

# 21 Days of Prayer & Fasting

## BECAUSE THERE'S MORE

*And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.*  
—Romans 12:2 (KJV)

### A Note From Pastor Sharome L. Gentry

I am excited about the new thing God is doing in His people as we corporately embark upon this time of prayer and fasting.

The divine purpose of fasting is to bring your flesh into submission in order for God's Spirit to move in your life and transform you into what He already knows you can be. Over the next 21 days, it is imperative that we keep our spirits open to everything God wants to reveal to us and that we remain focused. We must be intentional about the things that we say and do and spend quality time with God daily and remove all distractions. Let us move forward and consecrate ourselves corporately and individually. Remember that fasting is not just about abstaining from food, nor is it about you. It is about becoming intimate with God, as well as serving others.

I look forward to our collective transformation in God. May this special time with Him bring clarity, blessings, healing, and most of all, intimacy with God.  
*Because There's More....*

-Pastor Sharome L. Gentry

### Instructions For The Fast

- Every morning read a chapter of Proverbs.
- Every evening read a chapter of Psalms.
- Every morning and evening, commit to praying and seeking God for His direction.
- Every morning and evening, commit to reading confessions.

## **THE NORMAL FAST**

Abstinence from food, but not water (Matthew 4:2). “He fasted forty days and forty nights and afterward he was hungry.”

## **THE ABSOLUTE FAST**

Abstinence from food and water (Acts 9:9). “For three days he...neither ate nor drank.”

## **THE PARTIAL FAST**

Refrain from food for a designated period of time (Daniel 10:3). We suggest 6:00 p.m. - 6:00 a.m. During the hours of 6:00 a.m. – 6:00 p.m., we eat one meal and drink plenty of liquids.

## **THE MEDIA FAST**

Refrain from any media that does not encourage positive thoughts. Be selective in what you engage in and do not entertain any “drama” or idle conversation.

## **PREPARING FOR YOUR FAST**

1. Begin drinking plenty of water, (squeeze fresh lemon juice in your water).
2. Begin cutting back on caffeine and sugar. Drinking plenty of water will help you get over the cravings for these two things.

## **BREAKING YOUR FAST**

1. Please do not eagerly seek to eat everything you want at one minute past midnight on the final day of the fast. Slowly break the body in.
2. Begin with soft foods that are not heavy, such as Jell-O, applesauce, etc. Do this for at least two days.
3. Continue drinking plenty of liquids. Water is recommended.
4. Once you feel your body has adjusted, begin eating small quantities of healthy foods.

## **\*\*PLEASE NOTE\*\***

*Pastor Sharome L. Gentry and The Worship Center advise all members and participants of this consecration to consider their personal health needs and to consult their personal physician prior to beginning this fast. Therefore, we specifically disclaim any responsibility from any physical reaction from this fast.*

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## FOCUSING ON GOD

Paul so narrowed his focus that he discarded not only the things he once counted as gain, but he counted everything as garbage for the sake of obtaining Christ! He would lose it all if that allowed him to gain intimacy with Christ (Phil. 3:8, 9). Leaders who change the world have this kind of sharp focus. Think about the leaders of the Bible and the focus they had to bring about revolutionary change:

- **Abraham** left his homeland, wealth, and friends for a new land because he focused on the greatness on an unseen kingdom.
- **Joseph** had strength to endure hardship and prisons because his dream focused on the greatness of God.
- **Moses** could turn his back on Egypt because he focused on God's plan.
- **Stephen** preached an unpopular message and died a martyr because of his focus.
- **Paul** gave everything up and said, "This one thing I do."
- **Jesus** told Martha, "Only one thing is necessary." What does it take to gain the focus required to become a truly effective leader?

The keys are priorities and concentration. A leader who knows his priorities but lacks concentration knows what to do, but never gets it done. A leader with concentration but no priorities has excellence without progress. But when leaders harness both, they gain the potential to achieve great things.

People base their decisions on a variety of things:

- ◆ The Ultimate: first things first.
- ◆ The Urgent: loud things first.
- ◆ The Unpleasant: hard things first.
- ◆ The Unfinished: last things first.
- ◆ The Unfulfilling: dull things first.

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## FOCUSING ON GOD

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Paul exemplifies a leader who focused on the ultimate every day. How about you? To get back on track with your focus, work on these items:  
Work on yourself. You are your greatest asset or worst liability.  
Work on your priorities. Fight for the important ones.  
Work in your strengths. You can reach your potential if you do.  
Work with your colleagues. You can't be effective alone.

Excerpt from The Maxwell Leadership Bible, Copyright 2002 by  
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### **Scriptures To Reference:**

#### **Romans 12:2 – New King James Version**

*And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

#### **Philippians 4:8 – New King James Version**

*Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.*

#### **Philippians 4:8 – The Message Bible**

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse

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## The Confessions

### Confessions # 1 – Thinking

As you fast, ask yourself some important questions on goal setting in this section and write down your answers. Be honest.

#### Seven Questions For Goal Setting...

1. What are the five things you value most in life?
2. In thirty seconds or less, write down the three most important goals in your life right now.
3. What would you do if you hit the lottery and won a million dollars tax free tomorrow?
4. If you only had six months to live, how would you spend your time?
5. What have you always wanted to do, but was just afraid to try?
6. Looking back over your life, what type of activities gives you the greatest sense of importance and mental well-being?
7. Imagine you got one wish that you can achieve, what would it be?

### Confessions # 2 – Prosperity and Financial Release

1. I break all the assignments of the enemy against my finances in the name of Jesus.
2. I break all the curses of poverty, lack, debt and failure in the name of Jesus.

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### **Matthew 6:33 – New King James Version**

But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

3. I rebuke and cast out all spirits of the cankerworm, palmerworm, caterpillar and locust that would eat up my blessings in the name of Jesus. - **Joel 2:25.**

4. Lord, teach me to profit, and lead me in the way I should go  
–**Isaiah 48:17.**

5. You are Jehovah Jireh, my provider --**Genesis 22:14.**

6. You are El-Shaddai, the God of more than enough.

7. Wealth and riches are in my house because I fear you and delight greatly in your commandments –**Psalm 112:1-3.**

8. The blessings of the Lord upon my life makes me rich.

9. I am blessed coming in and blessed going out.

10. Jesus, you became poor, that through your poverty, I might be rich  
–**II Corinthians 8:9.**

11. I meditate on the Word day and night, and whatever I do prosper  
–**Psalm 1:3.**

12. I will prosper through the prophets and prophetic ministry –**Ezra 6:14.**

13. I believe the prophets and I will prosper –**II Chronicles 20:20.**

14. Lord, bring me into a wealthy place –**Psalm 66:12.**

15. I give and it is given to me good measure, pressed down, shaken together and running over –**Matthew 6:38.**

16. Rebuke the devourer for my sake –**Malachi 3:11.**

### **Psalm 105:37 - New King James Version**

He also brought them out with silver and gold, and there was none feeble among His tribes

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## The Confessions

### Confessions # 3 – Prayer for Healing and Health

1. New thinking brings health.
2. I am healed by the stripes of Jesus –**Isaiah 53:5**.
3. Jesus carried my sickness and infirmity –**Matthew 8:17**.
4. I cast out all spirits of infirmity that would attack my body in the name of Jesus.
5. I break, rebuke and cast out any spirit of cancer that would attempt to establish itself in my lungs, bones, breast, throat, back, spine, liver, kidney, pancreas, skin, stomach in the name of Jesus.
6. I rebuke and cast out all spirits causing diabetes, high blood pressure, low blood pressure, heart attack, stroke, kidney failure, leukemia, blood disease, breathing problems, arthritis, lupus, Alzheimer's or insomnia in the name of Jesus.
7. I loose myself from all heart attacks rooted in fear and I command the spirit of fear to leave in Jesus' name –**Luke 21:26**.
8. I loose myself from all cancer rooted in bitterness, un-forgiveness, resentment and slander of the tongue and I command these spirits to come out in the name of Jesus.
9. I loose myself from all bone disease rooted in envy and jealousy, and I command these spirits to come out in the name of Jesus.
10. Lord, you heal all my disease –**Psalm 103:3**.
11. I pray for my immune system to be strengthened in the name of Jesus – **Psalm 119:28**.