



*Rev. Ralph S. Emerson, Senior Pastor*

**Vision:**

**"We exist to see people move from darkness to light by the transforming power and love of Jesus Christ."**

## **21 Days of Prayer & Fasting Jan. 5 – 25**

As we are graced with a new year, we are privileged with a great opportunity to allow Jesus Christ to be first in our lives. To prioritize God often requires us to empty ourselves, so that we can be full of Him. It is a moment to refocus and also to refuel. This is a call for us to grow spiritually. Spiritual growth involves Fasting, Prayer, and Scripture.

Fasting is a method to clear yourself spiritually and physically, to better hear from God and align your decisions, or in this case, the year with God's plan for your life. As a church-we want to start the year with a fast. We want to honor God with the first part of our year, aligning with God's plan for our lives and our church.

As we embark on these 21 days of listening to what God has to say to us, take some time each day to record your thoughts, feelings, and discoveries. While you seek to see God move and get into better alignment with His plan for your life, make sure you are asking specific questions and listening intently.

During each of the 3 weeks, take time to focus on something very specific. Identify the specific things you need to hear from God on, present the concerns of your heart, but also, make sure to leave room for God to speak to you freely.

Any good period of reflection and revelation should be followed by some intentional action planning. So, make sure you are journaling what you hear, taking actionable steps, and join us for Passion Week, January 27-28, 2025, for a time of corporate prayer, worship, and gathering vision. We want to make sure to translate what God has shown us into specific and tangible goals and actions, so we can make sure we are continually moving forward in alignment with God.

With this, it is our goal to help you grow spiritually in Christ and to become a more mature Christian.



## **Fasting Facts**

### **What is Fasting?**

Fasting is emptying myself physically so that I can be filled spiritually.

Fasting is something that God EXPECTS of ALL believers.  
(Matthew 6:16)

Stated simply, biblical fasting is refraining from food for a spiritual purpose.

Fasting helps me declutter my life so that I can make room to hear from God clearly.

### **Why Should I Fast?**

I don't fast to pay a price. The price has been paid. I fast to refine my focus so that I might more fully apprehend all that has been purchased.

There is a closeness to God that you simply will not experience from prayer or personal devotions alone. You must fast.

In order to win a spiritual fight, we must use spiritual weapons! (2 Corinthians 10:4-6)

We don't fast to move God; we fast so God can move us.

### **Why Does Rising Star Church Fast?**

To Acknowledge our sin before God (1 Samuel 7:5-6)

To receive direction from the Lord (Ezra 8:21)

To acknowledge a change of direction because of God's mercy  
(Jonah 3:5)

To receive protection from the enemy's attacks (2 Chronicles 20:3)

To receive power over our enemy (Mark 9:29)

To receive clarity for our calling (Acts 13:2)

To receive alignment, authority, and anointing for our assignment  
(Acts 13:3)



## How Should I fast?

### **It should be PRIMARY:**

Fasting before a major decision or at the beginning of the year, invites the presence of the Holy Spirit in to direct that decision or year. (Matthew 4:1-11)

### **It should be SACRIFICIALLY:**

If it doesn't mean anything to you, it doesn't mean anything to God! (2 Samuel 24:24)

Many people will couple their fast from food with a fast from something else they enjoy (i.e., social media, television, etc.).

### **It should be PRIVATELY:**

Fasting is a matter of the heart. (Matthew 6:17-18)

We should not brag about our fasting, compare our fast to others, or make ourselves the "victims" of the fast (i.e., complaining about the headache, lack of food, or desire to finish the fast).

### **It should be CORPORATELY:**

Fasting together releases a corporate blessing and supernatural favor. We can see the results together as we fast and pray together. (2 Chronicles 20:3, Ezra 8:21)

### **It should be INCREMENTALLY:**

Absolute fasts

- No Food, No Water
- Short periods (1-3 days, some may decide to go up to seven days.)

Normal fasts

- No Solid Foods
- Liquids only Fast
- Longer periods (7-10 days, some may decide to go up to 21 days)

Partial fasts

- Abstaining from some foods (i.e., meat, sweets, breads, and or pastas)
- Extended periods (21 days or longer)

*\*Note: Please consider your personal health condition, and if needed consult a physician prior to embarking on a fast.*



## **2026 Fasting Guidelines**

### *Something Physical & Something Visual*

#### **Something Physical**

As stated above fasting has always involved food. We often consume foods that are not only unhealthy but become stumbling blocks to our ability to focus in on what God wants to say to us.

We are asking everyone to sacrifice at least one thing (but you can do more) physical. Suggestions include but are not limited to:

- Sugary drinks (soda, punch, lemonade, etc.)
- Coffee
- Meat
- Snacks
- Bread

#### **Something Visual**

In our modern society, food is often not our only stumbling block. Food is not the only thing we “consume.” We are inundated with so many people vying for our attention, that God gets very little of it. We can’t adequately hear God overwhelmed with what the world has to say.

We are asking everyone to sacrifice at least one thing (but you can do more) visual. Suggestions include but are not limited to:

- TV Shows
- News Outlets
- Movies
- Social Media
- Books
- Magazines

It is not enough to empty out, if we don’t fill up. Matthew 12:43-45 describes the condition of someone who has their house cleaned and cleared but leaves it unoccupied and therefore finds himself in a worse condition than he began.



## **Fasting Devotional Guide**

*We encourage all parents and caretakers to follow along with the kids devotional guide as means to grow together as a family*

*Feel free use the kids devotional guide as well as the one below.*

**Join us as we walk together through the Bible this year**

**Follow Rising Star Church on YouVersion, a free Bible app helping millions seek God daily.**

