In the bible we see multiple examples of God’s people entering into a season of fasting for spiritual breakthrough. We believe that just like God moved to do the impossible in these times of fasting, that as we take this 21-day journey together He will move in our lives as well.

Fasting is abstaining from something that we need or enjoy for the purpose of intense spiritual focus through scripture and prayer. Fasting, when coupled with prayer can be a powerful tool to help us draw near to the Lord and see Him bring about spiritual breakthrough in our lives individually and our church corporately. We've created this resource guide to help you with this journey.
What type of fast is best for my journey?

Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing.

• 21-DAY COMPLETE FAST – Drink only liquids.
• 21-DAY PARTIAL FAST – Fast from certain meals or fast from sunup to sundown each day.
• 21-DAY PROGRESSIVE FAST – Week 1, fast from certain meals. Week 2, fast from sunup to sundown. Week 3, complete fast - only liquids.
• 21-DAY DANIEL FAST – Eat fruits and vegetables - no meat, sweets, or bread.

How do I begin my fast?

• Determine the type of fast. Which type of fasting (from above) am I doing?
• Before fasting, petition the Lord in prayer, asking Him to identify the spiritual breakthroughs you are needing in your life or family. (healed marriages, broken addictions, salvation of loved one, healing, financial provision, etc.)

Tips to make this 21-day journey more successful:

• Be completely committed to this 21-day journey.
• Prayer and the Word are essential. The focus is not the absence of food but pursuing the Lord in prayer.
• Be mindful of anything that would hinder your time in prayer. (Social media, news outlets, movies and music, gossip, etc.)
• Regular participation in corporate worship and when possible, The Prayer.
• Be willing to deal with any unconfessed sin, bitterness or unforgiveness that may surface during this journey.
• Check out this fasting resource for guidance: https://bit.ly/2XgL9Zw
• Be sure to take full advantage of the resource guide we will be sending out to everyone who registers their fast below as added guidance and accountability.

Church family breakthrough petitions:

• Boldness to share Christ with those around us resulting in 500 salvations from 1.13.21 - 1.13.22.
• For God to move miraculously with a fresh outpouring of His Spirit in our church.
• Re-engagement of families who have been disconnected from the Body and specifically to raise up strong men and women in the faith.
• God’s financial provision for expanding our mission (land to sell, facilities in Kilgore or Hallsville for future campuses).
• Revival and spiritual awakening in our church, community, state and nation.
• A desire for the manifestation of the Spirit of God during all weekly worship services (including The Prayer).
• Make us a “House of prayer” by increasing our attention to the necessity of prayer individually and through participation in The Prayer corporately.

Register your fasting journey with this QR code so our Pastors and Elders can pray for you during this time. Let’s also encourage each other! To share your testimonies during this journey, text story to (855) 888-8797.