our hearts even when we don't understand it.

Sunday (1/2): **Repentance**

Scriptures: 2 Corinthians 7:10-11; Matthew 5:4; Acts 3:19-20

Repent of the known things hindering us i.e., beliefs, traditions, mindsets, sins, unbelief, stubbornness, rebellion, uncooperativeness etc.

Repent of unholy alliances and agreements with people, Satan, ourselves, and situations.

Give Holy Spirit permission to tear down strongholds and sever unholy alliances.

Monday (2/3): **Spiritual Hunger**

Scriptures: Romans 8:5-8; Matthew 5:6; Psalm 63:1

Ask the Lord to fill us with a hunger for what He has for us.

Tuesday (1/4): **Faith/Belief**

Scriptures: Hebrews 11:1,6; Galatians 3:5,6,11; John 11:40, 14:1; 2 Corinthians 4:13

Seek the Lord for increase in faith/belief – not incremental increase but crazy, insane increase.

**Wednesday (1/5): Revival Now Pastoral Leadership**

1 Thessalonians 5:12; Hebrews 13:17; 1 Timothy 2:2  
Supernatural strength, wisdom, power, protection etc.

**Thursday (1/6): Hearing God**

Scriptures: John 10:27-30; Romans 10:17; Jeremiah 33:3  
Seek the Lord for increase in clarity, volume, consistency, understanding, recognition etc.

**Friday (1/7): Revelation**

Scriptures: John 16:13-15; 1 Corinthians 2:10-16  
Seek the Lord for increase in revelation from His Word and His Spirit. Declare your hunger and desire for what our Lord is trying to reveal to you.

**Week Two: My Community, State and Nation**

Daily Focus

**Saturday (1/8): Identification**

Scriptures: 1 Timothy 4:14; 2 Timothy 1:6  
Beyond the identity of who we are in Christ, we are to seek Him for the gifts, callings, offices, baptism in Holy Spirit etc.

**Sunday (1/9): Revival/Fire**

Scriptures: Matthew 3:11; Acts 2:1-4; Psalm 51:10, 85:6  
Seek the Lord for the baptism of fire which is His power to carry out His plan for your life.

**Monday (1/10): New Levels in the Supernatural**

Scriptures: 1 Corinthians 1:3-5; Acts 2:17-21, 4:29-31, 14:3  
Seek the Lord for increase in His realm of miracles, healings, signs, and wonders.

**Tuesday (1/11): Health**

Scriptures: Psalm 103:3-5; Isaiah 53:4-5  
Seek the Lord for health emotionally, physically, spiritually, and relationally to be fully able to do what we are called to do. Breaking free from bondage and oppression.

**Wednesday (1/12): Revival Now Pastoral Leadership**

1 Thessalonians 5:12; Hebrews 13:17; 1 Timothy 2:2

Thursday (1/13): **Finances**

Scriptures: Proverbs 10:22; Deuteronomy 8:18

Seek the Lord for abundance in personal finances, for businesses and new businesses, new jobs, promotions, new homes etc. Breaking free from financial bondage and oppression.

Friday (1/14): **Souls/The End-Time Harvest**

Mark 16: 15-17; 2 Peter 3:9-10; Matthew 9:35-38; Proverbs 11:30

**Week Three: My World**

Daily Focus

Saturday (1/15): **World-wide Covid Breakthrough**

Daniel 10:12-13

Some breakthroughs and answers to prayer come only through prayer and fasting.

Sunday (1/16): **Divine Connections, Strategies and Resources for the Harvest**

Matthew 5:18-22; Philippians 4:19; Acts 17:16-34

Call in the Divine strategies, resources, and relationships to accomplish our commission. Call in supernatural increase to our infrastructure and capabilities.

Monday (1/17): **Open Doors to the Gospel**

Colossians 4:3-4; Acts 16:6-10

Tuesday (1/18): **Purifying and Strengthening of the Body of Christ**

Matthew 25:1-13; Ephesians 5:25-27

Wednesday (1/19): **Revival Now Pastoral Leadership**

1 Thessalonians 5:12; Hebrews 13:17; 1 Timothy 2:2

Thursday (1/20): **Upcoming African Evangelistic Trip**

Ephesians 6:19

Friday (1/21): **The Revival Now Million Soul Mandate**

Scriptures: Matthew 28:19-20; Acts 1:8, Acts 2:39

Call in the harvest of souls that the Lord has mandated to us and called us to reach.