

KINGDOM WOMEN INTERNATIONAL
21 DAYS PRAYER & FASTING 2020



PRACTICAL DETAILS

WHEN: Starts on Tuesday, September 1st at 12:01 am and ends on Wednesday, September 21st at 12 noon.

WHO: We invite anyone who desires to join us regardless of where they live. The United States needs your prayers.

WHY: For a personal encounter with Jesus, to receive a greater understanding of God's heart and plan and for

1. Repentance & Peaceful Elections
2. Unity for our Nation
3. Prayer for all Government Leaders
4. Harvest of Souls
5. Protection over God's people, the end of COVID-19 lockdowns, and the opening of our Economy, Schools, and Churches.

WHAT: We encouraged all to spend more time in prayer and study God's Word during this time.

HOW: Fast food according to the Daniel Fast, or fast media and entertainment. Set aside as regular times of prayer personal. Gather others you know to pray during these 21 days to pray each week if possible.

The purpose of biblical fasting is to set aside food and time to draw closer to Jesus and contend for a breakthrough in His kingdom purposes over the United States.

WHAT IS THE DANIEL FAST?

There are two primary scriptures related to the Daniel fast. In Daniel 10:3, we learn that Daniel ate no meat or tasty foods and drank no wine. In Daniel 1:12, we see that he ate only vegetables and drank water. The Word that is translated vegetables in the NKJV is translated as pulse in the KJV—it comes from the Hebrew *zērōa*, which means "that which grows from seed." It includes vegetables, fruits, whole grains, legumes

(peas or beans), nuts, seeds, tofu, and herbs. 3 I ate no pleasant food, no meat or wine came into my mouth...[for] three whole weeks... (Dan. 10:3) 12...ten days, and let them give us vegetables to eat and water to drink. (Dan. 1:12, NKJV) 12...ten days; and let them give us pulse to eat, and water to drink. (Dan. 1:12, KJV)

Daniel Fast: A common approach includes eating in strict moderation vegetables, fruits, whole grains (breads or rice from whole grains), legumes (peas or beans), nuts, seeds, tofu, and herbs. Many also agree that Daniel abstained from all meat, sugar, dairy products, wine, and from all pleasant foods (all that enhances the flavor of food—seasonings, salad dressings, sweetener, etc.). It calls for abstaining from all pleasant foods—not only "meats and sweets."

The Daniel Fast is a real fast from food to enhance our spiritual life. It is not merely a diet or eating with moderation. It involves significantly reducing the types and amount of food that we usually eat and significantly increasing our time with the Lord. The point of fasting is to embrace a season of heightened consecration and focus on the Lord.

Fasting food is a voluntary weakness— it weakens us physically and mentally. We position ourselves before the Lord that our hearts may be tenderized and become more sensitive and able to receive more from the Lord.

If you have any health problems at all, we encourage you to consult your physician before fasting. Pregnant and nursing mothers should consider adding fish and cheese in a Daniel fast.

We are fasting to personally encounter God and His love and for a renewal in our spiritual life and seek God for breakthrough for our nation. We will provide you with scripture, prayer, and a closing declaration.

WEEK ONE

Take time to read through Daniel 9 and 10 this week and also focus on the Scriptures below. Daniel set his face towards God to gain understand and prayed diligently for Jerusalem. "I set my face toward the Lord God...by prayer... (Dan. 9:3) I was speaking, praying, and confessing my sin... "(Dan. 9:20).

FOCUS THIS WEEK - REPENTANCE & GREATER HOLINESS

- Focus on confessing and renounce compromises and recommit your life to fully obey Jesus.
- Then confess on behalf of the USA as a citizen for the sins of our nation. This includes all acts of rebellion towards God.
- Confess and ask the Lord to forgive us wherever the church has sinned as well.
- Ask the Lord for an increase in understanding and His plan for the United States. Journal what He shows you.
- Thank the Lord for His mercy and forgiveness
- Pray as the Holy Spirit leads you throughout the week.

DECLARATION

I declare today as I confess my sins that you are faithful and just to forgive us me. I declare I am forgiven and will walk in a greater measure of Holiness. I declared your mercies are new for us every morning, and nothing will separate me from your love. Lord, I declare you have a plan according to Jeremiah 29:11 not only for my life but for this nation that is good and full of hope. We pray and declare that your plan, your agenda will come to pass for the USA. In Jesus' name.