

21 Days of  
Prayer and Fasting

# 2015 FAST

January 5th to 26,  
2015

## Day 2

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

During their fast, many Christians find that they are malnourished in the Word of God, but well fed on the things of the world; and they are living defeated lives as a result. We must diligently feed on God's Word. Sometimes the best thing you can do is to starve your flesh and feed your spirit through a fast. Fasting helps you separate what you want... from what you need. It causes you to focus on these things that really matter.

In anything you do, the first step is the most difficult, but as you walk through this 21-day journey, you will find that God is there to meet you at every critical point along the way.

You should refrain from critical speaking, spreading negative words about or to anyone else. Consider limiting how much TV you watch, and how much time you spend on things that are distracting. Your fast will not only be a season of sacrifice, but a season on increased warfare.

### **On Your Second Day of Fasting, remember:**

Pray and stay in God's Word  
Drink Lots of Water  
Keep your focus and Avoid temptation  
Remember your fast and its purpose  
God will give you grace to succeed  
Play praise and worship music as much as possible

### **Physical and Spiritual Effects:**

Hunger pangs and cravings for food, sugar and caffeine  
Head aches can begin as your body eliminates toxins  
Cravings are intense at times

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

Do you need a deeper, more intimate and powerful relationship with the Lord?  
Do you need a fresh encounter with God?

### **Prayer Focus Day 2: Your Pastor**

Our pastors-all pastors-need prayer. Sometimes the weight of ministry can get so overwhelming that the joy, freshness, and power of the calling can be forgotten. As with Elijah, the spirit of Jezebel attempts to ensnare through lust and pride, and if that doesn't work it brings discouragement and defeat (see I Kings 18-19). The attacks affect not only pastors, but often their families as well.

Let's pray that God blesses our Pastors Spiritually, Physically, Emotionally and Financially. Pray that the finances of the church are more than enough. Remember we can't be blessed if our Pastors are not blessed.

Hebrews 13:20 Now the God of peace, that brought again from the dead our Lord Jesus, that great shepherd of the sheep, through the blood of the everlasting covenant,  
Hebrews 13:21 Make you perfect in every good work to do his will, working in you that which is well pleasing in his sight, through Jesus Christ; to whom be glory for ever and ever. Amen.

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## **Believe God for WISDOM:**

Ecclesiastes 10:10, Ecclesiastes 1:13, Ecclesiastes 7:12, Ecclesiastes 7:23

**Read the Scripture then pray the prayer afterward.**

### **Ecclesiastes 10:10 Amplified Bible (AMP)**

**10** If the ax is dull and the man does not whet the edge, he must put forth more strength; but wisdom helps him to succeed.

**Father, I am grateful that wisdom sharpens my life, and it brings me to great understanding.**

### **Ecclesiastes 1:13 Amplified Bible (AMP)**

**13** And I applied myself by heart *and* mind to seek and search out by [human] wisdom all human activity under heaven. It is a miserable business which God has given to the sons of man with which to busy themselves.

**Father, I have set my heart to seek and search out wisdom concerning all that is done under heaven, for this burden You have given me**

### **Ecclesiastes 7:12 Amplified Bible (AMP)**

**12** For wisdom is a defense even as money is a defense, but the excellency of knowledge is that wisdom shields *and* preserves the life of him who has it.

**Father, I thank you that wisdom is a defense as money is a defense, but I know that wisdom is far greater, for it brings life to me because I have it.**

### **Ecclesiastes 7:23 Amplified Bible (AMP)**

**23** All this have I tried *and* proved by wisdom. I said, I will be wise [independently of God]—but it was far from me.

**Father, I thank you that I am proved by wisdom, for I have declared, "I will be wise."**