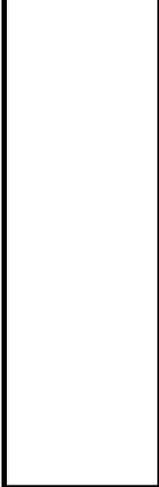


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21 DAY FAST DEVOTIONAL



When Jesus was led by the Spirit into the desert and fasted for 40 days and nights, he went knowing full well he would be tempted. He was hungry, uncomfortable, tired, and depleted. Each time the enemy tempted him, though, Jesus answered, “It is written.”

In this, two characteristics of Jesus are displayed: He was hungry and weak in the flesh, yet full of the word of God and strong in his mission. Each lie, whisper and temptation was immediately rejected with truth from Scripture—and his mission never wavered. He came for the glory of the Father and the salvation of all people. This mission rooted him as he fought in this season of fasting.

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

PSALM 73:26

In the weakness of our flesh, we make room for the strength of the Lord. By saying, “It is written,” we are able to combat the hunger of this world and the attacks of the enemy. We gain strength when we devote ourselves to God through prayer, learn his Word and rely on his power in our daily lives. This story from Jesus’ life is vital to our understanding of fasting. Fasting is a humbling of the flesh, saying “no” to the earthly things we crave, in order to say “yes” to more of God.

Fasting is exchanging the needs of the physical body for those of the spiritual.

Fa

Our goal in fasting is to create closer intimacy with Christ.

There is no “formula fast” or one “right” way. Fasting is about the condition of the heart.

sti

ng

Pray about what God is calling you to fast during this time, and see the blessing of God on your life as you faithfully and diligently seek him.

Yes, LORD, walking in the way of your laws, we wait for you; your name and renown are the desire of our hearts.

ISAIAH 26:8

Fasting is waiting on the Lord. Fasting is fighting the temptations of the flesh. Fasting is leaning into our mission and trusting God for breakthrough. Fasting is devoting our hearts to seeking God's face. His glory is our aim. Fasting is an opportunity to devote extra time, extra energy and extra focus to the Lord.

During this 21 Day Fast, it is our prayer that you be led by the Spirit, answering the enemy with "It is written" and saying "Yes, Lord" as you wait on him!

SEEK

SEEK

WEEK ONE

“To fall in love with God is the greatest romance; to seek him the greatest adventure; to find him, the greatest human achievement.”

SAINT AUGUSTINE

SEEK: to chase down, to examine intimately

SUNDAY

read

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” Then the devil took him to the holy city and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down. For it is written: “He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.”” Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’” Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. “All this I will give you,” he said, “if you will bow down and worship me.” Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’” Then the devil left him, and angels came and attended him.

Matthew 4:1-11

reflect

Seeking God can seem challenging when the world is throwing temptations and struggles at you every day. How can you make time to read God's Word when life is so busy? How can you worship God when life seems so overwhelming? How can you trust in him when everything seems to be going wrong? It's counterintuitive, but when we feel like pulling away, that is when we need to draw close. Jesus knew temptation to the full extent that humanity can know it. He doesn't ask us to walk a path that he is unfamiliar with. He shows us the way to battle temptation and that is through the Word of God. We need to fill ourselves with his Word, his truth, and use that as a weapon. When you feel the craving of the flesh to fall back into what you are fasting from, use this craving as a reminder to say "It is written!" and declare the Word of God over your life. This week, seek God in a new way. Take time to read his Word, worship, and pray. He wants to draw near to you; he wants to meet with you.

- **What has God called you to say "no" to during this fast?**
- **What do you feel God is calling you to believe for and to seek during this fast?**

respond

Lord, I invite you into this space. Guide me as I lean into what you have for my life. Teach me how to diligently seek you. Show me your will and your way. Lord, I devote the next 21 days to you. Take this small sacrifice of my time and attention and let it be to your glory.

DAY 02

MONDAY

read

And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

Matthew 6:16-18

**It is not
meant to be
an outward
declaration,
but an inward
discipline.**

reflect

Seeking God is an intimate exchange. It is not meant to be an outward declaration, but an inward discipline. An act of self-restraint that is intended to bring you closer to the Lord through the denial of the flesh. As you fast, check your heart and motives. Ask yourself, am I seeking recognition from man or relationship with Jesus? Intimacy with Christ should be our aim.

respond

Today, ask God to strip away any false motives and to help you center your heart on him.

DAY 03

TUESDAY

read

Make me to know your ways, O Lord; teach me your paths.
Lead me in your truth and teach me, for you are the God of
my salvation; for you I wait all the day long.

Psalm 25:4-5

reflect

Much of seeking God requires that we hone our ear to his voice, and we are willing to wait for it. In the car driving to work, while on lunch break, as you wind down at the end of the day—Jesus wants to speak to you, all you have to do is listen! Don't be afraid of the quiet. Sometimes waiting seems fruitless. Don't give up! God is never late and silence is not equivalent to rejection.

- **How can you take time to listen to God's voice today?**
- **What are some ways you feel God leading you?**

respond

Lord, I give this time to you. I want to know you more, I want to follow the paths you have for me. I am listening. My heart is open, my ears are open to your voice. Speak to me, I pray! I will wait for you, all day if I have to, I will wait to hear your voice.

DAY 04

WEDNESDAY

read

The Lord is good to those who wait for him, to the soul who seeks him.

Lamentations 3:25

**“We need never
shout across
the spaces to an
absent God. He is
nearer than our
own soul, closer
than our most
secret thoughts”**

A.W. TOZER

DAY 05

THURSDAY

read

Behold, we consider those blessed who remained steadfast. You have heard of the steadfastness of Job, and you have seen the purpose of the Lord, how the Lord is compassionate and merciful.

James 5:11

reflect

Seeking the Lord is a joy when we remember his mercy and compassion, when we recall the purposes of God. Even in the midst of hardship we can rejoice knowing that God hears our cries and his heart is to show us mercy. As we see with Job, even while suffering at the height of human suffering, he still remained faithfully devoted to the Lord, and his faith produced an outpouring of blessing that exceeded what he had before!

Today, remember the Lord is a compassionate God, rich in mercy. Seek him with steadfastness that comes with knowledge of his goodness and hope for his blessing!

- **What areas can you grow in your faith and steadfastness as you seek God?**

respond

Lord, I invite you into the areas of my life where my faith may be weak. Strengthen my trust in you! Bring to mind all the ways you have been faithful to me, and help me to seek you with the belief that you are working all things for my good. I know you are mighty and able, kind and loving.

DAY 06

FRIDAY

read

Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

Deuteronomy 6:5-7

reflect

Seeking God takes your whole self—heart, soul and strength! It's important that love for God is the driving force in every area of our life. We are to love God with everything we have, and to share that love with our family and to meditate on this all day.

- **Today, pay attention to your thoughts, your energy, your affection. Are you giving the Lord room in all these areas?**

respond

Jesus, help me to pour my life out for you. All my energy, affection and inner thoughts, let them center on you and your goodness to me! Allow the inner work to flow out from my lips in my daily life and let my life be a beacon for your glory!

DAY 07

SATURDAY

WEEKLY

EXAMEN

Enter into a time of quiet before the Lord. Have a posture of humility and gratitude as you reflect on the past week. How were you near to God? How were you far from him? In what ways did you hear his voice? Take some time to listen to the Holy Spirit—what does he bring to light? Use the chart below to write reflections on what movement or challenges you faced in these areas of your life this week, and how you want to reset, to tend to these areas for the coming week.

reflect

on last week

reset

for next week

SPIRIT

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MIND

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BODY

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R



REPENT

REPENT

WEEK TWO

“Repentance is a discovery of the evil of sin, a mourning that we have committed it, a resolution to forsake it. It is, in fact, a change of mind of a very deep and practical character, which makes the man love what once he hated, and hate what once he loved.”

CHARLES SPURGEON

REPENTANCE: a change of mind, change in the inner man

DAY 01

SUNDAY

read

That is why the Lord says, “Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning. Don’t tear your clothing in your grief, but tear your hearts instead.” Return to the Lord your God, for he is merciful and compassionate, slow to get angry and filled with unfailing love. He is eager to relent and not punish. Who knows? Perhaps he will give you a reprieve, sending you a blessing instead of this curse.

Joel 2:12-14

reflect

Fasting often brings about revelation. This revelation many times is a clarity of mission and calling, other times it is clarity in decision making, an answer to requests. And many times it is a revelation of our sin. Of how we replace God in our lives with idols. Escapism, addiction, bitterness, apathy... these things hinder our relationship with God, hinder us from walking in freedom and the fullness of who he calls us to be, and hinders our calling to make Christ known to the world.

We must humble ourselves before the Lord and repent of how we have wronged him, repent of how we have replaced him, repent of how we resist him. Fasting is a beautiful opportunity for us to humble ourselves and to rest in the knowledge that God's arms are open wide, his heart is overflowing with love, and his grace covers us. He wants to bless us, not curse us! He isn't waiting on his throne to punish us—he died on the cross to redeem us! He is eager to relent, so let us be eager to repent. This week, bow before the throne of grace. Humble your heart before your Maker and allow him to pour his love and mercy into your life.

- **What sin is being exposed in your heart that you need to repent of and lay before the Lord?**
- **Repentance is facing and turning. It is an acknowledging of your wrongdoing, a deep, sincere remorse, and then making a complete turn in the other direction and walking away from the sin. What steps do you need to take to pivot away from the sin in your life?**

respond

Today, pray a prayer of repentance. Leave no stone unturned, no shadow lingering, no shame buried. Bare it all before the Lord and allow his grace in to bring healing.

DAY 02

MONDAY

read

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

Psalm 139:23-24

reflect

All repentance should have the goal of getting close to Jesus. Remember God reveals sin to us in order to put us on the path of life. As you allow God to search your heart don't allow condemnation to throw you off the path of life. Repentance is all about relationship restored. Sit in the presence of God today and allow him to reveal things to you in your heart and mind.

- **What is God exposing in your thought life, in your attitude and actions that you need to repent of?**
- **How are you going to make a turn from these ways of thinking and behaving and allow yourself to be led by God? What steps will you take today to walk toward life rather than death?**

respond

Pray this verse over your life today—search me, know me, test me, confront me, and lead me.

DAY 03

TUESDAY

read

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

Acts 3:19

**He longs to
restore and
redeem, to
repair what
sin has broken.**

reflect

Sometimes sin can make us weary. It's important to understand that repentance actually refreshes us. The enemy would have you think repentance shames you—in actuality it brings relief. The Lord longs for you to turn to him with contrition—not so he can punish you, but that he can bless you! He longs to show his love, his mercy and his compassion. He longs to restore and redeem, to repair what sin has broken.

Today, take note of the position of your heart and turn it towards God. Allow him to see every facet and to clean you from the inside out.

- **In what ways do you feel the Lord refreshing you after repenting and turning your heart toward him?**
- **Have any weights been lifted, any anxieties put to rest?**

respond

Lord, today I pray for your cleansing power. I turn my heart toward you. I open up every hidden place to your eyes and I pray you will forgive me. Heal me, clean me, make me new. And help me to rest in your mercy, to find times of refreshing in your presence.

DAY 04

WEDNESDAY

read

Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin?

Romans 2:4

**“Don't let
past mistakes
keep you from
seeking God.”**

BILLY GRAHAM

reflect

We carry so much shame with our sin, and often that is what keeps us from coming humbly before God. But he is kind and good to us. He wants nothing as a barrier and he is kind with the hope that we will draw near and turn from our sin. The enemy wants us to think that there is no way God will love us after what we have done. The beautiful thing is that God does not beat us into submission, but rather he uses kindness to love us back to him. Embrace the kindness of God today and allow his mercy to wash over you.

- **List some ways God has shown his goodness and kindness to you.**
- **In light of his kindness in your life, what is it that is still holding you back from him?**

respond

Pray a prayer of thanksgiving for all the ways God has shown his kindness to you. Pray a prayer of turning your heart toward him in response. Let go of all that is holding you back and allow God to take his place in your heart.

DAY 05

THURSDAY

read

Prove by the way you live that you have repented of your sins and turned to God.

Matthew 3:8

DAY 06

FRIDAY

read

“Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,” says the Lord, who has compassion on you.

Isaiah 54:10

reflect

Once we have turned from our sin and changed course, aligning with the Lord, that doesn't mean we will never sin or struggle again. But God is a God of unfailing love! Despite our inconsistencies, he remains faithful. His compassion and peace outlast our wavering and give assurance of His favor. Nothing can shake his love for you, or the covenant we have with him.

respond

There is peace in knowing God will never let you go. Sit in this knowledge and allow this truth to sink down deep in your heart. Meditate on this, and let it shape your view of yourself—as a child that will never be forsaken.

DAY 07

SATURDAY

WEEKLY EXAMEN

Enter into a time of quiet before the Lord. Have a posture of humility and gratitude as you reflect on the past week. How were you near to God? How were you far from him? In what ways did you hear his voice? Take some time to listen to the Holy Spirit—what does he bring to light? Use the chart below to write reflections on what movement or challenges you faced in these areas of your life this week, and how you want to reset, to tend to these areas for the coming week.

reflect

on last week

reset

for next week

SPIRIT

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MIND

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BODY



ASK

ASK

WEEK THREE

“God must do everything for us. Our part is to yield and trust”

“God never hurries. There are no deadlines against which he must work. Only to know this is to quiet our spirits and relax our nerves.”

A.W. TOZER

ASK: to plead humbly, to appeal to authority

DAY 01

SUNDAY

read

So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes... “Now, our God, hear the prayers and petitions of your servant. For your sake, Lord, look with favor on your desolate sanctuary. Give ear, our God, and hear; open your eyes and see the desolation of the city that bears your Name. We do not make requests of you because we are righteous, but because of your great mercy. Lord, listen! Lord, forgive! Lord, hear and act! For your sake, my God, do not delay, because your city and your people bear your Name.”

Daniel 9:3,17-19

reflect

Daniel was in a unique position. He was in captivity, yet placed in a position of influence with the king. He was a man of strong conviction, a man of vision. He had dreams and visions, and the Lord also allowed him to interpret the dreams of others. He was miraculously rescued from a pit full of lions, and reign after reign he was in service to the kings by whom he was held captive. In the midst of this, he never lost his heart for his people. He was so moved by the plight of the captive Israelites that he turned to God with fasting and prayer, asking the Lord to have mercy.

He cried out to God boldly, asking for his ear to be turned, his eyes to be opened to the suffering of his people. And the most poignant moment, the moment we should find hope in, is when he brings to light that it is not by our righteousness that we can call out to God—it is because of his great mercy. Because of God's mercy we can call out with confidence, "Hear! See! Act!" and God will answer us. He is rich in kindness and his love is unfailing. So bring your worries to him. Bring your troubles. Bring your illness and loved ones. Bring your wayward children and your difficult situations. God is able to shoulder these requests and he delights in responding to his children. This week, daily bring your requests to God, boldly asking him to act on your behalf, to answer and to provide!

- **What burdens your heart?**
- **What are you crying out to the Lord for?**

respond

Lord our provider, today I ask with great faith. I pour out my petitions to you and lay the burdens at your feet. May my heart break for what breaks yours, and may the desire of my heart align with your will. God I cry out asking you to hear me, to see what troubles me and to act on my behalf. I believe in your mercy and goodness, and I trust your plan for my life.

DAY 02

MONDAY

read

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

Matthew 7:7

reflect

The first part of this verse gives us a directive to ask with a promise that it will be given. This is such a bold promise! Then we are told to seek that we might find—here we see God promising us relational access. There is also a promise that if we knock, which is another petition, that it will also be answered. This is about access to new places!

- **What is it you need today? Ask! Seek! Knock!**
- **Are there situations for which you have not been asking and knocking on God's door?**
- **Begin seeking and asking today! Bring something specific to the Lord and ask with bold faith for heaven to be released on the situation.**

respond

Lord, I come to you with persistent faith, asking boldly and knocking loudly. I trust that you hear me, that you know my heart, and that you will answer the door. Help me in the waiting, bolster my faith and renew my strength as I reach out to you!

DAY 03

TUESDAY

read

And there by the Ahava Canal, I gave orders for all of us to fast and humble ourselves before our God. We prayed that he would give us a safe journey and protect us, our children, and our goods as we traveled... So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.

Ezra 8:21,23

**No request is
too small or
large, and he
hears us and
responds!**

reflect

As we fast, we take a posture of humility before God and earnestly seek him. In this, we are able to pull back the curtain of our hearts and ask with honest faith and true motives for the things we desire. No request is too small or large, and he hears us and responds!

- **What are the things—big and small—that need God's care today?**
- **What do you need God's protection from today?**

respond

Pray a prayer of protection and well-being today over your health, your home, your family. Surrender these all to God and trust him to take care of you.

DAY 04

WEDNESDAY

read

Jesus said, "I will come and heal him." But the officer said, "Lord, I am not worthy to have you come into my home. Just say the word from where you are, and my servant will be healed... Then Jesus said to the Roman officer, "Go back home. Because you believed, it has happened." And the young servant was healed that same hour.

Matthew 8:7-8,13

DAY 05

THURSDAY

read

The Lord has heard my plea; the Lord will answer my prayer.

Psalm 6:9

**He does hear,
he does see, and
he will act!**

reflect

Confidence. At times it is hard to hold on to our confidence when we have been waiting and crying out for answers, and yet it seems as though God is silent. How can we remain faithful in our asking when it seems there is no response? We remind ourselves of WHO God is. He remains unchanging. Though our circumstances shift and change, the world is evolving, and we ourselves have fickle desires, God himself never changes. He is the same yesterday, today and tomorrow. We know he has heard our pleas because we know from 1 Peter 3:12, his eye is on the righteous and his ear is attentive to their prayers. We know he will answer because we have seen him answer us in the past! God does not change. So while it may seem hard and the wait seems long, take heart and know that he does hear, he does see, and he will act! Keep pressing into the Lord today. Submit yourself anew in your requests before God, trusting his answer will come about in the proper time!

respond

Lord, today I choose to remember your character, remember your faithfulness, and trust in the process. I know you hear me, I know you will answer. Help me in my faltering faith and strengthen the faith I do have!

DAY 06

FRIDAY

read

Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

Ephesians 6:18

DAY 07

SATURDAY

WEEKLY

EXAMEN

Enter into a time of quiet before the Lord. Have a posture of humility and gratitude as you reflect on the past week. How were you near to God? How were you far from him? In what ways did you hear his voice? Take some time to listen to the Holy Spirit—what does he bring to light? Use the chart below to write reflections on what movement or challenges you faced in these areas of your life this week, and how you want to reset, to tend to these areas for the coming week.

reflect

on last week

reset

for next week

SPIRIT

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MIND

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BODY

**Yes, LORD,
walking in the
way of your
laws, we wait
for you; your
name and
renown are the
desire of our
hearts.**

ISAIAH 26:8

