

Reason for Fasting

Fasting is a process for developing a deeper relationship with God by temporarily denying oneself something in order to better focus on Him (II Chronicles 20:3, Ezra 8:21, Matthew 6:16-18, Mathew 9:14-15, Luke 18:9-14). The Bible does not require fasting, but Scripture highly recommends it for the believer. Fasting is a way to demonstrate to God that we are passionate about a closer relationship with Him. It is not intended to punish our flesh or to serve as a dieting method for losing weight. Fasting is a spiritual practice exercised for the sole purpose of deepening our walk with God.

Types of Fasts

Abstaining from food for a time is the most recognized fast in the Bible. There are a variety of food fasts. For instance, the *Complete Fast* excludes all foods and includes only liquids such as water and juices; the *Daniel Fast* or *Selective Fast* excludes meat, sweets, and bread, but includes water, juices, fruits and abstaining from any type of food during a certain period of the day like 6 am to 3 pm, or from sunup to sundown.

You may also feel the need to refocus certain areas of life that are out of balance. For instance, you may choose to stop using social media or watching television during the fasting period. Once the fast concludes, you may want to gradually reintroduce it back into your life in a healthier way. This is often called a *Soul Fast* and is highly effective in combination with fasting food.

Ultimately, the type of fast you choose is between you and God.



Prayer and Fasting

Fasting and prayer are often linked together (Luke 2:37; 5:33). Prayer is our most common way to spend time with God, and since fasting is primarily about drawing closer to Him, it only makes sense that we would pray during the fasting period. As we pray to know God better, we can believe Him for specific needs to be met, questions to be answered, or decisions to be made.

At North, our 21-day fast is to believe God for four distinct goals. We want:

- a greater sense of God's presence in our worship gatherings.
- greater faith as we prepare for God's future plans for North.
- a greater number of salvations.
- greater glory to be given to God.

It is our prayer that this 21-day devotional will guide you in this endeavor. Together, let's go deeper in God, let's believe God, and let's watch God work!

Online Devotional Guide



Access the devotion online:
mountparannorth.com/21days

Scan the QR with your smartphone

Receive daily notifications on our North app available for iOS and Android.



Scan to download
from the App Store



Scan to download
from Google Play



Mount Paran North 21-Days of Prayer and Fasting

From Monday, January 16, through Sunday, February 5, we invite you to participate in a 21-day corporate fast with Mount Paran North. Each day, we will provide a short devotional video prepared by our staff. This devotional guide has been designed to accompany each video by providing scripture references, thoughts for reflection, and a prayer guide.

We are expecting God to move mightily in 2023! When we allow God to transform our own lives, we will see transformation take place in our families, our communities, our state, our nation, and the world! May these 21 Days be the start of your own year of transformation.

Devotional Videos

Starting January 16, devotional videos will be posted daily on Facebook, YouTube, North Roku Channel, North app, and on our website at mountparannorth.com/21days.

In addition, each devotion will be published as a video podcast available on a variety of platforms including Apple Podcasts, Spotify, Google Podcasts, Podbean, and Pandora.

Revival Nights @ North | February 5–8

Make plans to join us for Revival Nights at North in the Worship Center and online with the following guest speakers:

- Sunday, February 5 at 6pm | Dr. Mark Rutland
- Monday, February 6 at 7pm | Tony Stewart
- Tuesday, February 7 at 7pm | Joe Dobbins
- Wednesday, February 8 at 7pm | Bill Lee

WEEK 1: TRANSFORM MY HEART & MIND

January 16 | Search My Heart

- **Read:** Psalm 139:23-24
- **Think about it:** God already knows us intimately. We can be comforted by His infinite knowledge of us and His intimate care.
- **Pray:** *Search me, God. Help me to be open and authentic with you, trusting You and Your plan for my life.*

January 17 | A New Heart

- **Read:** Ezekiel 36:26-27 and 2 Corinthians 5:17
- **Think about it:** God doesn't just renovate our heart; He transforms us by giving us a new heart and a new spirit.
- **Pray:** *I give you my whole heart, God. Transform me from the inside out and give me a new heart and new spirit.*

January 18 | A Pure Heart

- **Read:** Psalm 51:10, Hebrews 10:22, and Luke 6:45
- **Think about it:** Our actions are a reflection of our hearts. Through Christ's sacrifice, our hearts can be cleansed and we can become more like Him.
- **Pray:** *Forgive me of my sins, God. Cleanse my heart and help me to become more like Christ.*

January 19 | A Renewed Mind

- **Read:** Romans 12:2
- **Think about it:** You can use God's word to combat the lies of the enemy and change your entire thought pattern.
- **Pray:** *Give me a hunger for your word, God, that my mind may be renewed each day.*

January 20 | A Disciplined Mind

- **Read:** Philippians 4:8; 1:27, and Colossians 3:2
- **Think about it:** We are not citizens of earth, but citizens of heaven. We must discipline our minds to have an eternal perspective.
- **Pray:** *Remind me, God, that I am a citizen of heaven. Help me to set priorities in my life that are based on this reality.*

January 21 | A Prepared Mind

- **Read:** 1 Peter 1:13 and 2 Corinthians 10:3-5
- **Think about it:** There is a war for our minds, but God has given us all we need to protect our minds and be ready for battle.
- **Pray:** *Shield my mind with the hope of my salvation. Guard my heart and mind in Christ Jesus.*

January 22 | SELAH

- **Pause:** Take time to reflect on where God has brought you this past week.

WEEK 2: TRANSFORM MY ACTIONS

January 23 | The Fruit of the Spirit

- **Read:** Galatians 5:22-24
- **Think about it:** It is only when I surrender all my life to Christ that the Spirit is able to produce fruit through me. The work is not mine, but His.
- **Pray:** *Remind me, God, to surrender my life to you daily and allow your Spirit to do the work in and through me to produce good fruit.*

January 24 | Live in Harmony

- **Read:** Romans 12:15-16
- **Think about it:** As Christ followers, we are to live in harmony with everyone, not just with like-minded people. By doing so, we proclaim the gospel.
- **Pray:** *Help me, God, to live a life that is holy and Christ-centered; to proclaim the gospel through my actions by living in harmony with everyone.*

January 25 | Embrace Trials and Difficulties

- **Read:** James 1:2-4 and John 16:33
- **Think about it:** God defines our circumstances. Instead of viewing trouble as punishment, view it as an opportunity for God to work in your life.
- **Pray:** *Whenever I face trials, God, help me to turn it over to You knowing that You have the ability to work everything out for good.*

January 26 | Humble Like Christ

- **Read:** Philippians 2:5-8 and Matthew 23:11-12
- **Think about it:** In a "me first" culture, we need to remind ourselves that true freedom is found only when we humble ourselves like Christ.
- **Pray:** *Help me, God, to follow Christ's example and become a humble servant, knowing that all the glory belongs to You alone.*

January 27 | Be a Servant Like Christ

- **Read:** Matthew 20:25-28
- **Think about it:** Serving others isn't just for the now; it prepares us for the eternal by putting Christ-like humility and sacrifice into action.
- **Pray:** *Guide me, God, into ways that I may serve others, knowing that as I follow Christ's example, I, too, can bring change to the world around me.*

January 28 | Children of God

- **Read:** 1 John 3:2 and Galatians 3:26-28
- **Think about it:** You are a child of God, His offspring. Are you reflecting the image of God? Does this reality change your perspective?
- **Pray:** *Heavenly Father, thank you that through Christ's sacrifice I can be your child. I receive your salvation and acceptance into your bloodline.*

January 29 | SELAH

- **Pause:** Take time to reflect on where God has brought you this past week.

WEEK 3: TRANSFORM MY FAMILY, COMMUNITY, NATION, & WORLD

January 30 | Teach Your Children the Way of the Lord

- **Read:** Deuteronomy 6:5-7
- **Think about it:** How are you ensuring that the word of God is being engrained in the lives of those around you?
- **Pray:** *As you have taught me Your ways, God, help me to teach others of your awesome love so that they may develop their own "sticky faith."*

January 31 | Serve the Lord as a Family

- **Read:** Joshua 24:15
- **Think about it:** Serving God is a choice that we must make every day. When we remind ourselves of His blessings, it's an easy choice to make!
- **Pray:** *I praise You, God, for your many blessings! And I gladly choose to serve you today.*

February 1 | Love Your Neighbor

- **Read:** Matthew 22:37-39
- **Think about it:** We love others from the love that we ourselves have received from God, unconditionally and wholeheartedly.
- **Pray:** *As you have loved me, God, help me to love others with the same passion, purpose, and persistence.*

February 2 | The Body of Christ

- **Read:** 1 Corinthians 12:25-27 and Colossians 3:12-14
- **Think about it:** There is a grander purpose for the body of Christ. But it requires us to be clothed with humility, kindness, mercy, and forgiveness.
- **Pray:** *As You have loved and forgiven me, God, help me to offer that same love and forgiveness to others that we may become the true body of Christ.*

February 3 | Pray for our Nation

- **Read:** 2 Chronicles 7:14 and Matthew 6:9-10
- **Think about it:** True revival starts with ME. Each of us must make a decision to repent and ask that God's will be done in our own lives.
- **Pray:** *May revival begin in me, God. As I turn from my own wicked ways, may Your will be done to bring healing, freedom, and salvation to the lost.*

February 4 | Go Change the World

- **Read:** Matthew 28:19-20
- **Think about it:** We have been called to live out the gospel in our daily lives. But we are not alone - He is with us, to the very end of the age!
- **Pray:** *Open my eyes, God, to see opportunities each day to bring true, eternal life-change to those around me.*

February 5 | SELAH

- **Pause:** Take time to reflect on where God has brought you this past week.