

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

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!

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!

We believe this time of prayer and

fasting will be marked by corporate

us together as a community. He is

strengthening our unity and He is

for one another.

calling us to be marked, not only by

our love for Him, but also by our love

love and selflessness. God is knitting

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.

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!

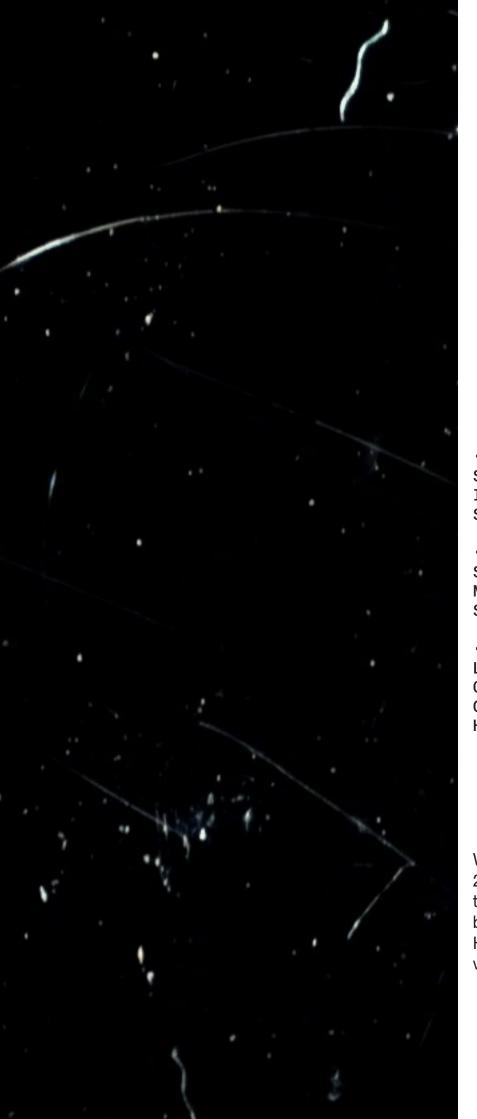
Let's do this!

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."

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 guicken the Word of God in vour heart and His truth will become more meaningful to you! Fasting can transform your prayer life into a richer and morepersonal 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.



ENCCURTER EQUIP PRAYER + FASTING

ERFEDOM CENTRE 2025

RELEASE

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.

MY FAST FOR 21-DAYS

PRAYER AND FASTING GOALS

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!



As we come together to fast for 21 days we first want to go before the	
Lord with hearts of worship. As we contend and believe for many things	
over the next three weeks, and sit	
in the Presence of our Father We first want to bring Him a sacrifice of	
worship. We want to acknowledge	
what Jesus did on the cross and that	
even if God didn't answer one more prayer we would be eternally grateful	
and satisfied by what He has already done. Of course we will see countless	
answers to prayers as we pray,	
but first let us worship God for His goodness, His mercy, His faithfulness and today seek a fresh revelation of	
His worthiness.	
Hebrews 13:15 Through Josus therefore let us	
Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that	
openly profess His name.	
Philippians 4:8	
Finally, brothers, whatever is true, whatever is honorable, whatever is	
just, whatever is pure, whatever is	
lovely, whatever is commendable,	
if there is any excellence, if there is anything worthy of praise, think	
about these things.	



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.	



Our hearts are continually burning for revival! Not simply the revival we are waiting for but the revival we are in! Revival is the spiritual awakening from a state of sleep to the normal lifestyle of Jesus. And we are seeing that revival bubble up all over the globe! Today we pray again, expect again, ask again and believe again for the continual outpouring of revival onto all of us. Pray that you would be revived personally and be obedient to God's Word to you on what that looks like in your own life.	
Psalm 85:6 Will you not revive us again, that your people may rejoice in you?	



As we come together to fast corporately, we also each have things we are fasting for individually. It may be for a particular healing or miracle you have been believing for. It may be for the restoration of a relationship	
or for a prodigal who will soon be coming home. Today let's pray and contend for those requests. Pray with faith, speak to the mountain in front	
of you and command it to move in Jesus' name! Today is also a great day to reach out to someone else in	
our church family who may have a prayer need, pray for them also. Come together in agreement as two or three believers. Today, breakthrough is coming in Jesus' name!	
James 5:16 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.	
Philippians 4:6-7 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.	

SPRIT OCCASIONS **EPHESIANS 6:18**



Today let's pray for our Freedom Centre Family in Christchurch! They are growing and thriving as a church and God is greatly blessing them. Today pray that they would continue to grow, that God would bring leaders and amazing men and women of God to build with them! Pray that their team would grow and that they would continue to impact the city of Christchurch for Jesus. Pray for Ps Junior and Ps Zoe as they lead and that God would bless them greatly.	
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.	



We are a church whānau who does life together in groups! Today let's pray for all of our small groups! Pray that the Lord would be present in our groups and knit our hearts together. Pray for all of the small group leaders that they would be used by God and strengthened in all that they do. And pray also for new small groups and small group leaders to be raised up! Pray that our groups would not only bless and enrich us as a church, but that they would continue to reach and touch our community and many who do not yet know Jesus!	
Acts 2:46 Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart	



Philippians 4:18-19

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.

Proverbs 3:9-10
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.



We know that it is God's heart that prophecy would flow out of all of our lives! Today we pray that prophecy will increase among us. We pray that the word of the Lord would come to us as individuals and to us as a house. Daniel had an increase in dreams and visions when he fasted and we are believing the same for us today (see Daniel 10). We step into prophecy in a greater measure today! Let dreams and visions increase and let the prophetic capacity of our church go to new levels in Jesus' name!	
Acts 19:5-6 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.	
1 Corinthians 14:1 Let love be your highest goal! But you should also desire the special abilities the Spirit gives—especially the ability to prophesy.	

HESPEGAL ABILITES THE SPIRIT GMES

1CORINTHIANS 14:1



Today let's pray for our Business Leaders and Entrepreneurs	
community. Pray for the many	
challenges they face as kingdom	
business leaders. Pray for favor and	
opportunities that will open up to	
them and take their businesses to	
the next level. Pray for peace and	
strength to come upon them as	
they carry all that they do. Pray for	
heavenly wisdom and strategy and	
that their businesses would flourish	
and that God would grace them	
to build amazing kingdom-driven	
businesses. Pray that the Spirit of God would rest on them as it did on	
Bezalel for the field in which they are	
working (see Exodus 31).	
Working (see Exodus 51).	
Exodus 31:3-5	
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.	
Proverbs 16:3	
Commit to the Lord whatever you	
do, and he will establish your plans.	



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.	



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!	
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!	
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.	



DAY TWELVE Miracles

Today we are contending for miracles! Let's pray for more miracles in our lives, in our homes, in our church services and simply among us as believers. Pray for miracles to be normal in your own life and seek the Holy Spirit for boldness to be a believer that these signs and wonders will follow as The Bible declares they should!	
Mark 16:17-18 These miraculous signs will accompany those who believe: They will cast out demons in my name, and they will speak in new languages. They will be able to handle snakes with safety, and if they drink anything poisonous, it won't hurt them. They will be able to place their hands on the sick, and they will be healed.	
Mark 9:23-24 'If you can?' said Jesus. 'Everything is possible for one who believes.'	

exclaimed, 'I do believe; help me

overcome my unbelief!'

DAY THIRTEEN Families

Today we are lifting our families before the Lord. Pray the Lord will mark our families for revival. That we would serve and follow Him, not only as individuals but also as the family units that we are part of. Pray in particular for fathers to love and lead their families and for the biblical family unit to be restored.	
Joel 1:3 Tell your children about it, and let your children tell their children, and their children the next generation.	



Let's lift up our youth. We know that being a young person in this day and age is a challenging thing. Pray for their minds to be guarded and for their hearts to be protected. Pray for them to radically fall in love with Jesus! We believe there is a call and a mantle on our house for the youth of the nation Today let's partner together to declare that a revival	
among the youth is springing up among us!	
among us:	
1 Timothy 4:12 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.	



Today we are covering our young adults in prayer. Let's pray for their relationships with the Lord to be taken to greater levels. Pray for their work situations, their friendship situations, their relationships and their service to the Lord. Pray for those who are seeking and preparing for marriage that they would find holy and godly partnerships that will position them for God's plans and purposes to be fulfilled in their lives! May the Lord mark their generation for revival!	
Proverbs 3:5-6 Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.	

DAY SIXTEEN Children

Today we are praying for the next generation. Let's lift our kids up before the Lord. There is no junior Holy Spirit; so let's pray for our kids to continue to experience the power of God and step into all the Lord has called them to in their lives right now. Pray and declare that they will be world changers above and beyond that of their parents' generation and that they would step into the call of God in their lives even right now as young as they are.	
Isaiah 54:13 All your children shall be taught by the Lord, and great shall be the peace of your children.	

DAY SEVENTEEN Our Cities

Today we are lifting up the cities of Tauranga & Christchurch! Pray for our cities and all who live in them. Let's also pray for our councils and city leaders. Tauranga for Jesus! Christchurch for Jesus! Pray also for those gathering around New Zealand in watch parties, pray for Rotorua and Hamilton. If you are joining us in prayer and fasting from another city, intercede for your hometown today. Can we encourage you to prayer walk your city today!	
Joshua 1:3 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

We know the veil of the temple was torn when Jesus was crucified and we now have access to the Presence of God! Today let's lean into His Presence and be expectant for Him to meet you at the level of your hunger. He is a good Father who holds nothing back from His children. Today we contend for more of the Presence of God in our lives and in our families. Expect an encounter with His glory today!	
Acts 2:17 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.	



Let's pray for our Leadership today. Pray for Ps Adem and Ps Grace and for their family. Pray for our Five Fold Pillars. Pray for the leadership team at Freedom Centre across Operations, Dream Teams and People Care. Pray for the leaders who serve in Youth, Young Adults, Kids and all of the various teams we have. Pray they would be strengthened and built up.	
Proverbs 11:14 Where there is no guidance, a people falls, but in an abundance of counselors there is safety. Luke 12:48 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.	



Today we seek the Lord for wisdom and revelation! We know this is what God gave to Daniel because of his	
time of prayer and fasting and we	
believe it for those who have been seeking God in the last 20 days! We	
believe for fresh wisdom. Sit with the Lord today and ask Him for a personal	
and fresh impartation.	
Proverbs 4:7 The beginning of wisdom is this:	
Get wisdom. Though it costs all you have, get understanding.	
James 3:17 But the wisdom from above is first	
of all pure. It is also peace loving, gentle at all times, and willing to	
yield to others. It is full of mercy	
and the fruit of good deeds. It shows no favoritism and is always	
sincere.	

DAY TWENTY-ONE Personal Revival

Today, as we bring this time of prayer and fasting to a close, we encourage you to pursue personal revival and a fresh fire of the Holy Ghost. We believe that today as people we get before God and pray, that people will receive fresh baptism of the Holy Spirit and be filled with fresh fire. Contend for new fire in your own spiritual life! As we end this fast, seek God and ask Him what He has wanted to purify in you. Use today to commit in a fresh way to what God is asking of you in this next season. Before you jump back into normal life and rhythm, what have you adopted in time that God is asking you to stay consistent with? What things are you not going back to that you gave your	
time and energy to before this fast? What do you want your daily spiritual disciplines to look like after this	
fast? Write them down and make a commitment to them. Congratulations on completing your fast! We are	
celebrating with you!	
2 Timothy 1:6 For this reason I remind you to kindle afresh the gift of God which	

my hands.

PROPHECIES, DREAMS & VISIONS					
ANSWEI	RED PRA	AYERS			

SCRIPTURES		
TESTIMONIES		

