

21 day devotional fasting and prayer guide

A Critical Analysis of the "21 Day Devotional Fasting and Prayer Guide" and its Impact on Current Trends

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Introduction:

The popularity of "21 Day Devotional Fasting and Prayer Guide" (hereafter referred to as the "Guide") reflects a growing trend in contemporary Christianity towards intensified spiritual disciplines. This analysis examines the Guide's impact within this context, considering its content, methodology, potential benefits and drawbacks, and its alignment with current trends in faith-based practices. The "21 day devotional fasting and prayer guide" taps into a desire for deeper connection with God and personal transformation, a theme resonating strongly in modern society.

I. Content and Methodology of the "21 Day Devotional Fasting and Prayer Guide"

The "21 day devotional fasting and prayer guide" typically follows a structured format. Each day includes:

A Scripture Reading: Focusing on themes relevant to fasting, prayer, and spiritual growth.

A Devotional Reflection: Offering insights and applications of the scripture to daily life.

Prayer Prompts: Guiding users in focused and meaningful prayer.

Journaling Prompts: Encouraging self-reflection and spiritual integration.

The Guide's methodology emphasizes a holistic approach, linking physical discipline (fasting) with spiritual practice (prayer and reflection). However, variations exist among different "21 day devotional fasting and prayer guide" versions, impacting their effectiveness and approach to fasting (water-only, juice cleanse, partial fasts, etc.). A critical examination should assess the specific type of fasting advocated and its potential health implications.

II. Impact on Current Trends in Spirituality

The Guide aligns with several prominent contemporary trends:

The Rise of Experiential Spirituality: Modern spirituality increasingly emphasizes direct experience of the divine, rather than solely intellectual understanding. The "21 day devotional fasting and prayer guide" facilitates this through guided prayer and reflective practices.

The Emphasis on Disciplined Spirituality: The Guide reflects a growing interest in spiritual disciplines, mirroring ancient monastic traditions adapted for modern life. These disciplines are seen as pathways to deeper faith and personal transformation.

The Search for Meaning and Purpose: In an increasingly secular world, many individuals seek spiritual meaning and purpose. The Guide offers a structured framework for exploring these themes through prayer and self-reflection.

The Growth of Online and Digital Resources: The accessibility of the "21 day devotional fasting and prayer guide" through digital platforms has significantly broadened its reach, catering to a geographically diverse audience.

III. Potential Benefits and Drawbacks of Using the "21 Day Devotional Fasting and Prayer Guide"

Potential Benefits:

Spiritual Growth: Intentional prayer and fasting can foster a deeper relationship with God and enhance spiritual awareness.

Improved Self-Awareness: Journaling prompts and self-reflection exercises within the Guide can lead to greater self-understanding.

Increased Discipline: The structured nature of the Guide promotes the development of self-discipline and spiritual habits.

Community Building: Many utilize the "21 day devotional fasting and prayer guide" in group settings, fostering a sense of community and mutual support.

Potential Drawbacks:

Health Risks: Certain fasting methods can pose health risks, especially for individuals with pre-existing health conditions. The Guide should clearly address these risks and provide appropriate disclaimers.

Spiritual Exhaustion: Intensive spiritual practices can lead to spiritual burnout if not approached with balance and self-care.

Legalism: Overemphasis on the Guide's structure can unintentionally lead to a legalistic approach to spirituality, focusing on adherence to rules rather than genuine relationship with God.

Lack of Professional Guidance: The Guide may not adequately address the complexities of spiritual struggles or provide resources for support during challenging times.

IV. Assessing the "21 Day Devotional Fasting and Prayer Guide": A Balanced Perspective

The "21 day devotional fasting and prayer guide" can be a valuable tool for spiritual growth for many individuals. However, its effectiveness hinges upon careful consideration of its limitations. The Guide should be approached with discernment, awareness of potential health risks, and an understanding of its purpose as a supportive resource rather than a guaranteed path to spiritual perfection. Responsible use should always incorporate self-care, balanced practices, and professional guidance when needed. Furthermore, the quality of the "21 day devotional fasting and prayer guide" varies significantly. Readers should assess the author's credibility and the publisher's reputation before embarking on such a program.

Conclusion:

The "21 day devotional fasting and prayer guide" reflects a significant trend in contemporary spirituality toward intensified spiritual practices. While offering potential benefits, including spiritual growth, self-awareness, and community building, its use must be informed and responsible. Careful consideration of potential drawbacks, such as health risks and spiritual exhaustion, is crucial. Ultimately, the Guide's success depends on individual discernment, balanced application, and a focus on genuine spiritual growth rather than mere adherence to a prescribed program.

FAQs:

1. Is the 21-day devotional fasting and prayer guide suitable for everyone? No, it's crucial to consult with a doctor or healthcare professional before starting any fasting program, especially if you have underlying health conditions.
1. What type of fasting is recommended in the guide? This varies depending on the specific guide. Some may recommend a water fast, while others suggest juice fasts or modified fasting. Always check the guide's details.
1. Can I do the 21-day devotional fasting and prayer guide alone? While possible, group participation often provides support and accountability.
1. What if I miss a day during the 21-day devotional fasting and prayer guide? Don't get discouraged. Simply pick up where you left off and continue with the plan.
1. How do I deal with temptations or challenges during the fast? The guide usually offers strategies and prayer prompts to help you navigate these situations.

1. What are the long-term benefits of participating in the 21-day devotional fasting and prayer guide? Potential benefits include deepened faith, improved discipline, and enhanced spiritual awareness.
1. Are there different versions of the 21-day devotional fasting and prayer guide? Yes, many different authors and publishers offer their versions, each with a unique approach.
1. Is it necessary to fast completely during the 21 days? Not necessarily; some guides suggest modified fasting options, allowing for certain foods or beverages.
1. How can I find a reputable 21-day devotional fasting and prayer guide? Look for guides from well-established publishers and authors with theological expertise and pastoral experience.

Related Articles:

1. "The Science of Fasting and Its Spiritual Implications": Explores the physiological effects of fasting and its connection to spiritual practices.
2. "Overcoming Spiritual Burnout: A Guide to Healthy Spiritual Habits": Addresses the potential for spiritual exhaustion and offers strategies for self-care.
3. "The Power of Prayer: A Practical Guide to Effective Communication with God": Focuses on techniques and principles of effective prayer.
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9. "Integrating Faith and Wellness: A Holistic Approach to Spiritual and Physical Health": Emphasizes the importance of holistic well-being in spiritual practices.

21 day devotional fasting and prayer guide: *The Ultimate Guide to the Daniel Fast* Kristen Feola, 2010-12-21 With 21 devotionals and 100+ recipes, this book is your ultimate plan of action and toolbox as you commit to the Daniel Fast. You'll not only embrace healthier eating habits, you'll also discover a greater awareness of God's presence. Divided into three parts--fast, focus, and food--this book is your inspirational resource for pursuing a more intimate relationship with God as you eliminate certain foods such as sugars, processed ingredients, and solid fats from your diet for 21 days. Author Kristen Feola explains the Daniel Fast in easy-to-understand language, provides thought-provoking devotions for each day of the fast, and shares more than 100 tasty, easy-to-make recipes that follow fasting guidelines. In a conversational style, Feola helps you structure the fast so you can spend less time thinking about what to eat and more time focusing on God. As Feola writes, When you want ideas on what to cook for dinner, you can quickly and easily find a recipe. When you feel weary, you can be refreshed through Bible verses and devotions. When you are struggling with staying committed, you can refer to the information and tools in this book to motivate you.

21 day devotional fasting and prayer guide: *Whisper* Mark Batterson, 2017-10-24 PUBLISHERS WEEKLY BESTSELLER • The question isn't whether God speaks. The question is what does He have to say to you? The New York Times bestselling author of *The Circle Maker* teaches readers how to listen to God. WINNER OF THE ECPA CHRISTIAN BOOK AWARD FOR CHRISTIAN LIVING The voice that spoke the cosmos into existence is the same voice that parted the Red Sea, and made the sun stand still in the midday sky. One day, this voice will make all things new, but it's also speaking to you now! That voice is God's voice, and what we've learned from Scripture is that He often speaks in a whisper. Not to make it difficult to hear Him, but to draw us close. Many people have a tough time believing God still speaks. Sure, in ancient times and in mysterious ways, God spoke to His people, but is He still speaking now? Mark Batterson certainly believes so. And he wants to introduce you to the seven love languages of God; each of them unique and entirely divine. Some of them you might suspect but others will surprise you. By learning to tune in to and decipher each language, you'll be able to hear His guidance in simple as well as life-altering choices. God is actively speaking through: Scripture, Desires, Doors, Dreams, People, Promptings, and Pain. Batterson gives you the tools you need to unlock each of these languages. God's whisper can answer your most burning questions, calm your deepest fears, and fulfill your loftiest dreams. Discover how simple it is to hear God's voice in every aspect of your life! He's speaking, make sure you know how to listen!

21 day devotional fasting and prayer guide: *21 Days of Prayer and Fasting* Gary Rohrmayer, 2017-12-07 What breakthrough are you seeking? God's people all over the world have been seeking spiritual breakthroughs through prayer and fasting since the birth of the church. What is the great matter in front of you? A loved one far from Christ? A critical decision in the life of your family? A relationship that is falling apart? What great matters are in front of your church or ministry? An evangelistic outreach? A financial crisis? A leadership transition? Missional expansion? In the *21 Days of Prayer & Fasting Guide*, Gary Rohrmayer introduces you to the rich spiritual discipline of fasting through the holy scriptures and the great Christian thinkers throughout the ages. When was the last time you entered an extended time of prayer and fasting for spiritual, relational or missional breakthrough? Throughout the history of God's people, great leaders reached out to God for a fresh encounter or divine intervention. Our prayer for you during the next 21 days is that you will experience a deeper craving for the beauty of the Lord and for the wonder of his leading in your life, and that you will know the fullness of the Holy Spirit and the favor of the God of heaven.

21 day devotional fasting and prayer guide: *The 21-Day Financial Fast* Michelle Singletary, 2014-01-07 Whether you're living paycheck to paycheck or just trying to make smarter financial choices, let award-winning writer and Washington Post columnist Michelle Singletary show you the practical steps you need to take for the financial peace you long for. In *The 21-Day Financial Fast*, Michelle proposes a field-tested financial challenge: for twenty-one days, put away your credit cards and buy only the barest essentials. What happens next will forever change the way you think about wealth. With Michelle's guidance, you'll discover how to: Break bad spending habits Plot a course to become debt-free with the Debt Dash Plan Avoid the temptation of overspending for college Learn how to prepare elderly relatives and yourself for future long-term care expenses Be prepared for any contingency with a Life Happens Fund Stop worrying about money and find the priceless power of financial peace Join the thousands of others who have already discovered practical ways to achieve financial freedom and experience what it truly means to live a life of financial peace and prosperity.

21 day devotional fasting and prayer guide: *Fast Like Daniel* Scott Williams, 2017-12-23 Are you ready to give up what you crave... ..to get something that will really satisfy the hunger in your soul? If you're ready for a change and want to take your spiritual life to the next level, you're ready to *Fast Like Daniel - 21 Days That Will Change Your Life*. This devotional is your definitive guide to... -Unpacking the Daniel Fast -A Closer Connection with God -The Four Keys to Powerful Prayer -How Fasting and Prayer Produces Breakthrough The book you're holding walks you through Pastor Scott Williams' own discovery of the Daniel Fast and the amazing life change, breakthrough, and success that followed. Since then, he's done it on an annual basis for over a decade and has taught others to do the same. The results have been staggering! All 21 days come power packed daily dose of... -Scripture -Devotionals -Journal Ideas -Prayers -Fasting Tips Start a journey toward more intimacy with God as you learn to *Fast Like Daniel*.

21 day devotional fasting and prayer guide: *Pursuit* The Fathers House, 2019-08-23 PURSUIT is a collection of 21 time-tested principles of prayer and fasting that will fuel your desire to seek God and ignite a new passion for prayer in your heart. Each chapter was born out of revelation and over two decades of ministry, all while building a thriving, praying church. This book is designed as a 21-day journey but can be adjusted to fit any duration of pursuit. There are daily prayer directives and scripture memorization that will give you clear direction while deepening your understanding of the power of prayer and fasting.

21 day devotional fasting and prayer guide: *Daniel Fast Journey* Stephanie Hodges, 2020-12-10 To live your life to the full, you need a healthy body, soul, and spirit. Although this sounds like a daunting task, you can discover a healthier way of living through spiritual fasting, a practice that touches every element of spirit, body, and soul. Serving as a vital checkpoint, fasting is an opportunity to clear the clutter, noise, and junk from your system. In turn, as you lean in to God and listen for His direction, you will become spiritually full, mentally well, and physically energized. The book *Daniel Fast Journey* makes the Daniel Fast accessible for you by showing you the importance of fasting, the spiritual foundation of fasting (spirit), how to prepare your mind for fasting (mind), the ins-and-outs of the Daniel fast (body). Once you've discovered the holistic health benefits for your spirit, soul, and body and committed to fasting,, you can dive into the last part of the book that contains recipes and meal plans for use whenever you engage in a Daniel Fast. As you learn to make fasting a regular part of your life, you will hear from God, find direction and purpose, and flourish in your health.

21 day devotional fasting and prayer guide: *The Daniel Plan* Rick Warren, Dr. Daniel Amen, Dr. Mark Hyman, 2013-12-03 NEW YORK TIMES BESTSELLER *The Daniel Plan* is far more than a diet plan. It is an appetizing approach to achieving a healthy lifestyle by optimizing the five key essentials of faith, food, fitness, focus, and friends. Unlike the thousands of other books on the market, this book is not about a new diet, guilt-driven gym sessions, or shame-driven fasts. Your path to holistic health begins here, as Pastor Rick Warren and fitness and medical experts Dr. Daniel Amen and Dr. Mark Hyman guide you to incorporate healthy choices into your current lifestyle. The concepts in this book will encourage you to deepen your relationship with God and develop a

community of supportive friends who will encourage you to make smart food and fitness choices each and every day. This results in gradual changes that transform your life as they help you: Conquer your worst cravings Find healthy replacement foods for the foods you love Discover exercise you enjoy Boost your energy and kick-start your metabolism Lose weight Think more clearly Explore biblical principles for health . . . and ultimately create an all-around healthy lifestyle It's time to feast on something bigger than a fad. Start your journey to impactful, long-lasting, and sustainable results today! Plus, get more from The Daniel Plan with The Daniel Plan Cookbook, The Daniel Plan Journal, and The Daniel Plan 365-Day Devotional.

21 day devotional fasting and prayer guide: Fasting Journal Jentezen Franklin, 2011-10-31 DIVNew York Times-bestselling author Franklin offers the necessary keys to experiencing powerful transformation in this 21-day fasting journal. Each day provides a specific focus for prayers and fasting, and includes specific reminders of what to expect bo/div

21 day devotional fasting and prayer guide: Fasting Jentezen Franklin, 2010-12 In this book-and-DVD package, Franklin demonstrates how to open the door to a deeper, more intimate, more powerful relationship with God through the power of fasting.

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21 day devotional fasting and prayer guide: *Satisfied* Jeffrey Kent, 2022-02 Satisfied is a 21-day devotional through the Gospel of John that incorporates fasting and prayer. As you commit to three weeks of immersion into the heart of Jesus, God will radically reset your priorities and tune you in to the voice of the Holy Spirit in clearer and richer ways.

21 day devotional fasting and prayer guide: The Jesus Fast Lou Engle, Dean Briggs, 2016-04-19 A Passionate, Prophetic Summons to Prayer and Fasting We are poised at a key moment in history. Amidst pain and chaos, we can turn the tide of evil in our lands. With excitement and profound insight, seasoned prophetic leader Lou Engle shows how: through bold faith and aggressive, passionate prayer and fasting. Here he equips you with the dynamic, practical tools you need to answer the call of countercultural consecration. Using Jesus as the role model, he reveals that 40 days of prayer and fasting always precede breakthrough, revelations of God's glory, breakage of demonic hindrances, and more. As we join together in fasting and intercession, we'll see victory in the critical issues of our day--and we'll awaken the nations for Christ. Global revival and transformation is imminent. Will you answer the call?

21 day devotional fasting and prayer guide: **The Daniel Fast** Susan Gregory, 2011-03-04 Are you hungry for more of God in your life? Discover why millions of men and women throughout the world are rediscovering the ancient discipline of fasting--and, as a result, are encountering God in amazing ways. In this authoritative guide, Susan Gregory, 'The Daniel Fast Blogger' and an acknowledge expert on the popular partial fast inspired by the biblical book of Daniel, guides readers toward a successful fasting experience--Cover, p. 4.

21 day devotional fasting and prayer guide: *Pray Hear Write* Jevon Bolden, 2020-01-07 Pray Hear Write, a one-of-a-kind prayer guide and fasting journal, will help you overcome writer's block, feelings of inadequacy and self-doubt; cultivate heightened spiritual awareness about what to write, whom to write to, when to write it; and take action toward your dreams and stay encouraged throughout the writing and publishing journey.

21 day devotional fasting and prayer guide: **Fasting with the Lord's Prayer** Elmer L. Towns, 2013-12-23 Our Father, Who Art in Heaven . . . After Jesus taught His disciples what we know as the Lord's Prayer, He continued His teaching: Now when you fast . . . Not if you fast--when! Our Lord knew the supernatural power and intimacy with the Father that emerges from a life infused with spiritual disciplines. Fasting with the Lord's Prayer is your guide to praying as Jesus taught and fasting for breakthrough answers from our heavenly Father. You will find practical, biblical guidelines to help you prepare for and experience a meaningful fast, and an in-depth exploration of the seven petitions of the Lord's Prayer. Plus, 21 daily readings will add richness to your time spent drawing closer to God. The Father is ready to meet your need. Are you ready to draw near and pray?

21 day devotional fasting and prayer guide: She Reads Truth Raechel Myers, Amanda Bible Williams, 2016-10-04 Born out of the experiences of hundreds of thousands of women who Raechel and Amanda have walked alongside as they walk with the Lord, She Reads Truth is the message that will help you understand the place of God's Word in your life.

21 day devotional fasting and prayer guide: A Hunger for God John Piper, 2013-04-23 There is an appetite for God. And it can be awakened. I invite you to turn from the dulling effects of food and the dangers of idolatry, and to say with some simple fast: This much, O God, I want you. Our appetites dictate the direction of our lives - whether it be the cravings of our stomachs, the passionate desire for possessions or power, or the longings of our spirits for God. But for the Christian, the hunger for anything besides God can be an arch-enemy. While our hunger for God - and Him alone - is the only thing that will bring victory. Do you have that hunger for Him? As John Piper puts it: If we don't feel strong desires for the manifestation of the glory of God, it is not because you have drunk deeply and are satisfied. It is because we have nibbled so long at the table of the world. Our soul is stuffed with small things, and there is no room for the great. If we are full of what the world offers, then perhaps a fast might express, or even increase, our soul's appetite for God. Between the dangers of self-denial and self-indulgence is this path of pleasant pain called fasting. It is the path John Piper invites you to travel in this book. For when God is the supreme hunger of your heart, He will be supreme in everything. And when you are most satisfied in Him, He will be most glorified in you.

21 day devotional fasting and prayer guide: 21 Days of Deeper Prayer Jim Maxim, Daniel Henderson, 2020-12-08 Let Rivers of Living Water Flow Through You! Do you wish your Christianity had a little more power in it? Jesus told His followers, "Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water'" (John 7:38). These rivers come from the presence of the Holy Spirit. When you consistently experience an intimate relationship with God, He moves with awesome power, flowing through you into the lives of those around you. God wants you to experience Him in this way! If you spend the next twenty-one days reading this book and joining in interactive prayers, then genuine rivers of the Spirit will burst through your life. If you are willing, God Himself will shower you with His presence. You will learn how to pray to a heavenly Father who hears and answers you. You will experience moments with Him that will transform you from the inside out and take you to the next level in your Christian walk. Jim Maxim's 21 Days of Deeper Prayer will truly help you Discover an Extraordinary Life in God.

21 day devotional fasting and prayer guide: The Jericho Fast Rhoda Faye Diehl, 2020-08-25 Do you feel stuck? Is there one area of your life that just won't change, no matter how hard you work, believe, and cry out to the Lord? When the enemy holds ground in one part of our life, it tends to consume most of our thoughts. That one area can cost us emotional health, quality relationships, and even the ability to enjoy life. But we don't have to put up with it. It's time to fight back! Fasting is God's secret weapon against the enemy's strongholds. Jesus even said that some evil spirits cannot be cast out except by prayer and fasting. That should tell us a lot about the power of this weapon—it's basically God's nuclear option. The Jericho Fast guides readers through a 7-day fast to achieve breakthrough for the stubborn areas of their lives. Minister and author Rhoda Faye Diehl expertly imparts wisdom and biblical truth throughout the book to help you overcome lies used by the enemy to erect walls in your life. She also provides strong encouragement and exhortation to help readers complete the fast and make it through to their victory. Are you ready for breakthrough? Are you ready for the walls to come down? Let's go!

21 day devotional fasting and prayer guide: How to Fast Successfully Derek Prince, 1995-07-01 Jesus did not say, "If you fast," but rather, "When you fast." As you read Derek Prince's biblical teaching on fasting, you will discover answers to such questions as: Why should I fast? What happens during a fast? What are the rewards of fasting? How long should I fast? How should I break a fast?

21 day devotional fasting and prayer guide: Awakening Stovall Weems, 2010-12-14 Stop hitting the spiritual snooze button. Would you describe your walk with God as fresh and exciting?

Would you describe your spiritual life as vibrant and passionate? If not, would you like these attributes to be the norm in your everyday relationship with God? Are you ready to experience an awakening? Awakening helps you stir up your slumbering soul. You'll discover how to break out of your season of dryness or get off to a great start either in the New Year or the next season in life. Take your faith-walk from a "going through the motions" or "have to" mindset to the stimulating, fresh "want to" experience of enjoying God's presence—24/7. Weems encourages you to surrender fully, to discover the right kind of fuel for the journey, and to learn a new way to pray and fast. This lifestyle is not based on rules or religion, but on a deep, satisfying, motivating relationship with God. Included in Awakening is a 21-Day Plan that will guide you through the principles that ensure a lasting, fresh relationship with God—even in a world where everything quickly becomes stale. "It's time to wake up and put an end to spiritual sluggishness! I promise this year will be the best of your life if it is your best year spiritually." – Stovall Weems

21 day devotional fasting and prayer guide: 40 Days of Fasting and Prayer Guide Book J. Charles, 2018-01-27 The 40 Days of Fasting and Prayer Guide Book, offers guidance for individuals, congregations and ministry groups as they engage in extended seasons of consecration to God. What is fasting? Why fast? Why pray? These questions are addressed in the book. The author also includes a chapter on the benefits of fasting. This is a time when we consecrate and dedicate ourselves to the purposes of God, a transformational journey that will lead you on an inward expedition to greater health, happiness, freedom, and success, as we are told by Jesus in the book of (Matthew 3:11). The application of these spiritual disciplines shall also bring greater effectiveness in ministry (Matt. 17: 14-21). It is the will of God for every believer to live a life of victory with nothing being impossible. A life of consistent fasting will cause many victories to manifest.

21 day devotional fasting and prayer guide: Fasting for Spiritual Breakthrough Elmer L. Towns, 2011-08-25 The personal study guide leads individuals through the nine fasts described in Dr. Towns's bestselling book *Fasting for Spiritual Breakthrough*. By the use of questions, the reader is guided through the different purposes and elements of each type of fast. It is for every Christian who is seeking a deeper relationship with God, a strengthened faith, an understanding of the relationship with God, and an understanding of the discipline of fasting. This study can be used by individuals for personal study or as a test for small Bible study groups.

21 day devotional fasting and prayer guide: *The Fasting Edge* Jentezen Franklin, 2011-11-01 DIVWe all go through times when we feel like we are not living up to our full potential. In *Fasting to Regain Your Edge*, Jentezen Franklin shows you how to recharge your spiritual energy through fasting. /div

21 day devotional fasting and prayer guide: *The Daniel Fast Devotional* Nannette Elkins, 2014-12-22 Many begin the Daniel Fast (or ANY FAST) as a part of their New Year resolutions. Some churches even do it corporately, which is a wonderful thing. It is a great time to come together in unity, denying yourself certain foods, all for the purpose of renewing your walk with the Savior. You want to clean out the old and make way for the new! Jesus also said that some things just do not come about by prayer alone! When the Church is fasting, the enemy is intimidated. Satan isn't worried one bit when we are content with the status quo. But if the Church ever realizes the power it possesses through prayer and fasting, the devil would be on the run! Fasting will change your life. It will draw you closer to God, help you see things about yourself that you need to change, allow God to dig out the ugly and replace it with His grace, and lift those heavy burdens from you that you just don't need to carry or worry about any longer. With God's help, I have attempted to give you, the reader, a road map to follow that can be a help to you on this journey. Fasting isn't about just going without food. If done properly, it can propel you to new heights in your relationship with God. I pray you find this book a tool that you will refer to again and again as you make fasting a regular part of your spiritual life.

21 day devotional fasting and prayer guide: *The Power of Prayer and Fasting* Marilyn Hickey, 2008-11-15 Television host, widely traveled speaker, and communicator Marilyn Hickey reveals the surprising power and rich benefits of fasting in her 21-day program.

21 day devotional fasting and prayer guide: True Love Dates Debra K. Fileta, 2013-10-08 It is possible to find true love through dating. In *True Love Dates*, Debra Fileta encourages singles not to kiss dating goodbye but instead to experience a season of dating as a way to find real love. Through powerful, real-life stories and Fileta's personal journey, this book offers profound insights from the expertise of a professional counselor. Christians are looking for answers to finding true love. They are disillusioned with the church that has provided little practical application in the area of love and relationships. They're bombarded by Christian books that shun dating, idolize courting, fixate on spirituality, and in the end, offer little real relationship help. *True Love Dates* provides honest help for dating by providing a guide into vital relationship essentials. Debra is a professional Christian counselor who reaches millions with her popular blog, Truelovedates.com, and her book offers sound advice grounded in Christian spirituality. She delivers insight, direction, and counsel when it comes to entering the world of dating and learning to do it right the first time around. Drawing on the stories and struggles of hundreds of young men and women who have pursued the search for true love, Fileta helps readers bypass unnecessary pain while focusing on the things that really matter in the world of dating.

21 day devotional fasting and prayer guide: Let My People GO!: 21 Days Fasting and Prayers for Breakthrough and Deliverance J.E. Charles, 2016-03-16 True freedom is the freedom to serve God. Matthew 17:21 declares But this kind does not go out except by prayer and fasting this scripture tells us that there are some spirits in a person, region, or nation that cannot be overcome without fasting. Many believers struggle with certain limitations that they cannot seem to break through. A revelation of the power of fasting will result in victories that would not be ordinarily obtained. Whoever the Pharaoh is that is confronting your destiny shall bow in the name of Jesus. A life of consistent fasting will cause many victories to manifest. God's will is for every believer to live a life of victory with nothing being impossible.

21 day devotional fasting and prayer guide: A Better Way to Pray Andrew Wommack, 2007 After nearly four decades of ministry, Andrew Wommack has discovered some important truths about prayer. His prayer life is much different than it was thirty years ago and the results have dramatically improved! You may be asking many of the same questions Andrew once did. Is prayer my Christian duty? Is prayer primarily about asking God to meet my needs and the needs of others? Is God's answer to my prayer based on the degree of my humility and sincerity? Is answered prayer a sovereign decision of God or do I have the ability to influence Him? Clear, scriptural answers to these questions and more could significantly change the way you pray. These principles may not be the only way to pray, but if you're not getting the results you desire, consider changing directions; maybe there is A Better Way to Pray.

21 day devotional fasting and prayer guide: The 40-Day Sugar Fast Wendy Speake, 2019-11-05 What would you be willing to give up to experience the presence of God in your life again? Many of us sign up for a physical detox program, thinking that if our bodies are healthier, then we're healthier. But a healthy body doesn't do us a lot of good if we are spiritually malnourished. Welcome to the 40-Day Sugar Fast, a fast that begins with us giving Jesus our sugar and ends with Jesus giving us more of himself--the only thing that can ever truly satisfy our soul's deep hunger. On this 40-day journey you'll learn how to stop fixating on food and other things you use to fill the voids in life and instead fix your eyes on Christ. Anyone who runs to sugar for comfort or a reward, who eats mindlessly or out of boredom, who feels physically and spiritually lethargic, or who struggles with self-control will discover here not only freedom from their cravings but an entirely new appetite for the good things God has for us.

21 day devotional fasting and prayer guide: Communion with God John Owen, 2001-11 Communion with God, or in full, Of communion with God the Father, Son, and Holy Ghost each person distinctly, in love, grace, and consolation; or, the saints' fellowship with the Father, Son, and Holy Ghost unfolded, is John Owen's finest devotional treatise. This work expounds the most glorious truth that believers may have distinct communion with the three persons Father, Son, and Spirit, and being addressed to the Christian reader is simpler than much of Owen's theology. (Unabridged).

Includes all footnotes.)

21 day devotional fasting and prayer guide: Holy Bible (NIV) Various Authors,, 2008-09-02 The NIV is the world's best-selling modern translation, with over 150 million copies in print since its first full publication in 1978. This highly accurate and smooth-reading version of the Bible in modern English has the largest library of printed and electronic support material of any modern translation.

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