

21 Days Prayer List

Personal Needs

Family's Needs

Friend's Needs

Church Needs

- Expansion
- Eden House
- New Depths in Worship
- Ministry Partners
- Leadership Vision/Direction
- Missions Giving

COMMITTING TO YOUR 21 DAYS

The 21 Days of Prayer will be most effective as you determine in advance what your involvement level will be. Fill out the following information and sign the commitment form at the bottom and make the most of your 21 Days!

Don't forget that we will be gathering for prayer on Wednesdays from 7-8pm during the 21 days. Be There!

My Daily Time(s) Of Prayer: _____

My Diet Will Exclude: _____

My Activities Will exclude: _____

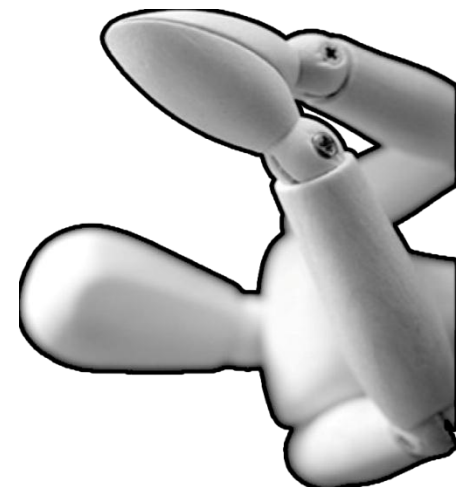
I, _____ (name),
do hereby sign this agreement for the sole
purpose of drawing closer to the Lord and seeing
His hand in my life, my friends and families lives,
and my church's life. With the help of the Holy
Spirit, I will fulfill my commitment and see great
things take place.

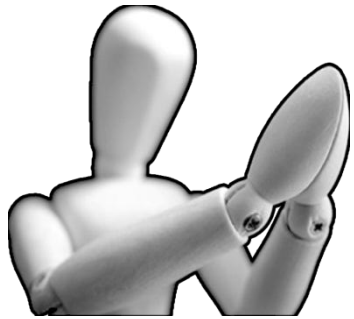
21 DAYS

...of Prayer and Fasting



January 1-21, 2011





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Welcome to our 21 Days of Prayer and Fasting. We have designated January 1-21 as a special time for the HVWC Family to pray and fast for ourselves, our families, our friends and our church. During this time we are encouraging everyone in the HVWC Family to:

- spend extra time each day in the Word
- spend extra time each day in prayer
- abstain from specific foods
- abstain from specific activities
- attend church prayer summit

At first glance these sacrifices might not be familiar, but they are a very Biblical and useful discipline. Sacrifices like these are never easy, but they do bring results. As we join together to seek God and fast, we are expecting to see the following results on a personal level and a church level:

- closeness to God
- realignment of priorities in our lives
- overcome sin
- answers to prayer
- the visitation of God's Spirit
- unity as a church

Thank you for being a part of this 21 Days of Prayer. Let's believe God to do great things through us and to us!

Pastors Chris & Mika

WHAT IS FASTING ALL ABOUT?

Our society gears us to please our flesh at every possible opportunity. TV on the big screen, the Jacuzzi on the back porch, closets full of clothes, and ice-cream after dinner are all proof. These things aren't wrong but they can keep us extremely busy pampering our flesh, often leaving little or no time to feed our spiritual man. Sadly, the priorities of many Christians doesn't allow for daily Bible reading or prayer.

Fasting is the act of denying one's flesh for the purpose of re-focusing on spiritual things. Fasting takes the time and effort normally used to feed the flesh man, and redirects it to strengthen the spirit man.

Fasting can be as simple as going without a luxury like a coffee break during the day and using the time to read the Bible and pray, or as extreme as going without solid foods and using the extra time for the same purpose. The end result is a stronger spiritual man with a flesh man that is held in check! Regardless of your age or experience, fasting is something you can do that will help you spiritually.

Of course, children should be supervised at all times in what they do, and adults should be careful to fast within their means.

IS FASTING BIBLICAL?

- **Judges 20:26** "They fasted that day until evening and presented burnt offerings and fellowship offerings to the LORD."
- **Esther 4:15-16** "...and fast for me. Do not eat or drink for three days, night or day."
- **Exodus 34:28** "Moses was there with the LORD forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments."
- **Matthew 4:2** "After fasting forty days and forty nights, he was hungry."

THE DANIEL FAST

A form of fasting that we recommend during the 21 Days of Prayer is The Daniel Fast which is a partial fast affecting special time in prayer and Bible reading, while abstaining from selected "pleasure" foods, and some "pleasure" activities.

- **Daniel 10:2-3** At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

Notice that Daniel didn't fast all foods, but geared his fast at pleasure foods. He stuck with fruits, vegetables and liquids. Also notice that Daniel fasted lotions for 21 days, which is equivalent to "pleasure activities".

If you participate in a Daniel fast, you are going to be altering your normal diet and your normal daily activities. For example, one might adjust their diet for the 21 days basically by going to a low carb diet, or giving up deserts etc... To rid themselves of "lotions," one might sacrifice things like television or a favorite hobby.

