

KNOW YOUR PLAN

Nothing secures success like a proper plan:

- Receiving God's best blessing from a fast requires **solid commitment**.
- Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father.
- You must devote yourself to seeking God's face, even (and especially) during those times in which you feel weak, vulnerable, or irritable.
- Read His Word and pray during what were mealtimes.
- Don't allow your '**public life**' to pull you away from success.

Matthew 6:16-18 "Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you."

- Even in a **corporate time of fasting it is a private experience**. This passage reminds us to not allow the public distractions to pull away from our focus.

Consider your Schedule:

Know your 21 Days. What meetings, appointments, family functions do you have coming? For maximum spiritual benefit, **set aside ample time to be alone with the Lord**. The more time you spend with Him, the more meaningful your fast will be.

Morning:

- Begin your day in praise and worship.
- Read and meditate on God's Word.
- Pray for inner strength, conviction and growth.

Noon

- Read a book or dedicate time to memorize scripture.
- Take a short prayer walk.
- Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.

Evening

- Listen to a sermon or teaching.
- Meditate on what God is saying.
- Finish your night in worship.