



**shiloh**  
Christian Ministries





## **Welcome to Shiloh's 21 Days of Prayer and Fasting Guide!**

Sometimes it seems there are times when God is trying to get our attention. What if God is trying to get your attention?

There are many factors today that can make us despair and tempt us to believe and think that America has reached a point of no return. We are reminded in Scripture that with God, nothing is impossible. There is no problem too great for Him.

This season calls for fervent prayer by God's people. This is a crucial time for us to individually and corporately seek God's divine intervention for the challenges facing us. We will pray, not only for our nation, but for our leaders, those who govern us, that they will turn to God with humble hearts and follow Him. Pray that as a nation we would return to God. As we call on God, let us do so in faith, believing that He hears our prayers. God can heal this great land, for which our forefathers fought and died. We need spiritual renewal. We need a revival in America and we need each and everyone to pray.

Fasting is a principle that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Fasting is one of the most powerful weapons God has given us for our daily lives. When you fast and pray, you will see amazing results from God. It's all about putting Him first and letting our Shepherd lead the way all year long. Without a doubt, fasting sets you on a great course every year. Psalms 37:23 says, "The steps of a man are established by the LORD and He delights in his way."

If you cannot fast, please join us in prayer. God has amazing things in store for us in 2022. The best is yet to come!

Included in this document are several tools, including: a Bible guide to fasting, different fasting options & a prayer guide for each of the 21 days that includes a Biblical passage.

*"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 I will hear from heaven, and will forgive their sin and heal their land. " 2 Chronicles 7:14*



## Fasting Guide

### **What does the Bible teach about fasting:**

*Biblical fasting involves abstaining from eating (and/or drinking) for spiritual purposes.*

In the Old Testament, Israel celebrated certain annual fasts, the most prominent being the Day of Atonement. There were also occasional fasts tied to specific historical events, sometimes individual and sometimes corporate. Here a few of the occasions for fasting: at a time of grief (1 Samuel 31:13; Nehemiah 1:4), at a time of repentance (1 Samuel 7:6, 1 Kings 21:27), as an expression of humility (Ezra 8:21; Psalm 69:10), and as an expression of a need for God's guidance and help. What all of these fasts share in common is that they were an expression of dependence on God.

Several New Testament passages give us insight about fasting:

**Fasting teaches us that God's Word nourishes us:** Matthew 4:1-4 records the only example of Jesus fasting, just prior to His being tempted in the wilderness. He faced temptation with these words, "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God." Jesus is quoting Deuteronomy 8:3-5 which talks about the 40 years Israel spent in the wilderness, depending daily on manna to sustain them. He says that God humbled them and let them be hungry in order to teach them to depend on God's Word to sustain them. By His example of fasting, Jesus reminds us that food alone can't sustain us. We need to be nourished by God's Word.

**Fasting teaches us that doing God's will sustains us:** John 4:31-35 records Jesus' encounter with the woman at the well. When the disciples return, they encourage Jesus to eat. He responds by saying, "I have food to eat that you know not of." Then He adds, "My food is to do the will of the Father." Again, Jesus reminds us that food alone is not enough. We are sustained by doing God's will.

**Fasting teaches us that Jesus Himself sustains us:** In John 6:48-50 Jesus says, "I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down out of heaven, so that one may eat of it and not die." We see this pictured symbolically in the bread and the cup of the Lord's supper. Jesus is the source of eternal life. Fasting is feasting on Jesus.

Jesus assumed that fasting would be a part of His disciple's spiritual life. In Matthew 6:16-18, He says, "when you fast," not "if you fast." He warns us not to fast to impress people, but to be near to the heart of God.



## **Fasting Guide, continued**

### **What is the purpose of fasting?**

In Matthew 6, Jesus gave us specific direction on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying and Fasting. Jesus said, “When you give,” “When you pray,” and “when you fast.” He made it clear that fasting, like giving and praying, was a normal part of Christian life.

Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things. How does it do that?

**Fasting reveals and heals our dependence on food (and other things)** to fill the discomfort caused by low self-esteem, unfulfilling work, unloving relationships, uncontrollable circumstances, etc. It removes the false peace derived from the pleasure of eating.

Richard Foster says, “More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately. David writes, ‘I humbled my soul with fasting’ (Psalm 69:10). Anger, bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting.”

**Fasting teaches us that we can go without getting what we want and survive.** Fasting can free us from having to have what we want. Therefore, fasting can teach moderation or self-control, not only in relation to food, but in other areas as well. It teaches contentment. (1 Timothy 6:6)

**Fasting expresses and deepens our hunger for God.** Richard Foster says, “Fasting reminds us that we are sustained ‘by every word that proceeds from the mouth of God:’ (Matt. 4:4). Food does not sustain us; God sustains us. In Christ, “All things hold together” (Colossians 1:17). Therefore, in experiences of fasting, we are abstaining from food or other activities and feasting on God’s Word.”

Fasting must always, first and foremost, center on God. *It must be about Him.*

### **Step 1: Clarify the purpose of your fast**

Why are you fasting? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically. Fasting is God-led and God-initiated. That means that He fuels a desire to fast and pray. He loves it when we fast.



## Fasting Guide, continued

### Step 2: Specify the kind of fast you will do

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast. (Matthew 6:16-18; 9:14,15) For Him it was a matter of *when* believers would fast, not *if* they would do it. Before you fast, decide the following up front:

- How long you will fast - one meal, one day, one week, several weeks, certain days (beginners should start slowly, building up to longer fasts)?
- The type of fast God wants you to undertake - discussed in the Types of Fasts section below.
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's Word

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

### Step 3: Prepare your heart, mind, and body for fasting

Fasting is not a spur-of-the-moment thing. It is planned. We must prepare. The very foundation of fasting and prayer is repentance. Un-confessed sin can hinder your prayers. There are several things you can do to prepare your heart

- *Fasting requires reasonable precautions.* Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.
- *Do not rush into your fast.* Prepare your body. Eat smaller meals before starting a fast. Avoid high fat and sugary foods. Eating raw fruit and vegetables prior to your fast is helpful. Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.
- *Prepare your heart and mind.* Remember that God is your Father and He loves you and is for you.
- *Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness* (1 John 1:9). Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4). Make restitution as the Holy Spirit leads you.
- *Surrender your life fully to Jesus Christ* (Romans 12:1, 2). Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others. (Psalm 48:9,10; 103:1-8, 11-13)
- *Begin your time of fasting and prayer with an expectant heart.* (Hebrews 11:6)
- *Do not underestimate spiritual opposition.* Satan sometimes intensifies the natural battle between body and spirit. (Galatians 5:16,17)
- *Finally, and of deep importance, Jesus instructs us in Matthew to not let others know about your fasting.* The strict details of your fast should not be something you constantly talk about to others. It should remain between you and God.



## Types of Fasts

Now that we have explored the Old and New Testament teaching and instruction on fasting, we can proceed to discuss specific kinds of fasts. Let us begin with the helpful words of Richard Foster in his classic, *Celebration of Discipline*: "As with all the Disciplines, a progression should be observed; it is wise to learn to walk well before we try to run."

Biblical fasting almost always concerns food. Since the purpose of fasting, as we saw above, is to focus on God, to humble ourselves and to remind ourselves that we are sustained by every word that proceeds from the mouth of God, then the task in fasting is connecting our "going without" to "hungering for God." This takes time, focus and prayer in itself. Please do not expect to be an "expert" at fasting right away. Fasting is a discipline that can take a very long time to understand well. Also, do not let this fact deter you or intimidate you.

Fasting is not unlike a beautifully written masterpiece of literature. It is simple enough for a youth to understand and enjoy, and yet magnificently rich enough for the scholar to devote his/her entire life to.

**Abstaining from certain types of foods - Daniel Fast** (meat, sweet foods, or strong drinks etc.) - Daniel 10:2-3

This type is a good one for beginners to fast or those with health needs and special or restrictive diets.

Choose to abstain from something like breads, sweets, sodas, coffee, or even red meat. Perhaps spend some time reading through Daniel's fast in Daniel chapter 1 and chapter 10. Stick to only fruits and vegetables like he did or something similar.

Determine the timing and duration of your fast and begin. You may choose to go without this specific type of food on only certain days like Fridays, or you may go without during the weekdays only or perhaps every day. Finally, choose the duration of your fast. This fast is 21 days (January 10 - 30) but that does not mean you must go without for all of the 21 days. Determine the timing and duration ahead of time and stick to it. Rather, pray through it.

**Abstaining from all food** - Esther 4:15-16; Acts 9:9

This kind of fast is more difficult but can be broken up by timing and duration. This seems to be the most prevalent of the fasts we see in the Bible. It is also the most intimidating, but refuse to let it scare you. Fasting from all food is not scary if you determine beforehand when you will do so and for how long. Here are some ideas.

Start slowly. Begin with fasting for only a part of a day (lunch, or lunch and dinner). Do this for one day a week, or perhaps three days a week. You determine the timing and duration. Take a step of faith. Fasting is risky and involves our faith.



## **Types of Fasts, continued**

Next, try fasting from food but not beverages. This means that according to your timing and duration, you would not eat any solid foods but only water, juices, smoothies, or perhaps simple soup broths.

Do this for the first one or two weeks. Devote the time that you normally would eat to Scripture reading and prayer. Focus on Jesus' statements about food.

Next, try a 24-hour fast. This means that you get up and eat a good breakfast and drink only water or juice until the following breakfast the next day. Set aside specific time, during normal meal times if possible, to pray and seek God.

Finally, you may progress to a two or three day fast. For some, progression may lead to a multi-day, even multi-week fast. But remember the purpose of your fast.

### **Abstaining from entertainment - Daniel 6:18**

The king's voluntary "fasting" from entertainment in the time of Daniel helps us further understand yet another type of fast. Fasting from entertainment can be particularly helpful and accessible to kids and teens.

Think of abstaining from television, ipods, video games, all reading except the Bible, music, texting, etc., for the duration of your fast. This can be a very powerful decision even as a supplement to food fasts.

Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition. There is nothing more "inherently spiritual" about one type of fast as opposed to another. Your personal fast should present a level of challenge to it, but know your body, know your options, and most importantly, seek God in prayer about this and follow what the Holy Spirit leads you to do. It's also important to not let what you eat or do not eat become the focus of your fast. This is a time to disconnect enough with your regular patterns and habits in order to connect more closely to God.

**No matter what kind of fast you choose, or if you do not choose to fast, seek God with us in prayer.**



Meditate on each scripture and pray the following prayer in the context of the scripture provided.



*Prayer Guide*  
*Days 1-4*

**Week 1 – Being intentional**

Prayer: Lord I commit to not just being a hearer of the Word, but being a doer of the Word. I ask for your grace to seek your Kingdom intentionally, knowing you will guide me. Show me the path that I must follow. Connect me to believers that model Jesus. Provide me wisdom to make decisions based on your vision for my life.

**Day 1 - January 10, 2022**

**Prayer Topic: Make the most of every opportunity**

**Scriptures:**

**Ephesians 5:15-17 NLT**

“15 So be careful how you live. Don't live like fools, but like those who are wise. 16 Make the most of every opportunity in these evil days. 17 Don't act thoughtlessly, but understand what the Lord wants you to do.

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**Day 2 - January 11, 2022**

**Prayer Topic: Have a plan**

**Scriptures:**

**Proverbs 21:5**

“Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty.”

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**Day 3 - January 12, 2022**

**Prayer Topic: God already has the plan**

**Scriptures:**

**Jeremiah 29:11 NLT**

“‘For I know the plans I have for you,’ says the Lord. ‘They are plans for good and not for disaster, to give you a future and a hope.’”

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**Day 4 - January 13, 2022**

**Prayer Topic: Press on towards God's plan**

**Scripture:**

**Philippians 3:14 NLT**

“I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.”

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*Prayer Guide*  
*Days 5 - 8*

**Week 2 – Supernatural Healing**

*Prayer:* May the ministry of Healing increase in our midst, with frequent manifestation of the power of God to heal the sick. May the Lord give us greater revelation, obedience, and persevering faith to lay hands on the sick and to rebuke sicknesses from people.

**Day 5 - January 14, 2022**

**Prayer Topic: Have Goals**

**Scriptures:**

**Nehemiah 2:4-6 NLT**

"<sup>4</sup>The king asked, 'Well, how can I help you?' With a prayer to the God of heaven, <sup>5</sup>I replied, 'If it please the king, and if you are pleased with me, your servant, send me to Judah to rebuild the city where my ancestors are buried.'

<sup>6</sup>The king, with the queen sitting beside him, asked, 'How long will you be gone? When will you return?' After I told him how long I would be gone, the king agreed to my request."

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**Day 6 - January 15, 2022**

**Prayer Topic: Let no one and nothing dissuade you**

**Scriptures:**

**Nehemiah 6:2-4 NLT**

"<sup>2</sup> So Sanballat and Geshem sent a message asking me to meet them at one of the villages in the plain of Ono. But I realized they were plotting to harm me, <sup>3</sup>so I replied by sending this message to them: 'I am engaged in a great work, so I can't come. Why should I stop working to come and meet with you?'"

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**Day 7 - January 16, 2022**

**Prayer Topic: Have a network of encouragers**

**Scriptures:**

**Hebrews 10:24-25 NLT**

"<sup>24</sup> Let us think of ways to motivate one another to acts of love and good works. <sup>25</sup> And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near."

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**Day 8 - January 17, 2022**

**Prayer Topic: All of our sicknesses were paid for at the Cross**

**Scriptures:**

**Isaiah 53:5 NLT**

"But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed."

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*Prayer Guide*  
*Days 9-12*

**Week 2 – Supernatural Healing**

*Prayer:* May the ministry of Healing increase in our midst, with frequent manifestation of the power of God to heal the sick. May the Lord give us greater revelation, obedience, and persevering faith to lay hands on the sick and to rebuke sicknesses from people.

**Day 9 - January 18, 2022**

**Prayer Topic:** He has given us authority to heal

**Scriptures:**

**Matthew 10:1 NLT**

“Jesus called his twelve disciples together and gave them authority to cast out evil spirits and to heal every kind of disease and illness.”

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**Day 10 - January 19, 2022**

**Prayer Topic:** Bring the sick to the Elders

**Scriptures:**

**Ephesians 5:14-15**

“<sup>14</sup> Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. <sup>15</sup> Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven.”

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**Day 11 - January 20, 2022**

**Prayer Topic:** Jesus heals every disease

**Scriptures:**

**Matthew 4:23-24 NLT**

“<sup>23</sup> Jesus traveled throughout the region of Galilee, teaching in the synagogues and announcing the Good News about the Kingdom. And he healed every kind of disease and illness. <sup>24</sup> News about him spread as far as Syria, and people soon began bringing to him all who were sick. And whatever their sickness or disease, or if they were demon possessed or epileptic or paralyzed—he healed them all.”

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**Day 12 - January 21, 2022**

**Prayer Topic:** His healing power causes people to believe and to praise Him

**Scriptures:**

**Luke 13:11-13 NLT**

“<sup>11</sup> he saw a woman who had been crippled by an evil spirit. She had been bent double for eighteen years and was unable to stand up straight. <sup>12</sup> When Jesus saw her, he called her over and said, “Dear woman, you are healed of your sickness!” <sup>13</sup> Then he touched her, and instantly she could stand straight. How she praised God!”

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Meditate on each scripture and pray the following prayer in the context of the scripture provided.



# Prayer Guide

## Days 13 - 16

### Week 3 – Deliverance

Prayer: May the ministry of Deliverance expand in our midst, setting all of the captives free. Give us revelation, boldness, and compassion to set the oppressed free of demons and curses.

#### Day 13 - January 22, 2022

**Prayer Topic: God protects those who make Him their refuge**

**Scriptures:**

**Psalm 91:6-11 NLT**

“Do not dread the disease that stalks in darkness, nor the disaster that strikes at midday.  
7 Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you. 8 Just open your eyes, and see how the wicked are punished.  
9 If you make the Lord your refuge, if you make the Most High your shelter, 10 no evil will conquer you; no plague will come near your home. 11 For he will order his angels to protect you wherever you go.”

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#### Day 14 - January 23, 2022

**Prayer Topic: Jesus gave us authority to heal every kind of disease**

**Scriptures:**

**Matthew 10:1 NLT**

“Jesus called his twelve disciples together and gave them authority to cast out evil spirits and to heal every kind of disease and illness...”

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#### Day 15 - January 24, 2022

**Prayer Topic: He has given us authority to cast out demons**

**Scriptures:**

**Matthew 10:7-8 NLT**

“ 7 Go and announce to them that the Kingdom of Heaven is near.8 Heal the sick, raise the dead, cure those with leprosy, and cast out demons. Give as freely as you have received!”

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#### Day 16 - January 25, 2022

**Prayer Topic: We need to discern Satan’s way of operating**

**Scriptures:**

**2 Corinthians 2:11 NLT**

“...so that Satan will not outsmart us. For we are familiar with his evil schemes.”

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*Prayer Guide*  
*Days 17 - 18*

**Week 3 – Deliverance**

Prayer: May the ministry of Deliverance expand in our midst, setting all of the captives free. Give us revelation, boldness, and compassion to set the oppressed free of demons and curses.

**Day 17 - January 26, 2022**

**Prayer Topic: We must use Jesus' name to overcome Satan**

**Scriptures:**

**Luke 10:17**

“When the seventy-two disciples returned, they joyfully reported to him, ‘Lord, even the demons obey us when we use your name!’”

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**Day 18 - January 27, 2022**

**Prayer Topic: We overcome Satan and his demons with the Word**

**Scriptures:**

**Matthew 4:8-11 NLT**

“<sup>8</sup> Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. <sup>9</sup> “I will give it all to you,” he said, “if you will kneel down and worship me.” <sup>10</sup> “Get out of here, Satan,” Jesus told him. “For the Scriptures say, ‘You must worship the Lord your God and serve only him.’” <sup>11</sup> Then the devil went away, and angels came and took care of Jesus.”

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**Day 19 - January 28, 2022**

**Prayer Topic: We overcome him with the Blood of Jesus and our Testimony**

**Scriptures:**

**Revelation 2:11 NLT**

“And they have defeated him [Satan] by the blood of the Lamb and by their testimony. And they did not love their lives so much that they were afraid to die.”

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**Day 20 - January 29, 2022**

**Prayer Topic: Fasting prepares us for ministry**

**Scriptures:**

**Acts 13:2-3 NLT**

“<sup>2</sup> One day as these men were worshiping the Lord and fasting, the Holy Spirit said, ‘Appoint Barnabas and Saul for the special work to which I have called them.’ <sup>3</sup> So after more fasting and prayer, the men laid their hands on them and sent them on their way.”

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Meditate on each scripture and pray the following prayer in the context of the scripture provided.



*Prayer Guide*

*Days 17 - 18*

**Week 3 – Deliverance**

*Prayer:* May the ministry of Deliverance expand in our midst, setting all of the captives free. Give us revelation, boldness, and compassion to set the oppressed free of demons and curses.

**Day 21 - January 30, 2022**

**Prayer Topic: His power draws the crowds to our doorstep**

**Scriptures:**

**Mark 1:32-34 NLT**

"<sup>32</sup>That evening after sunset, many sick and demon-possessed people were brought to Jesus. <sup>33</sup>The whole town gathered at the door to watch. <sup>34</sup>So Jesus healed many people who were sick with various diseases, and he cast out many demons. But because the demons knew who he was, he did not allow them to speak.

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