



21-DAY CORPORATE FAST

March 14 – April 3, 2022

WEEK 1: MARCH 14-20, 2021

- Daily Group Readings in Faithlife
- Refrain from negative or meaningless conversation.
- Refrain from social media (Facebook, Twitter, text, Instagram, etc.) unless necessary for work or ministry.
- List prayer for Who's Your One and family, identify a prayer partner and pray together weekly
- Search your heart and make confessions of sin and ask God to cleanse you.
- Have intentional devotion in the morning or evening whichever is best for you, but the greater sacrifice is always early morning.
- Begin every prayer with confession of sin, thanksgiving and adoration

WEEK 2: MARCH 21-27

6:00 am to 6:00 pm water/ juice only.

- You can begin an absolute fast this week if you're able
- Daily Group Readings in Faithlife
- After 6:00pm fruits, vegetables, fish, poultry (no red meats).
- No social media 6pm-6am.
- Pray specifically for breakthrough in any habits or hurts
- Prayer Intercession for others by name with prayer partner
- Pray for the church
- Pray for Who's Your One, the unsaved in your family, in your community, and the world.
- Pray for leaders, pastors, churches, and the country.
- Take time to encourage someone
- Have nightly quiet time. No TV one hour before bedtime.

WEEK 3: EXPERIENCING BREAKTHROUGH: MARCH 28 - APRIL 3

- Daily Group Readings in Faithlife
- Continue absolute fast or no meats, sweets, or breads.
- Fruits and vegetables only with water.
- Meditate on the promises of God and what He is doing in this final week.
- Have intentional devotion morning and night.
- Affirm your love and trust in God
- Personal Prayer three times a day (e.g., 8:00 am, 12:00 pm, 6:00 pm).
- Testify of God's goodness to someone and what He is doing.
- Witness to someone about Jesus and pray for their salvation.