

WORD OF LIFE CHRISTIAN CENTER  
- 21 DAY FAST -



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LESS OF ME / MORE OF HIM

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**FAST/2018**

## **DAY 1: Getting Started**

Fasting brings one into a deeper, more intimate, and powerful relationship with the LORD. When you eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God.

“As the deer pants for the water brooks  
So my soul pants for you, O God.  
My soul thirsts for God, for the living God.  
When shall I come and appear before God?  
My tears have been my food day and night,  
While they continually say to me,  
Where is your God?  
-King David [Psalms 42:1-3 NKJV]

### **On your first day, remember:**

1. Drink lots of water
2. Keep your focus on God and avoid temptation
3. Remember your fast and its purpose
4. Get with an accountability partner or group

### **Physical Effects:**

1. Hunger pangs and cravings

### **Today's Quote:**

“Jesus, while being a very public figure, was actually a very private person. You do not see Him praying in public nearly as much as you see Him praying in private. In fact, our Savior was so committed to prayer that He would often pray for hours on end, even all through the night. He seemed to crave intimate moments alone with His father in Heaven”

**Note:** Keep a journal as you go through this experience. Every day you will be provided with a few questions to guide you with your thought process. Here are a few questions to help get you started . . .

### **Thoughts for My Journal:**

1. What are my own personal reasons for fasting?
2. Do I desire sensitivity to the things of God?

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## **DAY 2: Hungering for Living Bread**

As David stated in Psalms 42, “Deep calls unto deep.” Day 1 is the first step down to your path towards your breakthrough. The first step is many times the hardest step, but as you walk through this journey, you will find that God is there to meet you at every critical point along the way.

### **On your second day, remember:**

1. Drinks lots of water
2. Rest to conserve your energy
3. Pray . . . The second and third days are the hardest

### **Physical Effects:**

1. Tongue begins to coat
2. Hunger pains increase
3. Cravings are intense at times
4. Headaches can begin
5. Your body starts burning fat for energy, this is called ketosis

### **Today’s Quote:**

“Out of those private and profound times alone His Father came an enormous outpouring of public demonstration where God’s power would be poured forth in healings, raising the dead, abundance and more. Victories are not won in public, but in private. That is why fasting, whether corporately or individually, is a private discipline.

### **Thoughts for My Journal:**

1. Do I need a deeper, more intimate and powerful relationship with the Lord?
2. Do I need a fresh encounter with God?

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## **DAY 3: Getting Past Your Quitting Point**

**Ask Yourself:** Am I ready for a breakthrough unlike anything I've ever experienced before?

**On your third day, remember:**

1. Drinks lots of water
2. Chew on some sugar free breath mints or gum
3. Pray for encouragement and continuously for God to provide you with the strength to endure.
4. Avoid smell and other temptations
5. This will be the toughest day of the Fast.

**Physical Effects:**

1. Tongue is coated over fully
2. Hunger pangs increase
3. Cravings are intense at times
4. Ketosis is in full process
5. Noticeable weight loss begins
6. Headaches might still be apparent

**Today's Quote:**

"I have seen people who have never fasted before experience marvelous breakthroughs in their lives. If you are ready to bring supernatural blessings into your life and release the power of God to overcome any situations, begin today making the disciplines of fasting a part of your life. God is no respecter of persons . . . what He has done in our church, in lives of our member; He will do for you when you set your heart to seek Him through fasting."

**Thoughts for your Journal:**

1. What is that dream inside of me that only He can make possible?
2. What are other people's goals in my accountability group or partners'?
3. How can I obtain these goals with God's help?

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## **DAY 4: Targeting Your Prayers**

The disciples cannot cast the demons out of the boy, and Jesus has to do it. Some only can come out through prayer and fasting. [Matthew 10]

### **On your fourth day, remember:**

1. Drink lots of water
2. Get support from your accountability partner or group
3. Listen as you pray for that small still voice
4. Record His response to your prayers

### **Physical Effects:**

1. You begin to settle into the fast
2. Cravings begin to subside
3. Headaches sometimes occur at this stage
4. Your body begins ridding itself of toxins

### **Today's Quote:**

"As important and intriguing as divine depths might be, they defy discovery by natural means of our minds. He reserves these things for those whose hearts are completely His . . . for those who take the time to wait before Him. Only in that way can there be intimacy with the Almighty."

### **Thoughts for Your Journal:**

1. Do I have a friend or loved one that is need of Salvation?
2. Is there any healing that I need physically?
3. What are the needs in my family right now?

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## **DAY 5: Fasting and Praying**

Solomon speaks about the three-fold cord and how it cannot be broken. [Ecclesiastes 4:12]

### **On your fifth day, remember:**

1. Utilize your Prayer Journal
2. Concentrate on your own personal prayer time and prayer place
3. Keep sugar free mints on hand

### **Physical Effects:**

1. Headaches begin to subdue
2. Cravings subdue
3. Weight loss can be noticeable
4. Bad breath become a concern

### **Today's Quote:**

"Tragically, precious little in this hurried and hassled age promotes such intimacy. We have become a body of people who look more like a herd of cattle in a stampede than a flock with God beside green pastures and still waters."

### **Thoughts for Your Journal:**

1. Why do I think fasting is important in order to achieve my greatest breakthrough?
2. Jesus fasted, and He intimately related to His Father in heaven. How has this experience so far helped me to relate to my Heavenly Father?

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## DAY 6: God Delights in Renewal

Sometimes we need renewal in our spiritual lives. Fasting is one of the ways that you can cleanse your body and aid the process of communicating with the Father.

**On your sixth day, remember:**

1. Drink lots of water
2. Rest to conserve energy
3. Utilize your personal prayer time and prayer place
4. Journal your experience
5. Keep sugar free mints on hand

### Physical Effects:

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues
4. Bad breath

### Today's Quotes:

“Our forefathers knew how to communicate with the Almighty . . . but do we? We must learn anew to think deeply, to worship meaningfully, and to meditate unhurriedly.”

**Thoughts for your Journal:**

1. How is experiencing fasting as a private discipline bringing me closer to God?
2. Has God revealed anything to me since the Fast has begun?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## **DAY 7: Feeding on the Word**

“I have not departed from the commandment of His lips; I have treasured the words of His mouth more necessary food” **Job 23:12 (NKJV)**

### **On your seventh day, remember:**

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Keep sugar free mints in hand

### **Physical Effects:**

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues
4. Bad breath

### **Today' Quote:**

“It is my prayer that you are drawing strength from each other and that you are truly experiencing the power that is found in fellowship with the Body of Christ.”

### **Thoughts for your Journal:**

1. How do I keep from resisting the temptation of hunger?
2. How can resisting hunger relate to avoiding other temptations in my life?

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## **DAY 8: Walking with God**

“Therefore go . . .” Jesus says. “God is with you . . . and so am I.”

### **On your eighth day, remember:**

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Keep sugar free mints in hand

### **Physical Effects:**

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues
4. Bad breath
5. You begin to find what is known as the “sweet spot”

### **Today’s Quote:**

“So are the saints and pioneers of faith down through the ages. And they’re all saying – shouting-You can do it, in Jesus name! Go for it! Think big! Dream without boundaries! Be limited only by what He limits. Change the world!

### **Thoughts for my Journal:**

1. How can this fast give me supernatural insight?
2. Reflect on how there is great power and supernatural blessing that awaits the man or woman who forsakes all flesh for the chance to know their Savior and hear His voice.

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## **DAY 9: Is He Speaking to Me?**

Remember, Paul was fasting when God called him and shared the assignment for his life. Peter was also fasting on the rooftop when God gave him a new revelation and called him to take the gospel to the Gentiles. What will God reveal to me during this fast?

### **On your ninth day, remember:**

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Keep sugar free mints in hand

### **Physical Effects:**

1. Senses begin to heighten
2. Weight loss continues
3. You become mentally aware of the Lord's presence all around you
4. Your hunger for his provision and his attention is intensified

### **Today's Quote:**

"Fasting prepares the mental way for God to give you fresh revelations, fresh visions, and clear purposes. God will do this for you. Stay the course, finish the race. For an incredible reward of fresh wind and fresh fire awaits you on the other side."

### **Thoughts for my Journal:**

1. Think about the mental, physical and spiritual battle I encounter as I combat the hunger pangs.
2. Reflect on the battle that ensues between the carnal man and the spirit.
3. How has God's presence become clearer through this experience?

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## **DAY 10: Every Assignment Has a Birthplace**

Are you listening? Every Assignment God gives you has a birthplace. What is He saying to you today?

### **On your tenth day, remember:**

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Keep sugar free mints in hand
7. You must commit again to speaking regularly with an accountability partner from your group.

### **Physical Effects:**

1. Continued weight loss
2. Bad breath
3. Your senses become heightened
4. Hunger pangs continue

### **Today's Quote:**

"Do you want to hear the voice of the Creator? Do you want to know Jesus more deeply? Do you want to know the direction He desires you to take? I am convinced that we will never walk in the perfect will of God until we seek Him through fasting. God knows your hunger . . . but He also knows that what you need Living Water and Bread of Life. Oh, taste and see that the Lord is good!"

### **Thoughts for your Journal:**

1. What do I think the specific assignments are that God has for my life?
2. What do I currently desire in my life? Remember to pray about my dreams and ask God for guidance in what is best for my life.

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## **DAY 11: Fasting Truly Humbles You**

Fasting is a biblical way to truly humble yourself in the sight of God. King David said, “I humble myself through fasting.” **Ezra 8:21**

### **On the eleventh day, remember:**

- 1. Drink water or juice throughout the day
- 2. Rest and relax
- 3. Go to your prayer time and prayer place
- 4. Write your thoughts in your prayer journal
- 5. Continue to meditate and listen
- 6. Keep sugar free mints in hand
- 7. Speak with your accountability partner from your group.

### **Physical Effects:**

- 1. Decreasing weight
- 2. The Lord’s presence becomes more apparent
- 3. Cravings are still apparent

### **Today’s Quote:**

“Most of the fast mentioned in the Bible were public initiated by the priests; Jesus gave us the model for private fasts in **Matthew 6:16-1, 9:14-15**

### **Thoughts for your Journal:**

- 1. Humility is a discipline and not something that just comes naturally. Fasting places one truly in the hands of God, dependent upon Him for spiritual nourishment in the absence of physical nourishment. Journal how this experience has humbled myself and made me trust God more.

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## **DAY 12: The Holy Spirit Is Using Your Fast**

The Holy Spirit is using your fast to reveal your true spiritual condition, resulting in brokenness, repentance and a transformed life.

### **On the twelfth day, remember:**

1. Drink water or juice throughout the day
2. Rest and relax
3. Go to your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Keep sugar free mints in hand

### **Physical Effects:**

1. Decreasing weight
2. The Lord's presence becomes more apparent
3. Cravings are still apparent

Today's Quote:

"My sheep hear my voice, and I will know them, and they follow me; and I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of your hand."

Thoughts for your Journal:

1. Has God revealed anything to me personally?
2. Reflect on what it means to present my body as a living sacrifice through my time of fasting.

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## **DAY 13: Hold on to the Promise**

God will not allow you to give into temptation! Remember your dream to complete the fast and keep your feet on the path of righteousness.

### **On your thirteenth day, remember:**

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Keep sugar free mints in hand
7. You must commit again to speaking regularly with an accountability partner from your group.

### **Physical Effects:**

1. Continued weight loss
2. You are mentally aware of the Lord's presence all around you.
3. Cravings have returned

### **Today's Quote:**

"Hold on to your dreams, and let it hold on to you. Joseph knew terror on the pit and frustration in the prison, but he never lost his dream."

### **Thoughts for your Journal:**

1. What are the various ways I can experience guidance from God?
2. Reflect on how I can resist more temptation in these next days as the hunger pangs continue.

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## **DAY 14: Magnifying Your Worship**

“If my people who are called by my name will humble themselves, and pray and seek my face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sins and heal their land.” **2 Chronicles 7:14 (NKJV)**

### **On the fourteenth day, remember:**

1. Drink water or juice
2. Go to your prayer time and prayer place
3. Listen to a few of your favorite worship CD's
4. Dialogue in your prayer journal
5. Focus on your meditation and listening
5. Continue to speak regularly with an accountability partner from your group
6. Chew sugar free gums and keep sugar free mints in hand

### **Physical Effects:**

1. Weight loss continues
2. Bad breath
3. You are spiritually aware of the Lord's presence all around you.
4. Cravings can be strong at times

### **Today's Quote:**

“Fasting and praying will provide the perspective of God that can only be described as magnification as His perfect will; His presence and His power come into focus with greater clarity than ever thought possible.”

### **Thoughts for your Journal:**

1. Praise God for bringing me this far and thank Him for His steadfast presence.

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## **DAY 15: Renewal**

What was your reason for starting this fast? Have you had a spiritual awakening? God is rejoicing in your dedication- thank Him for His strength.

### **On the fifteenth day, remember:**

1. Keep hydrated
2. Pray to God at your personal time and in your personal place
3. Listen to music as a motivational tool
4. Keep up with your prayer journal
5. Listen to God as you pray
6. Continue to speak regularly with an accountability partner from your group
7. Keep sugar free mints and gum in hand

### **Physical Effects:**

1. Weight loss continues
2. Bad breath is still a concern
3. You become mentally aware of the Lord's presence all around you.
4. Cravings begin to return, but avoid temptation

### **Today's Quote:**

"If you are in a rut or a routine where your worship just isn't cutting it . . . if you have not heard God speak to you in a long time . . . if your circumstances seem to be the biggest obstacle in your life . . . to stop everything and begin a fast."

### **Thoughts for your Journal:**

1. Reflect on how worship and obedience has provided me with the opportunity for God to reveal Himself and His purpose to me, His special servant.
2. Write down the details that were a concern in the beginning of the Fast that no longer seem as of great concern.

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## **DAY 16: Purest Worship**

As you continue on this journey, keep your focus . . . on God. He will guide you and direct you so that your life will honor Him.

### **On the sixteenth day, remember:**

- 1. Drink water and juice throughout the day
- 2. Observe your prayer time and prayer place
- 3. Listen to worship music for inspiration and support
- 4. Write in your prayer journal
- 5. Reflect on your fast and how it is helping you to grow spiritually
- 6. Speak with your accountability partner for encouragement
- 7. Remember sugar free breath mints

### **Physical Effects:**

- 1. Weight loss continues to be apparent
- 2. Bad breath remains
- 3. Your senses are heightened
- 4. Avoid temptation and hunger pangs becomes stronger

### **Today's Quote:**

"Worship is totally God-centered! God Focused! Out of worship comes a clearer and more focused relationship of faith and obedience with God. Worship is God's way of developing and directing the life into the center of His will."

### **Thoughts for your Journal:**

- 1. Remember to stay the course. Write out my thoughts on how I can continue to present my body as a living sacrifice and see if the Lord does not open up the windows of heaven and shower me with His presence.
- 2. Fasting is a form of worship that will humble me. Remind myself of my dependency on God.

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## **DAY 17: Nothing is Impossible with God**

“Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be a special treasure to Me above all people; for all the earth is Mine. And you shall be to Me a kingdom of priests and a holy nation. These are the words which you shall speak to the children of Israel.” **Exodus 19:5-6**

### **On the seventeenth day, remember:**

1. Keep hydrated with water and juice
2. Continually pray
3. Listen to your favorite worship CD
4. Write in your thoughts in prayer journal
5. Meditate and listen to what God is saying
6. Speak with your accountability partner for encouragement
7. Chew sugar free gum

### **Physical Effects:**

1. Weight loss continues
2. Bad breath continues
3. You see the Lord's presence all around you.
4. Cravings are apparent

### **Today's Quote:**

“We must get to the place where we are desperate for God again. We must begin to desire Him more than food or drink. Let us be filled with the bread of His Presence instead of the refuse of religion.”

### **Thoughts for your Journal:**

1. Reflect on comments of encouragement that others have expressed throughout my Fast. Thank God for the people in my life that has touched my heart.

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## **DAY 18: God is Your Rock**

God doesn't want you to worry. He wants to be in control of your life and guide you through your daily challenges. As you are fasting, and giving God your body, give Him your spirit, too.

### **On the eighteen day, remember:**

1. Lean on your group and your partner for support
2. Keep water and juice with you
3. Use your prayer time and prayer place
4. Worship and find strength with music
5. Journal your experience
6. Meditate on what this experience means to you
7. Keep sugar free mints and gum on hand

### **Physical Effects:**

1. Continued weight loss
2. Bad breath is apparent
3. Your awareness of God's power heightened
4. Cravings are evident, but avoid temptation

### **Today's Quote:**

"This frightening hour calls aloud for men with the gift of prophetic insight. I am talking about His coming and possessing the full body, mind, life and heart, taking the whole personality over, gently but directly and bluntly. Making it His, so that we may become a habitation of God through the Spirit."

### **Thoughts for your Journal:**

1. Examine any areas of un-forgiveness and bitterness that the Lord is asking me to surrender to Him.

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## **DAY 19: Rewarded Openly**

“Now therefore, if you will indeed obey my voice and keep my covenant, then you shall be a special treasure to Me above all people; for all the earth is mine.” **Exodus 19:5**

### **On the nineteenth day, remember:**

- \_ 1. Continue to speak regularly with an accountability partner from your group – you will need this more than ever these last few days
- 2. Continue to drink water
- 3. Pray for guidance and strength
- 4. Worship God through music and praise
- 5. Document your thoughts in your prayer journal

### **Physical Effects:**

- 1. Weight loss continues
- 3. You become mentally awareness of the Lord’s presence all around you
- 4. Cravings are still apparent, you’ve lasted this long!

### **Today’s Quote:**

“Purpose today to make fasting a regular part of your Christian walk and to watch as the Lord reveals Himself to you in wonderful and miraculous ways.”

### **Thoughts for your Journal:**

- 1. Consider what you would be willing to share with others today, and how you will articulate your experience and what it has meant to you in terms of your relationship with God.

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## **DAY 20: His Will, Not Yours**

“And you shall be to me a kingdom of priests and a holy nation.’ These are the words which you shall speak to the children of Israel.” **Exodus 19:6**

### **On the twentieth day, remember:**

- \_ 1. Continue to speak regularly with an accountability partner from your group – you will need this more than ever these last few days
- 2. Continue to drink water
- 3. Pray for guidance and strength
- 4. Worship God through music and praise
- 5. Document your thoughts in your prayer journal

### **Physical Effects:**

- 1. Weight loss continues
- 3. You become mentally awareness of the Lord’s presence all around you
- 4. Cravings are still apparent, you’ve lasted this long!

### **Today’s Quote:**

“The proof that we have the vision is that we are reaching out for more than we have grasped. Our reach must exceed our grasp. If we have only what we have experienced, we have nothing; if we have the inspiration of the vision of God, we have more than we can experience. Beware of the danger of relaxation spiritually.”

### **Thoughts for your Journal:**

- 1. Take some time, go back to read my journal entries from the start of the fast to this 20<sup>th</sup> day.
- 2. What does my journal entries tell me about my own personal journey these last three Weeks
- 3. Take a moment and journal about the breakthroughs I have experienced or key things the Lord has shown me during the fast. Spend time in prayer and thanksgiving.

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## **DAY 21: Your Final Day**

“Proclaim this among the nations; prepare for war! Wake up the mighty men; let all men of war draw near. Let them come up . . . Multitudes . . . multitudes in the valley of decision! For the day of the Lord is near in the valley of decision.” **Joel 3:9-14**

### **On the twenty-first day, remember:**

1. Find someone and share your experience with them
2. Replenish yourself with liquids, and prepare to ease back into solid food the next couple days.
3. Go to your prayer place and give God the praise and honor for making it these 21 days
4. Be thankful and rejoice
5. Write your feelings in your prayer journal

### **Physical Effects:**

1. You continue to lose weight
2. You become exhilarated as you cross the finish line
3. Bad breath will begin to dissipate upon completion of the fast
4. Cravings will be strong the first few days after the fast . . . be careful to ease back into hard foods over the next few days to a week.

### **Today's Quote:**

“Jesus said to His followers, ‘whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built His house on the rock.’ **(Matt. 7:24)**. You have heard His Word, you have obeyed. And you are victorious!”

### **Praise God!**

1. On this final day, ask the Lord to reveal to me if there is any un-forgiveness, bitterness or other hindrances that I have yet to lay fully before the Lord.
2. Prepare for blessing, harvest and an anointing you have never experienced before
3. Get ready because the rest of the year will not be like any other before it!

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