

**WHILE  
FASTING**

21 DAYS OF PRAYER AND FASTING

# 21 DAYS OF PRAYER AND FASTING

PRAYER & FASTING BOOKLET  
JULY - AUGUST 2025

**PRAYER  
& FASTING**

# FOREWORD

We believe in the power of prayer and fasting at Freedom Centre. They intimately go hand in hand. We know that giving ourselves fully to 21 days of prayer and fasting will build us personally and corporately as a church, as we position ourselves to SEEK JESUS.

The key verse for our time of prayer and fasting is Ephesians 6:18 "And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."

Let's fast and pray together as we come humbly before the Lord and seek Him again. Let's not hold any parts of ourselves back from God in the next 21 days, but present ourselves to God to be moulded, shaped and refined; so that our next season will be our greatest season yet!

Follow this guide for everything you need to know, including a prayer focus for each day, information about fasting, FAQs and more.

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FREEDOM CENTRE 2025

**RELEASE**



# OUR *PRAYER* FOR *YOU*

Our prayer for you in the next 21 days is that you would have a powerful time of consecration with God. Fasting allows our physical hunger to be a representation to God of our spiritual hunger. We are so grateful for a church that is hungry and desperate for more of God. We see it in our services, we see it in our worship and we see in it the buy-in, not only to what God is doing at Freedom Centre, but the buy-in and hunger toward God's Word, to community in small groups and in everything we do! We have such an incredible church family!

Our heart is that the next 21 days would achieve a few different things among us;  
Bring each of us closer to Jesus in a personal and intimate way.  
Be an opportunity for us to be refined; corrected and stretched by the Holy Spirit. God wants to purify us and make us more like Jesus in every way.  
Be a time where we would selflessly and intentionally pray for one another and be bonded together in unity.

We believe this time of prayer and fasting will be marked by corporate love and selflessness. God is knitting us together as a community. He is strengthening our unity and He is calling us to be marked, not only by our love for Him, but also by our love for one another.

We sense a deepening of relationships will take place over the next 21 days as we truly stop and pray for each other. Let us never underestimate the supernatural power of prayer!

And we believe this time of prayer and fasting is going to be a continual catalyst for revival in our churches and in our lives.

We are so grateful for every person who calls Freedom Centre home. We love each of you. Thank you for fasting and praying with us. We are embarking on 21 days of power and God-encounters!

Let's do this!

# WHAT IS *FASTING?*

Fasting is a spiritual discipline that is taught in The Bible. Jesus expected His followers to fast, and He said that God rewards fasting. Fasting, according to The Bible, means to voluntarily reduce or eliminate your intake of food for a specific time and purpose.

“And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.”  
Matthew 6:16-18 (NLT)

Ultimately, fasting is more about replacing than abstaining. It is filling our lives with God’s Word instead of with food, social media or entertainment. It is finding satisfaction and enjoyment in God and in God alone. Fasting helps us humble ourselves before the Lord and positions us to experience spiritual breakthroughs in our lives.



- FASTING IS NOT ONLY ABOUT SAYING NO TO THE BODY AS IT IS ABOUT SAYING YES TO THE SPIRIT.
- FASTING IS NOT A MEANS OF SEEKING GOD'S BLESSINGS, AS MUCH AS IT IS A MEANS OF SEEKING GOD'S FACE.
- FASTING IS FEASTING ON THE LORD. LOOKING TO HIM FOR COMFORT, POWER, STRENGTH, GUIDANCE, FORGIVENESS, AND HOPE.

We recognize as we begin this 21-day fast and prayer commitment that as God's people we need to boldly worship Him and proclaim what He is saying over our Church and the world.

# WHY ***PRAYER*** ***+FASTING?***

Ezra 8:23 - So we fasted and implored our God for this, and he listened to our entreaty.

Joel 2:12-13

That is why the Lord says,

“Turn to me now, while there is time.  
Give me your hearts.

Come with fasting, weeping, and mourning.

Don't tear your clothing in your grief,  
but tear your hearts instead.”

If you do not already know of the power and importance of fasting, here are some very important facts: Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ. Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and expected His followers to fast saying, “when you fast,” not if you fast.

Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, “I humble myself through fasting.” Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life. The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you! Fasting can transform your prayer life into a richer and more personal experience. Fasting can result in a dynamic personal revival in your own life—and make you a channel of revival to others.

Fasting and prayer are the only disciplines that fulfill the requirements of 2 Chronicles 7:14: “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”

#### **MEDICAL INFORMATION**

Pregnant or nursing mothers should never fast all food and/ or drink, as fasting could be very dangerous to their baby’s development and health, as well as their own personal health. Pregnant or nursing mothers could engage in types of fasting such as giving up certain kinds of food. People who have struggled with eating disorders in the past should undertake any fasting with wisdom and caution. Fasting should never be used as a motive for weight-loss; it is important to gradually enter back into “normal” healthy eating after a long fast. If you have a diagnosed illness and/ or are taking prescription medicine, fasting should only be done under the direct supervision of a doctor or healthcare professional.

# ***FASTING WITH YOUR KIDS***

We believe God wants to work in the hearts of kids through prayer and fasting, just like He does for adults. Kids will respond and grow spiritually when we teach them and give them the opportunity to participate. If kids are going to be lifelong followers of Jesus, they must experience Him in a real and personal way. A time of prayer and fasting is a great way for kids to encounter Jesus' Presence. We also believe that when a child fasts, it should come under the guidance and direction of his or her parents. The following points will help us teach our kids why we fast:

- **FASTING HELPS US FOCUS ON GOD INSTEAD OF OUR COMFORTS AND CONVENIENCES**
- **FASTING REMINDS US THAT GOD PROVIDES EVERY GOOD AND PERFECT GIFT.**
- **FASTING HELPS US OPEN OUR HEARTS TO HEAR FROM GOD, NO MATTER OUR AGE.**

Make different food choices. We do not recommend that children skip meals or drastically reduce their food intake, but a modification of their diet might prove to be an easy place to start. Fasting from specific items such as sweets, fried foods, sodas, or sugar is a great way for children to participate in a safe and healthy way. Please note, you should always check with your child's doctor before beginning any more extreme food fasting with your children.

A digital fast. Another great way to fast is by reducing some of the time and energy spent watching TV, playing video games, or using the computer or phone. Instead, encourage them to spend time praying, reading their Bible, or serving others. This could be as simple as not using the iPad after school or as advanced as complete abstinence from technology for 21 days.

Write down a few prayer requests and pray together for those things throughout the fast. Remind your child each time they want "that thing" they are fasting from, they should use their desire as a reminder to pray and spend time focusing on God and telling him how much they love him. Seek God, pray big prayers, pray for people to come to Christ, and ask God for breakthroughs for ourselves and others. We believe we will see God do some amazing things during these 21 days.

# ***ENCOUNTER EQUIP***

**PRAYER + FASTING**

**FREEDOM CENTRE 2025**

# ***RELEASE***

**LET'S GET  
STARTED!**



# PICK YOUR FAST

## **NORMAL FAST**

Going without food for up to 40 days (Exodus 34:28, Mark 2:18, Act 13:2-3).

## **LIQUID FAST**

A liquid fast is simply consuming vegetable/fruit juice and water instead of solid food. Many people include whey protein in their liquid plan as well.

## **WATER FAST**

A water-only fast is the normal fast referred to in The Bible. This is how Jesus and the New Testament church fasted.

## **ONE MEAL FAST**

One meal fast is sacrificing one meal a day.

## **ONE MEAL PER DAY**

One meal per day fast is ONLY eating one meal per day.

## **DANIEL FAST**

Abstaining from certain foods. (Daniel 10:3). There was a three-week period in which he abstained from “delicacies” i.e. meat and wine (Daniel 10:3) and only ate vegetables. The foundation of the Daniel fast is fruits and vegetables only.

# WHEN YOU FAST:

## SET GOALS AND WRITE THEM DOWN

Begin with clear personal goals as well as breakthrough goals for your church. Be specific. Why are you fasting? Do you need vision, direction, healing, restoration for your life? Are you facing difficulties? Pray and ask the Holy Spirit for guidance. Write these requests in a journal or a notebook, or create a digital journal using your favourite note taking program or app.

## FEAST ON THE WORD OF GOD

Fasting is ultimately an expression of humility and dependence on God. It is about replacing the daily intake of food, entertainment and human contact with focused times of prayer, spending large amounts of time feeding on the Word of God and spiritual listening. You can continue your normal Bible reading program or try the YouVersion Bible App, for a variety of 21-day Bible reading programs.

## PRAY WITH OTHERS

When fasting it is ideal to make an effort to be at corporate church prayer meetings. There is great power when we pray together in His name. God promises that His Presence is with us, and Jesus said that heaven comes to earth through the agreement of two or three people, Matthew 18:19. Spend time over the 21-day journey in prayer with your spouse, your children, your friends and the Freedom Centre family through Zoom or in person gatherings.

## EXPECT GOD TO MOVE

Enter your fast by faith. The Word of God says, "And without faith it is impossible to please God, for anyone who comes to him must believe that He exists and that he rewards those who earnestly seek him" (Hebrews 11:6). Spiritual fasting is a supernatural endeavour that has shaped and transformed God's people for centuries. If you have doubt, ask God to meet you in your doubts and lead you in overcoming them, just as the apostles prayed, "Increase our faith!" (Luke 17:5).

## PRAY FOR OTHERS

One of the great benefits of spiritual fasting is a heightened awareness of God's Presence and power in our lives. It is not that God has moved but that we have. Fasting has a great way of moving us towards a deeper spiritual dependency and away from willful self-dependency. The greatest breakthrough will take place when you make time to examine your life and discover what areas you need to find freedom in. We ask that you fast for spiritual breakthroughs for your church family and its mission endeavours as well as for yourself.

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# ***DAILY*** **PRAYER** ***FOCUS***

Each day we will pray together for something in particular. This includes one or two Scriptures to declare and meditate on and also prayer points. Please note that the prayer points are only suggestions so feel free to pray into each area in the way the Holy Spirit leads.

We have spent time intentionally and prayerfully building this 21-day prayer and fasting plan, so we ask that you take some time to pray each day for the theme that is given; there is great power when we storm heaven together!



# DAY ONE

## Gratitude

This image shows a blank sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page, providing a guide for writing. There are no margins, text, or other markings on the paper.

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## DAY TWO

# Intimacy with Jesus

As we enter into this sacrifice of fasting, one of our primary desires is to build deeper intimacy with Jesus. That means however your relationship with Jesus looks right now, there is a great opportunity for deeper connection with the Holy Spirit 20 days from now. Today let's ask Jesus to strengthen our walk with Him. Ask the Holy Spirit if there is anything that may be a hindrance to your connection and intimacy with God and pray about removing those blockages. Today, let us sit with the Holy Spirit and wait on Him, listen to His voice and begin to foster a deeper and more intimate connection. This is the foundation of our walk with Jesus and He is wanting a deeper connection with you today.

## Psalm 63:1

**You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.**

This image shows a single sheet of white paper with horizontal red ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# DAY THREE

## Revival

[illegible]

**Will you not revive us again, that  
your people may rejoice in you?**

# DAY FOUR

## Breakthrough

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.**

**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**



**PRAY IN THE  
*SPIRIT*  
ON ALL  
*OCCASIONS***

**EPHESIANS 6:18**

# Christchurch Location

[illegible][illegible]



# Financial Breakthrough

[illegible]

**At the moment I have all I need—and more! I am generously supplied with the gifts you sent me with Epaphroditus. They are a sweet-smelling sacrifice that is acceptable and pleasing to God. And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.**

**Honor the Lord with your wealth and with the first fruits of everything you produce. Then he will fill your barns with grain, and your vats will overflow with good wine.**

## DAY EIGHT

### Prophetic Increase

This image shows a single sheet of white paper with horizontal red ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

**On hearing this, they were baptized in the name of the Lord Jesus. When Paul placed his hands on them, the Holy Spirit came on them, and they spoke in tongues and prophesied.**

**Let love be your highest goal!  
But you should also desire the  
special abilities the Spirit gives—  
especially the ability to prophesy.**

***DESIRE***  
**THE SPECIAL**  
**ABILITIES**  
**THE *SPIRIT***  
**GIVES**

**1 CORINTHIANS 14:1**

# Business Leaders and Entrepreneurs

This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**And I have filled him with the Spirit of God, with ability and intelligence, with knowledge and all craftsmanship, to devise artistic designs, to work in gold, silver, and bronze, in cutting stones for setting, and in carving wood, to work in every craft.**

**Commit to the Lord whatever you do, and he will establish your plans.**

**10**

# DAY TEN

# Our Nation and Government

Today we are interceding in prayer for our nation. Pray for the people of Aotearoa. Pray for our nation's leaders. Pray for all levels of government. New Zealand has had a significant shift in the spirit and churches are filling up all across the country. Let's celebrate and thank God for this today. Pray for the churches across the nation, pray for their leaders, pray for a continued move of the Spirit and for mass salvation across the land! Pray for revival in New Zealand!

## Psalm 2:8

**If you ask me, I will give you the nations.**

[illegible]

# 11

## DAY ELEVEN

### Our Building

Today we are interceding for our building. Praise God for the building and that we aren't fasting today to find a building! What a praise point!

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We do need significant favour and breakthrough with the council, the resource consent and we need the favor of God. Pray that any opposition to this building would cease in Jesus' name. Pray for us to have favour with the decision makers at council. Pray for Ps Adem and Ps Pierre as well as Ps Greg, Ps Jason and Ben Green as they move this project forward. Let's storm heaven with faith that this project will have continued favor in Jesus' name!

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**Isaiah 54:2**  
**Enlarge the place of your tent, and let the curtains of your habitations be stretched out; do not hold back; lengthen your cords and strengthen your stakes.**

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# ***A HOUSE FOR REVIVAL***

# DAY TWELVE

## Miracles

[illegible]

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# DAY THIRTEEN

## Families

[illegible]

**Tell your children about it, and let  
your children tell their children, and  
their children the next generation.**

# DAY FOURTEEN

## Youth

This image shows a single sheet of white paper with horizontal red ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

**Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity.**

# DAY FIFTEEN

## Young Adults

[illegible][illegible]

# DAY SIXTEEN

## Children

[illegible]

**All your children shall be taught  
by the Lord, and great shall be the  
peace of your children.**

# DAY SEVENTEEN

## Our Cities

[illegible]

**I promise you what I promised Moses: ‘Wherever you set foot, you will be on land I have given you.’**

# DAY EIGHTEEN

## More of God's Presence

This image shows a single sheet of white paper with horizontal red ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams.**

# DAY NINETEEN

## Our Leadership

This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**Where there is no guidance, a people falls, but in an abundance of counselors there is safety.**

**Everyone to whom much was given, of him much will be required, and from him to whom they entrusted much, they will demand the more.**

# Wisdom and Revelation

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# DAY TWENTY-ONE

## Personal Revival

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**For this reason I remind you to kindle afresh the gift of God which is in you through the laying on of my hands.**

# PROPHECIES, DREAMS & VISIONS

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# ANSWERED PRAYERS

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# SCRIPTURES

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# TESTIMONIES

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**FREEDOM CENTRE NZ**

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