

# 3 DAYS OF FASTING & PRAYER



Please set aside (3) days of your choice during the month of January to Fast and Pray. Please use this guideline to assist you during your time with God.

## **Time of Fasting & Prayer:**

6a - 6p abstain from food

## **Fasting Options:**

Option (1) Water Only

Option (2) Liquids Only

Option (3) Fruits & Vegetables (no starches, rice, etc.)

## **Fasting Encouragement:**

- Find accountability partner
- When you decide to fast, expect opposition (don't quit)
- Stay away from entertainment, social media, TV
- Spend more time doing things that will uplift your spirit; listening to P&W, previous sermons, etc.
- Carve out times of prayer; be intentional!

## **Prayer focus:**

- **Day 1:** Pray to break free from the past, to be released; a clean slate.  
Repentance: (Psalm 51)  
Repentance from generational curses: (Daniel 9:3-10)  
Promises to claim: 1 John 1:7-10, Romans 8:1-4
- **Day 2:** Pray for God's protection (family, friends, church)  
Pray Scriptures in this order: Psalm 91, Isaiah 53:4-6, John 10:10  
Pray against attack: Psalm 35, Psalm 18:34-42  
End with Praise
- **Day 3:** Pray the promises of God  
Pray Scriptures in this order: Joel 2:18-20, 23-27, Deuteronomy 28:1-14, Isaiah 65:17-24