**21-Day Fast and Prayer Instructions**

Welcome to our 21-day fast and prayer journey. This is a time for spiritual growth, self-reflection, and seeking the Lord. Below are the instructions for our fast and prayer period:

**Duration:**

* The fast will begin on **October 30** and conclude on **November 20**.

**Types of Fast:**

* You can choose the type of fast that is appropriate for you. Some options include fasting from food, specific meals, entertainment, or any other area that you feel led to abstain from.
* Couples are encouraged to discuss and decide together what they will fast from. This promotes unity and accountability within your relationship.

**Daily Prayer:**

* Every night, except for nights when we have scheduled Bible studies, set aside time for prayer.
* During your prayer time, seek the Father's guidance and reflect on your fasting experience.
* Pray for personal growth, spiritual renewal, and any specific intentions you may have.

**Daily Scripture and Prayer:**

* As part of your daily prayer, meditate on Ephesians 3:14-21. Here is the passage:

**Ephesians 3:14-21 (NIV):** "For this reason, I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen."

**Bible Studies:**

* On nights when we have scheduled Bible studies, come prepared to engage in the study and discussion.
* Use this time to deepen your understanding of the Word of God and how it relates to your fast and prayer journey.

**Self-Reflection:**

* Take moments throughout the fast to reflect on your experiences, challenges, and insights.
* Journal your thoughts, prayers, and any revelations you receive during this period.

**Fasting Tips:**

* If you choose to fast from food, consult with a healthcare professional if you have any medical conditions or concerns.
* Stay hydrated during your fast, and consider incorporating light, nutritious foods to break your fast in a healthy way.
* Remember that fasting is a personal journey, and there's no one-size-fits-all approach. Listen to your body and be mindful of your limitations.

**Support and Accountability:**

* Reach out to fellow participants for support and encouragement during the fast.
* If you have any questions or need guidance, don't hesitate to contact [Contact Person] for assistance.

May this 21-day fast and prayer period be a time of spiritual growth, renewal, and a deeper connection with our Heavenly Father. Stay committed, seek His presence, and may you be blessed abundantly throughout this journey.