



21 DAYS OF FASTING

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ROCK OF REFUGUE  CHRISTIAN CHURCH

MESSAGE FROM THE PASTOR

Dear Church!

I commend you for taking the time to read this booklet. Some ministers and I have prepared this 21-day guide to bless your lives, families, and community. This is a special time that God has provided for us to come together as a family of faith and tune our spiritual ears.

Samuel Chadwick once said, “Satan fears nothing but prayer. His only concern is to keep the saints from prayer. He does not fear prayerless study, prayerless work, or prayerless religion. He laughs at our effort, he mocks our wisdom, but he trembles when we pray.”

As a family of faith, we will begin 2025 with our annual rhythm of intentional prayer and fasting. We have found this to be a much-needed practice as many of us are desperate for spiritual breakthrough. This is precisely one of the things that the practice of fasting often brings. We are asking ourselves, “What is God waiting to pour out on our church, our city, or our lives if we seek Him through prayer and fasting?”

Let us take advantage of this time to seek the Lord together.

God bless you!

Pst. Guillermo Palacios Jr.

Senior Pastor, Rock of Refuge



FAST

WHAT DOES THE BIBLE TEACH ABOUT FASTING?

WHAT IS FASTING

Fasting intensifies our dependence on God by weakening our dependence on food and other things, helping us to identify and heal the emptiness we try to fill with temporary pleasures. It invites us to abandon the false peace offered by our usual activities and to seek true peace in God.

It also teaches us that we can live without indulging all our desires, freeing ourselves from their bondage and developing self-control. It also guides us toward contentment, as 1 Timothy 6:6 reminds us: "Godliness with contentment is great gain."

Fasting deepens our hunger for God and reminds us that we do not live on food alone, but on "every word that proceeds from the mouth of God" (Matthew 4:4). We abstain from earthly things in order to feed on His Word and experience His presence.

It is not a diet or a simple renunciation, but an intentional act of seeking God. Fasting should always be centered on Him, strengthening our relationship with the Lord and aligning ourselves with His will.



FAST

Dr. Richard Foster

“More than any other discipline, fasting reveals the things that control us. This is an invaluable benefit to the disciple who desires to be transformed into the image of Jesus Christ. We often cover up what is within us with food and other good things, but during fasting these things come to the surface. If pride is controlling us, this will manifest itself almost immediately. As David wrote, “I have afflicted my soul with fasting” (Psalm 69:10). Likewise, if there is anger, bitterness, jealousy, strife, or fear within us, these emotions will be revealed during fasting, giving us the opportunity to surrender them to God.”

Dr. Richard Foster



THREE STEPS

HOW TO FAST

STEP 1: CLARIFY THE PURPOSE OF YOUR FAST.

Why are you fasting? Ask the Holy Spirit to clarify His leading and the goals of your prayer fast. This will enable you to pray more specifically and strategically. Fasting is directed and initiated by God. This means that He prompts the desire to fast and pray. God is pleased when we fast.

STEP 2: SPECIFY THE TYPE OF FAST YOU WILL PERFORM.

Pray about the type of fast you should undertake. Jesus implied that all of His followers should fast. (Matthew 6:16-18; 9:14-15) For Him, it was a matter of when believers would fast, not if they would. Before you begin your fast, decide the following in advance:

- How long will your fast last: One meal, one day, one week, several weeks, certain days?
- The type of fast God wants you to do: This is explained in the “Types of Fasting” section below.
- What physical or social activities will be limited.
- How much time each day will you dedicate to prayer and the Word of God

Making these commitments in advance will help you maintain your fast when physical temptations and life's pressures prompt you to abandon it.



THREE STEPS

HOW TO FAST

STEP 3: PREPARE YOUR HEART, MIND AND BODY FOR FASTING.

Fasting is not something you spur of the moment; it is planned. There are several things you can do to prepare. Fasting requires reasonable precautions. Consult your doctor first, especially if you take prescription medications or have a chronic illness. Some people should never fast without professional supervision.

Don't rush into your fast. Prepare your body. Eat smaller portions before you start your fast. Avoid foods high in fat and sugar. Eating raw fruits and vegetables before fasting is helpful. Physical preparation makes the drastic change in your eating routine a little easier, allowing you to fully focus on God and be in prayer.

Prepare your heart and mind: Remember that God is your Father, that He loves you and is on your side.

Confess your sins and accept God's forgiveness. (1 John 1:9).

Seek forgiveness from those you have offended and forgive all who have hurt you. (Mark 11:25; Luke 11:4; 17:3-4)

Surrender your life completely to Jesus Christ. (Romans 12:1-2).

Meditate on God's attributes: His love, sovereignty, power, wisdom, faithfulness, grace, compassion, among others. (Psalms 48:9-10; 103:1-8, 11-13).

Begin your time of fasting and prayer with an expectant heart. (Hebrews 11:6)



THREE STEPS

HOW TO FAST

Step 3: Prepare your heart, mind, and body for fasting. (continued)

Don't underestimate spiritual opposition. Times of fasting and prayer can intensify the spiritual, emotional, and physical battles we face. (Galatians 5:16-17)

Lastly, and of great importance, Jesus instructs us in Matthew not to draw attention to our fasting. The specific details of your fast should not be something you constantly discuss with others. They should remain between you and God.



WHAT WE WILL ASK GOD FOR

- “Create in me a clean heart.”
- “Help me to know my gifts.”
- “I will humble my soul.”
- “Help me to know Jesus.”
- “I want more of you, my God.”
- “Help me to master my temptations.”
- “God, help me to hear you.”
- “I will wait on you.”
- “Make me part of your plan.”
- “Multiply my effectiveness.”
- “Help me to be in agreement.”
- “Give me wisdom.”
- “I want to think like you think.”
- “Grant me an understanding heart.”
- “Bless me abundantly.”
- “Give health to my body and mind.”
- “Help me to prosper so I can bless others.”
- “Make your Word alive.”
- “Do more than I can ask, think or imagine.”
- “Thanks for the advance.”
- “Bring me, and those around me, to the right people, to the right place, and at the right time, for the right things to happen.”



WHAT DO WE FAST

- **01** BE SPIRITUALLY ALERT TO TEMPTATIONS.
Mateo 4:2
- **02** KNOWING GOD'S WILL REGARDING A PARTICULAR MATTER. Judges 20:26 and Acts 14:23
- **03** TO SHOW REPENTANCE
1 Samuel 7:6 ; 2 Samuel 12:16, 21-23, Nehemiah 9:1-3, Daniel 9:3, Jonah 3:5
- **04** FOR THE WORK(S) OF GOD
Nehemiah 1:4
- **05** FOR THE PROTECTION OF GOD
2 Chronicles 20:3, Ezra 8:21-23, Esther 13-16 Matthew 4:2
- **06** AS PART OF WORSHIP
Luke 2:36-37, Acts 13:2-3
- **07** WHEN THERE IS SADNESS
1 Samuel 31:13; 2 Samuel 1:11-12, Samuel 12:16, 21-23, Daniel 6:18
- **08** GOD'S GUIDANCE
Acts 13:2-3



PHYSICAL PREPARATION

PREPARING FOR A SUCCESSFUL FAST

- Get a good night's rest: A successful fast begins with a good night's rest. This will help you avoid fatigue and excessive tiredness during the day.
- Avoid heavy meals: Try not to eat heavy meals the night before fasting or immediately after ending your fast.
- Inform your family: Talk to your family members, especially your husband or wife, about your commitment to fast. Communication is key. (1 Corinthians 7:5)
- Define the duration of the fast: Decide how long you want to fast: half a day, a full day, or several days, depending on what you feel in your heart.
- Focus on your own journey: Don't compare yourself to what others are achieving. Everyone is at a different stage of their spiritual walk. Let the Holy Spirit guide you and help you on this journey.
- Consider side effects: During fasting, you may experience side effects such as diarrhea, fatigue, weakness, increased body odor, headaches, among others, due to the natural detoxification process.
- Prioritize your health: If you need to break your fast for health reasons, don't consider it a failure. The goal of fasting is not to suffer unnecessarily, but to please the Lord and be good stewards of our bodies. (1 Corinthians 6:19-20)
- Remember: Fasting is a spiritual discipline that requires preparation and wisdom. With faith and obedience, the Lord will strengthen you in your commitment.



SPIRITUAL PREPARATION

PREPARING FOR A SUCCESSFUL FAST

There are different ways to fast depending on your abilities, needs, and time available. Below are some fasting options and how you can handle them:

Partial Fasting (Half Day):

You can fast from morning to noon (for example, from 6:00 a.m. to 12:00 p.m.). This type of fasting is ideal for those who are just starting out or have physical commitments that do not allow for prolonged fasting.

Full day fast:

It consists of abstaining from food for the entire day, usually from 6:00 am to 6:00 pm. This is a time to focus intensely on prayer, Bible reading, and communion with God. Note: (If you have the need to drink water, do so at your discretion.)

Fasting for several consecutive days (Can be from 6:00 a.m. to 12:00 p.m. or 6:00 a.m. to 6:00 p.m.)

If you feel God is leading you to a longer fast, you may plan for several days in a row. During this time, it is important to drink water to maintain hydration and energy.

Interval Fasting (Alternate Days):

This type of fasting involves setting aside specific days in the week to fast. For example, fasting on Mondays, Wednesdays, and Fridays. It's a great way to maintain a steady pace of spiritual seeking without affecting your daily responsibilities too much.



SPIRITUAL PREPARATION

RECOMMENDATIONS FOR MANAGING FASTING TIMES:

- Before beginning your fast, pray and ask the Holy Spirit to guide you on the time and type of fast you should undertake.
- Don't overexert yourself. If you're new to fasting, start with partial fasts and gradually work your way up to longer periods.
- Plan your time. During the fast, set aside specific times to pray, read the Bible, and meditate on God.
- End your fast with gratitude, thanking God for the time you were able to spend in His presence.
- If for some reason you need to stop your fast, whether for health reasons, physical reasons, medical reasons, etc., do not feel like you have failed. The goal is not to torture yourself, but to honor God with what you can offer. Over time, you will learn from this experience, be able to plan better, and develop more endurance and discipline.

“The length of your fast is not as important as the strength of your focus on God while you fast.” - Dr. Chris Hodges



UTILIZING THE BIBLE

HOW TO USE THE BIBLE DURING FASTING TIME

If you want to know God or take the next steps in your faith journey, no matter where you are, you can build your life on God's Word. It is the solid foundation of who we are and everything we do. The Bible is not optional; it is not something we can ignore just because we don't like it or don't understand it.

Dr. Chris Hodges shares six simple steps to help Christians live a Bible-based life:

- Invite the Bible into your life – Accept its authority and trust what it says.
- Include the Bible in your daily routine – Don't forget it; make it a habit.
- Prioritize time to read God's Word – Be intentional about setting aside time to read it.
- Choose a Bible reading plan – Decide how and where to start, such as reading one chapter a day.
- Allow the Bible to speak to your heart – Don't just read it; let it challenge and transform you.
- Apply the Bible to your daily life – Look for practical ways to live out what you learn.

Building your life on the Word of God will give you a strong foundation that will withstand any storm.



21 DAYS

WEEK ONE

- **DAY 01: PEACE IN THE MIDST OF THE STORM**

John 14:27 Peace I leave with you, my peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

Reflection: Christ's peace is not dependent on circumstances. In the storms of life, His peace is a firm anchor for our souls. Pray to trust in His presence even in difficult times.

- **DAY 02: BAPTISM OF THE HOLY SPIRIT**

Acts 1:8 But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the end of the earth.

Reflection: The Holy Spirit empowers us to live in victory and to be witnesses of Christ. Ask the Lord to fill your life with His Spirit and His power.

- **DAY 03: TRUST IN THE LORD**

Proverbs 3:5-6 Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will direct your paths.

Reflection: Trust in the Lord completely, even when you don't understand His plan. He will always guide your steps along the right path.

- **DAY 04: DESIRE TO SEEK MORE OF THE LORD**

Psalms 42:1 As the deer pants for the water brooks, so my soul pants for you, O God.

Reflection: Pray that the Lord will awaken in you a deep hunger and thirst for His presence.



21 DAYS

WEEK ONE

- **DAY 05: DOMINION OVER TEMPTATIONS**

1 Corinthians 10:13 No temptation has overtaken you except what is common to mankind, but God is faithful; he will not let you be tempted beyond what you are able.

Reflection: Trust that God always provides a way out in the midst of temptations. Ask for His strength to overcome.

- **DAY 06: BE MORE LIKE CHRIST**

Philippians 2:5 Let this mind be in you which was also in Christ Jesus.

Reflection: Ask the Lord to help you reflect His character in your thoughts, words, and actions.

- **DAY 07: DISCIPLESHIP MINDSET**

Matthew 28:19 Go therefore and make disciples of all nations.

Reflection: Pray that you will have a heart willing to teach and accompany others in their walk with Christ.



21 DAYS

WEEK TWO

- **DAY 08: UNITY IN THE CHURCH**

Ephesians 4:3 Make every effort to keep the unity of the Spirit in the bond of peace.

Reflection: Unity is a sign of Christ's love. Ask the Holy Spirit to strengthen communion in your church.

- **DAY 09: INNER HEALING**

Psalms 34:18 The LORD is close to the brokenhearted, and saves such as are crushed in spirit.

Reflection: Present your wounds to the Lord. He is faithful to heal your broken heart.

- **DAY 10: UNWAVERING FAITH**

Hebrews 11:1 Now faith is the substance of things hoped for, the evidence of things not seen.

Reflection: Trust that God will renew your strength when you feel weak. He is your rock.

- **DAY 11: SPIRITUAL STRENGTH**

Isaiah 40:31 But those who wait for the Lord will renew their strength.

Reflection: Trust that God will renew your strength when you feel weak. He is your rock.



21 DAYS

WEEK TWO

- **DAY 12: PURITY OF HEART**

Psalms 51:10 Create in me a clean heart, O God, and renew a steadfast spirit within me.

Reflection: Ask the Lord to cleanse your heart and guide you to live in holiness.

- **DAY 13: GRATITUDE TO GOD**

1 Thessalonians 5:18 Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Reflection: Thank the Lord at all times, trusting in His sovereignty and goodness.

- **DAY 14: DIVINE DIRECTION**

Psalms 37:23 The steps of a man are directed by the LORD, and he delights in his way.

Reflection: Pray that the Lord guides each of your decisions and steps.



21 DAYS

WEEK THREE

- **DAY 15: VICTORY OVER SIN**

Romans 6:14 For sin shall not have dominion over you: for ye are not under law, but under grace.

1 John 5:18 We know that no one born of God sins; for He who has been born of God keeps him, and the evil one does not touch him. Reflection: Declare Christ's victory over your life and walk in His grace.

- **DAY 16: LOVE FOR OTHERS**

John 13:34 A new commandment I give to you, that you love one another.

Reflection: Ask the Lord to teach you to love others as He loves you.

- **DAY 17: SPIRITUAL RENEWAL**

Romans 12:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Reflection: Seek daily transformation in Christ, renewing your mind in His word.

- **DAY 18: DIVINE WISDOM**

James 1:5 And if any of you lacks wisdom, let him ask God.

Reflection: Pray for wisdom to face life's challenges with discernment.



21 DAYS

WEEK THREE

- **DAY 19: SPIRITUAL PROTECTION**

Psalms 91:11 For he will give his angels charge over you to guard you in all your ways.

Reflection: Rest in divine protection and trust that God takes care of you.

- **DAY 20: POWERFUL TESTIMONY**

1 Peter 2:9 That you may proclaim the praises of him who called you out of darkness into his marvelous light.

Reflection: Pray to be a living testimony of the power and love of Christ.

- **DAY 21: JOY IN THE LORD**

Philippians 4:4 Rejoice in the Lord always. Again I say: Rejoice!

Reflection: Find your joy in the Lord, regardless of the circumstances.



SUMMARY OF 21 DAYS

Now that the 21 days of fasting and prayer have concluded, it is a good time to reflect on your personal growth. Set aside some time alone or with your family to consider and answer the following questions, as they will serve as valuable indicators of the progress you have made during this period.

- What significant insights or discoveries have you gained about yourself during these 21 days?
- How have fasting and prayer contributed to a clearer understanding of your calling or mission?
- How have you practiced discipline and self-control during this period of fasting?
- Have you faced any challenges or obstacles during the period of fasting and prayer? What lessons have you learned from them?
- What spiritual goals or practices do you aspire to continue beyond the fasting period?
- Please share your experience with us. Send an email to Admin@RDRChurch.com

