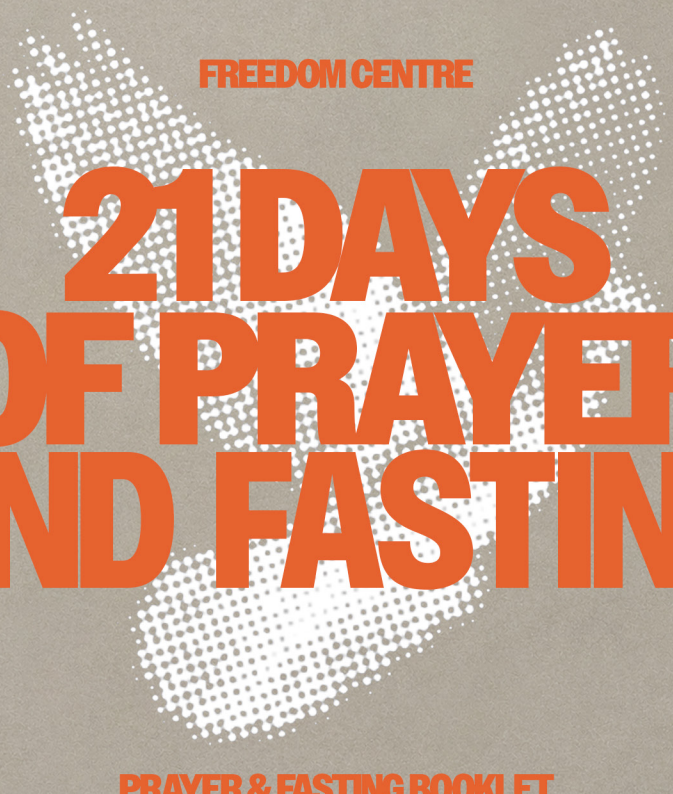


*Therefore I
tell you,*

*whatever you
ask in prayer*

FREEDOM CENTRE



21 DAYS OF PRAYER AND FASTING

**PRAYER & FASTING BOOKLET
27TH JULY - 16TH AUGUST 2026**

*believe that
you have
received it,*

and it will be yours

FOREWORD

At Freedom Centre, prayer and fasting are part of who we are. Throughout Scripture, they are consistently linked together as a powerful expression of surrender, dependence, and devotion to God. As we set aside these next 21 days to pray and fast together, our desire is simple: *to seek Jesus above everything else.*

We believe that when we intentionally make space for God, He transforms us. As we draw near to Him, He draws near to us. These 21 days are an opportunity for every one of us to be strengthened personally while also growing together as a united church family.

Our key verse for this season is
1 Thessalonians 5:16-18 - Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

As we come humbly before the Lord, let's hold nothing back. Let's surrender every area of our lives to Him, allowing Him to shape us, refine us, and lead us into everything He has prepared for us. This guide is designed to help you make the most of these 21 days. Inside you'll find daily prayer focuses, practical information about fasting, frequently asked questions, and encouragement to help you throughout the journey.

We can't wait to see what God will do.

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**ENCOUNTER.
EQUIP.
RELEASE.**



OUR PRAYER FOR YOU

Church,
Our prayer is that these next 21 days would become a defining season in your walk with God.

Fasting is far more than abstaining from food or other comforts, it is a physical expression of our spiritual hunger. It is choosing to say, "Jesus, I want You more than anything else."

One of the greatest joys we have as your pastors is seeing the hunger that already exists within our church. We see it in our worship, in our prayer, in the way people gather in community, serve faithfully, love one another, and build their lives upon God's Word. We are deeply grateful for every person who calls Freedom Centre home.

As we journey together, our prayer is that these 21 days would:

Draw every one of us into a deeper, more intimate relationship with Jesus.

Create space for the Holy Spirit to refine us, challenge us, and shape us to become more like Christ.

Unite us as a church as we intentionally pray for one another, carry each other's burdens, and believe together for God's purposes.

We believe God is strengthening the unity of our church in this season. He is knitting our hearts together and calling us to be known not only for our love for Him, but also for our love for one another.

We also believe relationships will deepen as we intentionally pause to pray for each other. Never underestimate what God can do through a praying church. Prayer changes people. Prayer changes circumstances. Prayer changes us.

Above all, we believe these 21 days will continue to be a catalyst for revival, in our hearts, in our homes, in our church, and throughout our communities.

Thank you for choosing to journey with us.

Thank you for seeking God alongside us.

We love you, we believe in you, and we are expectant for all that God is going to do.

Adem & Grace Guneyi
Senior Pastors

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

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 recognise 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 AND FASTING?

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.”

Ezra 8:23

So we fasted and implored
our God for this, and he
listened to our entreaty.

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 II 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.

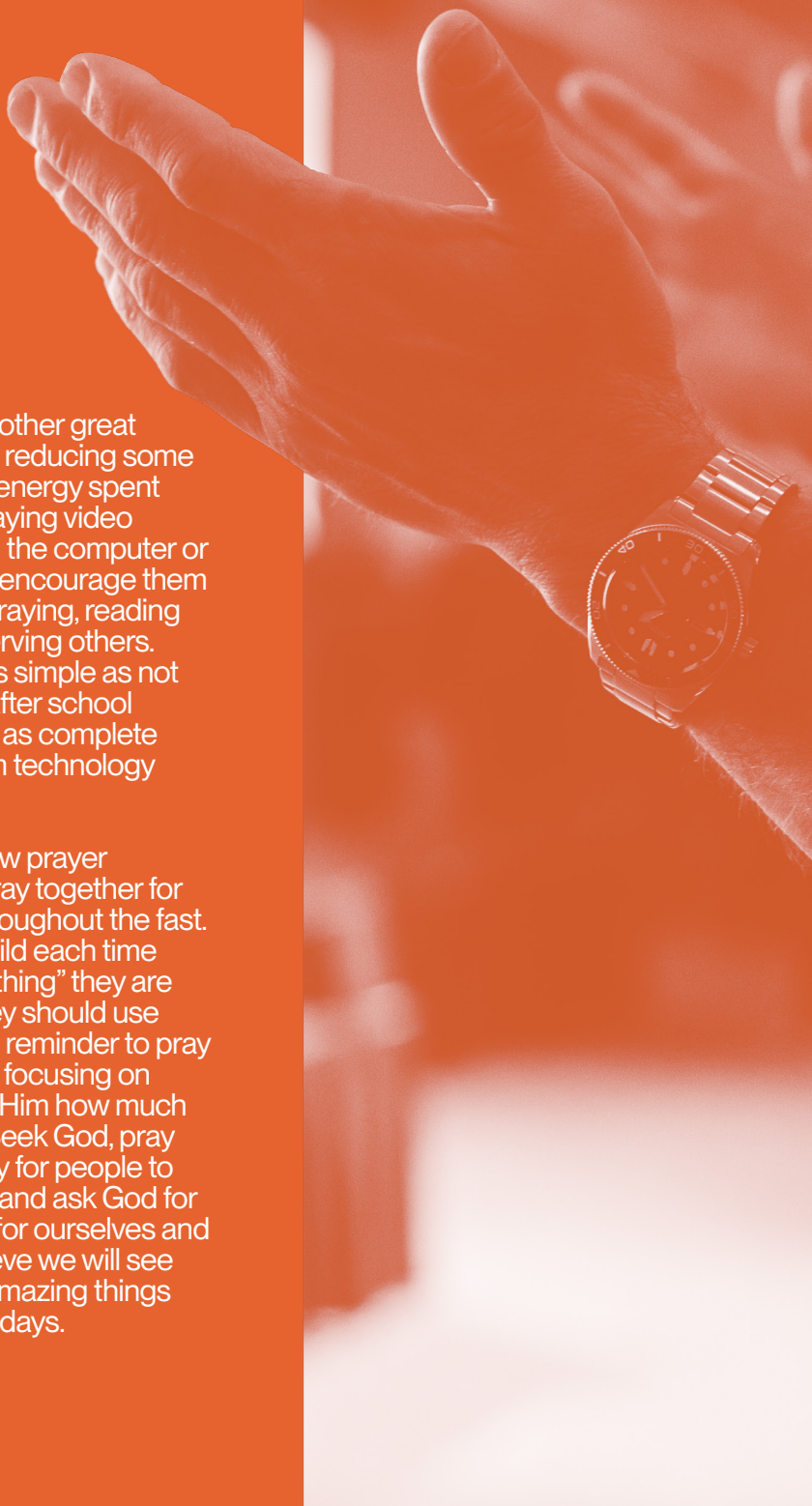
The following points will help us teach our kids why we fast:

- **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.**

Here are some practical ways to fast with kids: 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.







**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).

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.

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.

ONE MEAL FAST

One meal fast is sacrificing one meal a day.

ONE MEAL PER DAY FAST

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

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.

ASK THE HOLY SPIRIT WHICH FAST YOU SHOULD DO

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.

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).

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 family through zoom or in person gatherings.

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

MY 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!

01

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 pray 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.

Psalm 100:4
Enter into His gates with
thanksgiving, And into His courts
with praise. Be thankful to Him,
and bless His name.

[illegible]

INTIMACY WITH JESUS

[illegible]

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.

03

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.

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

BREAK-THROUGH

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.

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

[illegible]

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.

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.

Honour 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.

[illegible]

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.

*THE HOLY SPIRIT
CAME ON
THEM, AND
THEY SPOKE
IN TONGUES
AND
PROPHESIED.*

ACTS 19:6

[illegible]

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

DAY 10

OUR NATION

[illegible]

“If you ask me, I will give you the nations.”

FREEDOM CENTRE WELLINGTON

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[illegible]

DAY 12

MIRACLES

This image shows a single sheet of white paper with horizontal orange 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.

Mark 16:17-18

[illegible]

Mark 9:23-24

*Therefore I
tell you,*

*believe that
you have
received it,*

*whatever you
ask in prayer*

and it will be yours.

DAY 13

FAMILIES

[illegible]

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

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, text, or other markings on the paper.

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.

YOUNG ADULTS

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.

[illegible][illegible]

FREEDOM CENTRE ROTORUA

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DAY 17
OUR CITIES

[illegible][illegible]

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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.

WISDOM AND REVELATION

[illegible]

[illegible]

DAY 21

PERSONAL

[illegible]

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

**THANK
YOU
FOR
JOINING
US!**

**THANK YOU FOR
JOINING US FOR 21
DAYS OF PRAYER AND
FASTING!**

**WE ARE SURE YOU
ARE STRENGTHENED
IN YOUR SPIRIT AND
WE ARE BELIEVING
FOR ANSWERS TO
THE MANY PRAYERS
PRAYED!**

GOD BLESS YOU!

PROPHECIES, DREAMS & VISIONS

ANSWERED PRAYERS

SCRIPTURES

TESTIMONIES

FREEDOMCENTRE.NZ

