
21 DAYS OF PRAYER & FASTING FAQ

1. WHY SHOULD I FAST?

Fasting is one of the most powerful weapons that God has given us for our daily lives. Fasting brings people closer to God and allows them to hear His still Small Voice.

2. WHEN IS THE FAST?

Monday, August 8th through Sunday, August 28th.

3. FASTING PLAN?

Option 1

Week 1: Omit one meal

Week 2: No food from 7am until 3pm only 100% juice and water

Week 3: No food from 7am until 7pm only 100% juice and water

Option 2

Week 1: No food from 7am until 3pm only 100% juice and water

Weeks 2-3: No food from 7am until 7pm only 100% juice & water

Option 3

Weeks 1-3: No food from 7am until 7pm only 100% juice & water

4. Where can I get the devotional?

- You can visit the church website TheWestPointChurch.org and download the devotional
- You can follow us on Facebook to receive the devotional daily
- You can have the devotional text message to you by way of a link
- You can receive a hard copy. (There will be a limited amount of booklets available)

5. WHAT IS PRAYER?

Simply put, prayer is communicating with God. Real prayer is expressing our devotion to our Heavenly Father, inviting Him to talk to us as we talk to Him.

6. HOW CAN I PRAY?

Although prayer cannot be reduced to a formula, certain basic elements should be included in our communication with God: Adoration, Confession, Thanksgiving, and Supplication (A.C.T.S.).

- **Adoration:** Is to adore God is to worship and praise Him, to honor and exalt Him in our heart and mind and with our lips.
- **Confession:** When our discipline of prayer begins with adoration, the Holy Spirit has the opportunity to reveal any sin in our life that needs to be confessed.
- **Thanksgiving:** Is an attitude of thanksgiving to God, for who He is and for the benefits we enjoy because we belong to Him, enables us to recognize that He controls all things not just the blessings, but the problems and adversities as well. As we approach God with a thankful heart, He becomes strong on our behalf.
- **Supplication:** Supplication includes petition for our own needs and intercession for others. Pray that your inner person may be renewed, always sensitive to and empowered by the Holy Spirit. Pray for others, your spouse, your children, your parents, neighbors and friends, our nation, and those in authority over us. Pray for the salvation of souls, for daily opportunity to introduce others to Christ and to the ministry of the Holy Spirit, and for the fulfillment of the Great Commission.

Each member should seek their healthcare physician to see if they should take part in the fast or take part in a modified fast. Remember your fast is until God! Remember to read Isaiah 58 to learn about the behaviors that are appropriate during this time of fasting and praying.
