

## HCICC, INC. 2012 21 Days of Prayer and Fasting Guide

**Our Aim:** *Revelation 3:11* To hold fast, stand firm and excel in the victory we have in Christ Jesus as kings and priest in the earth (Rev. 1:6) until He comes for us. Help me to love you more God than the things of this world and to be a better believer. Open my understanding continually to see and run with the vision of His Church. In Jesus Name, Amen.

**Declaration:** **We can do all things through Christ who strengthens us!**

We covenant with you Jesus, to seek you first, to love you with all of our heart and our fellow man as ourselves. We declare we will serve you with gladness and joyfulness. (Math 6:33; 22:37; Deut 28:47) .

We will give you praise and honor in our lives and in our services. We declare we will represent you appropriately by living in holiness and in righteous by effectively using the dominion and authority you have given us for living.

May you always be pleased to led us by Your Holy Spirit and function in the gifts and callings that You have divided to us through the Holy Spirit, to be profit to You and Your body. (Ps 145:3) (Gen 1:28, Math 28:18-20 II Cor 9:8-11) (I Cor 12:7) (Rom 8:1-7).

We declare to share the Good News of Jesus Christ and His Kingdom and not be ashamed. (Luke 4:16-19)

May we I prosper and be in health, and may you O Lord deliver us from all evil. May His Church be multiplied in number, quality and resources. Help us to visit the imprisoned, feed the hungry and help the poor.

May we live in your love, your righteousness, your abundance, your joy, your peace and divine health and safety every minute, every day all year long.

**Commitment:** I commit myself to this time of fasting and prayer. I will abstain from My normal daily foods (except for medical reasons), sex, television and, entertainment, video and computer games, theater, gossip, TV, movies, etc.

**Types of Fasting: (Choose one of the following fasts.)**

1. This Fast is going without food, but permits liquids. (100% juice, water, green tea)
2. The Working Fast (or know as a “Daniel Fast”) allows fruits & vegetables for the period of the fast in addition to liquids. (100% juice, water, green tea)

[Please see page 6 for list of recommended foods and drinks](#)

**Beginning: Date and time I will start fasting: Sunday January 8, 2012 at 01:00am**

**End: Date and time I will stop fasting: ending at midnight Sunday January 28, 2012 01:00am**

**Personally I am fasting to break and or...:**

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**Corporate Prayer Points during 2012:**

1. Lord we thank you for our new faculty for our church. Thank you for finances, the resources, and the right people to fully complete the build out to a move in condition, the architectural drawings, HVAC system, plumbing, fire sprinklers, bathrooms, electrical/lighting, framing, drywall/finishing, drop ceiling, painting, awning/Glass doors entry, and tile/carpet.
2. That we would continue to walk in unity and agreement in our covenant relationship:
  - a. with you God
  - b. with our families (spouses, children)
  - c. with our Church: leadership and fellow believers
3. Lord may your Power and Influence be evident in us at all times, that we function more and more as kings and priest unto you bearing much fruit until you come for us
4. May we significantly increase in number of quality ministry leaders and helpers. That ministry growth will be in terms of significant spiritual growth as well as numerical and regional impact.
5. That we win a significant amount of souls to Jesus Christ and help them be rooted and grounded in Christ Jesus.
6. Lord Jesus may you grant us the heart of the people in our region that they will trust you Christ who is in us, that we may present them to you Lord holy and acceptable...
7. May your grace and anointing enable us to speak your message to all nations in our region young, old, and the many surrounding cultures with great courage while you extend your hand to heal, and to bring about miraculous signs and wonders through the name of your Holy servant Jesus our Lord.
8. Surround Pastor King Rhodes with godly, faithful, and quality leaders and staff who have the capacity and gifting to help him do the work of the ministry at the highest levels.
9. That His Church meets its financial obligations each week/monthly/yearly. And that you O Lord provide seed for me to sow that I am able to fulfill my part in tithes and offerings. May your grace continue to abound toward us that we always having all sufficiency in all *things*, may have abundance for every good work having no need to require aid.
10. Father we thank you that you are able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to you *be* glory in the church by Christ Jesus to all generations, forever and ever. Amen

## **Things to Consider:**

### **A. Character development in our lives. Steps in the process of developing character, Demonstrating how to make and break habits.**

1. **Changed Thinking Leads to Changed Beliefs.**
  - a. Think differently about your habit and you will develop a deep belief about what to do.
  - b. Five steps to Biblical belief.
    - 1) I hear the Word continually.
    - 2) I mediate and speak the Word.
    - 3) I hope and believe.
    - 4) I know and am convinced.
    - 5) I will and I do.
2. **Changed Beliefs Lead to Changed Expectations.**
  - a. Your expectations or vision must come from the True and Living God
  - b. God's vision for your life can be grasped as you take these four steps.
    - 1). Look to Him to determine how He has enabled and gifted you.
    - 2). Look to Him to see how He has used events to shape you and prepare you for something greater.
    - 3). Look to Him to identify others around you for godly connections
    - 4). Look to Him to determine what kind of life you want to live for God in the present and the future.
3. **Changed Expectations Lead to Changed Attitudes.**
  - a. As you consistently apply a godly attitude, you develop habits that form a godly character.
  - b. Three steps are involved in developing a godly attitude.
    - 1). Identify the wrong attitude you wish to address.
    - 2). From the Word identify the right thinking that will lead to changing a negative attitude.
    - 3). Surrounding yourself with positive godly people.
4. **Changed Attitudes Lead to Changed Actions.**
  - a. Actions are "anything done or performed".
  - b. Actions may be good, wrong, ignorant, positive, planned or unplanned.
  - c. Our consistent actions are the fruit by which determines the kind of people we are.
5. **Changed Actions Lead to Changed Habits,**
  - a. Actions done repeatedly become habits.
  - b. A habit or accomplishment is the complete satisfactory outcome of an action.
  - c. The goal is "that you be complete, thoroughly equipped for every good work" (2 Timothy 3:17).

6. **Changed Habits Lead to Character Transformation.**
  - a. Your character is the result of the pattern of your activities.
  - b. Good habits develop good character.
  - c. Bad habits develop bad character.
  
7. **Conclusion: A Godly Character is a Process.**
  - a. Life is a process throughout which we develop character good or bad. Ultimately, we become what is really in our hearts. We are truly a product of what we believe and in whom or what we believe govern our life.
  
- B. **Lessons from Elijah's Response.**
  1. Defeat Often Follows Victory.
  2. God Knows the Heart and Its Habits.
  3. We should not Get Depressed Doing God's Work.
  4. Past Victory May Not Break Bad Habits.
  
- C. **Lessons from Daniel's Response.**
  1. Seek the mind of God.
  2. Realize that God hears and responds to you.
  3. Realize that the enemy comes to try to block your blessings.
  4. Learn to utilize your spiritual weapons. Use them to do warfare on your behalf.
  
- D. **Prescription for the Fast:**
  1. **Prepare Physically and Emotionally.**
    - a. Declare to God that you will fast.
    - b. Prepare for the fast.
    - c. Fulfill your resolution.
  
  2. **Recognize Your Limitations.**
    - a. Admit that you cannot break your habit alone.
    - b. Let the right people help you defeat your habit.
  
  3. **Go Where You Can Meet God.**
    - a. Sometimes it's necessary to celebrate the fast in secret.
    - b. Actually revisit the place of past spiritual victories.
    - c. Revisit the place symbolically in your memory.
  
  4. **Fast to Hear the Word of the Lord.**
    - a. Study to know what the Bible says, not what you think it says.
    - b. Depressed people need to receive a godly external influence from outside their thinking.
  
  5. **Let the Word Reveal Your Weakness.**
    - a. When we read the Word of God, we begin to question where we are spiritually.
    - b. Only when we judge our thought patterns by the Word of God can we then recognize negative bondages of mental habits and break them In Jesus Name.
    - c. During the fast use Scripture as a mirror to show you where you need to change emotionally and spiritually.

6. **Confess and Agree with God About Any Weaknesses.**
  - a. When we are filled with self justification, we cannot confess our needs.
  - b. Don't cover your need with the claim to be defending, God He can defend Himself.
  
7. **Look for Quiet, Inner Meaning.**
  - a. Habits are broken not by external forces, but from within.
  - b. Our strength comes from within as we build up the inner person in Christ Jesus
  - c. Learn to Pray in the Holy Ghost building up your most holy faith and look within the Word of God, and listen with your own inner ear to hear what the Lord is saying to you.
  
8. **Look for the Hope Through God's Eyes.**
  - a. As long as we focus on our problems, we exercise faith in our problems.
  - b. God wants us to focus on Him so we can have more faith in His power rather than in our problems.
  
9. **Plan Positive Godly Actions.**
  - a. The way to break a bad habit is to acquire a stronger positive habit.
  - b. It is good to develop the ability to see ourselves as we really are, but more importantly, to develop the ability to see ourselves as God sees us.
  
10. **See Potential Results**
  - a. People break bad habits when they have goals that are stronger than the attractions of their bad habits.
  - b. When we understand our importance in God's plan, we can leave our sins behind.

**E. Principles to Remember**

1. Focus on the Biblical principles of strength developed by withdrawing to "a specific time and place," as Elijah did during fasting and prayer.
2. Bring your Bible and other study tools.
3. Fast and pray for God to give you a godly self-image mirroring Biblical character.
4. Fast and pray for the godly actions God would have you do
5. Develop a list of prayer requests for times of fasting.

**F. Biblical reading throughout the fast.**

1. Numbers ch 13 & 14
2. Daniel 10: 113 – for dealing with the concept of fasting
3. Matthew chapter 6 and Isaiah 58:15 for dealing with understanding prayer and fasting.
4. Book of Romans for dealing with the sin nature.
5. Book of John for dealing with the nature of Jesus Christ.
6. Book of Hebrews for dealing with the sacrifice of Jesus Christ.
7. 2 Chapters of Proverbs a day.
8. John 15
9. Ephesians 4 and 5
10. Romans 13
11. I Corinthians 12 and 13

**G. Recommendation for a liquid Fast in moderation**

1. Multi-vitamin
2. Protein supplement
3. Water
4. Milk
5. Naturally pure vegetable juices
6. Grape juices
7. Apple, juices
8. Orange juices
9. Tea (in moderation no sugar)
10. Any type of natural fruit juice

**H. For individuals partaking in the working fast:**

1. Raw vegetables (carrots, celery, spinach, etc)
2. Fruit: Bananas, apples, strawberries, etc.
3. Some meal replacement supplements

**I. Example of Things to avoid: *(those things that are pleasurable to you)***

1. TV, movies, entertainment, Internet etc. Replace this time with Word and prayer
2. Drinks high in sodium and Acidic
3. All sugar and bread
4. Sodas
5. Sugar Juices like Kool-Aid
6. Coffee, Hot chocolate
7. Sweet Stuff: cake, cookies, ice cream, pie, candy, etc