

Forerunner Church
21 DAYS OF PRAYER & FASTING
Sunday, Sept. 27 - Saturday, Oct. 17

As we approach our 30 year conference, we are setting aside 21 days to seek the Lord together. This is a sacred opportunity to consecrate ourselves, our families, and our church to God and to intentionally prepare our hearts for the next season He has for us all.

CONSECRATION: SETTING OURSELVES APART FOR GOD

What does consecration mean?

Consecration is the act of dedicating something to God, sanctifying it and making it holy. As a church, these 21 days are an intentional act of saying, "Lord, we belong to You. This church belongs to You. Our future belongs to You. Have Your way in us." Taking this time to surrender ourselves, our families, our city and our church to Him.

WHY DO WE FAST AND PRAY?

Fasting is a biblical practice of voluntarily setting aside food or another legitimate activity for a period of time in order to seek God with greater focus. Prayer is our communion and conversation with God. Together, fasting and prayer help us turn from distractions and toward the Lord.

Jesus assumed His followers would fast: "When you fast..." (Matthew 6:16). In the Bible, God's people fasted when they needed direction, humbled themselves before God, sought protection, repented, prepared for ministry, and interceded for others.

Romans 12:1 - *"Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service."*

Joshua 3:5 - *"Sanctify yourselves, for tomorrow the LORD will do wonders among you."*

2 Timothy 2:21 - *Those who cleanse themselves are described as vessels "set apart for honorable use, useful to the Master, prepared for every good work."*

PREPARING FOR THE 21 DAYS

1. Set a purpose. Write down what you are seeking God about your relationship with Him, your family, our church, the conference, salvation, healing, direction, renewal, or other needs.
2. Consecrate the season. Tell the Lord, in prayer, that these 21 days belong to Him. Ask Him to prepare your heart for the next season.
3. Choose your fast. Decide in advance what you will abstain from.
4. Schedule prayer. Replace normal meal or media times with prayer, worship, Bible reading, journaling, and quiet before God.
5. Prepare your heart. Ask the Holy Spirit to reveal attitudes, habits, un-forgiveness, distractions, or areas where God is calling you to obedience.
6. Prepare practically. Plan meals, hydration, work demands, and family responsibilities ahead of time.

COMMON TYPES OF FASTS

*****Ask the Holy Spirit to lead you on what you are to do***** Fasting will be different for every person. Choose a form of fasting that is appropriate for your circumstances and use the time you would normally spend eating or engaging in distractions to seek God.

- **Normal Fast** - Abstaining from food and drinking liquids only
- **Partial Fast**-Restricting certain foods or meals. A Daniel-style fast is one example (Daniel 10:2-3).
- **Media / Devotional Fast**- Giving up social media, entertainment, or another distraction do we can dedicate that to God.

Health & Safety

Fasting from food can affect blood sugar, hydration, medications, and other health conditions. Anyone with a medical condition, anyone who is pregnant or breastfeeding, children and teens, or anyone taking medication that may be affected by food intake should seek appropriate medical guidance before undertaking a food fast. Never stop prescribed medication without medical advice. An absolute fast(no food and liquids only can be dangerous and should not be attempted without qualified medical guidance. If a particular food fast is not medically appropriate for you, participate through a partial, devotional, or media fast. The purpose is to seek the Lord.