

2022
21 Day Top of Year Fast
Scripture Text: Isaiah 58:6-14

January 11 – 31, 2022

I believe that this upcoming year, 2022 will be a year marked by salvations, miracles, breakthroughs, signs and wonders as Victory in Christ Kingdom Church comes together to fast and pray for 21 glorious days in seeking and basking in God's presence and power and experiencing the 13 blessings and more of fasting as recorded in Isaiah 58.

- Loose The Bands Of Wickedness
- Free The Oppressed
- Break Every Yoke
- Increased Physical Health
- Increase Prosperity
- Energized Spiritually
- Strengthening Our Self Discipline
- Fill Our House With Peace
- Lighten Our Hearts With Joy
- Prepare Us For Times Of Adversity
- Open Windows Of Heaven
- Help Us Teach And Instruct With Power
- Increase Humility And Spirituality
- Increased Prosperity in all areas

Fasting will bring you into a deeper, more intimate and powerful relationship with God. When you eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God.

How to begin your fast

How you begin and conduct your fast will largely determine your success. By following these seven basic steps to fasting you will make your time with the Lord more meaningful and spiritually rewarding.

Step 1: **Set your objective**

“God's presence and power”

Step 2: **Make your commitment**

To follow the Church Guide and if you want to push past and sacrifice more, please do so.

Step 3: **Prepare yourself spiritually**

Seek forgiveness from all whom you have offended and forgive all who have hurt you.

Step 4: **Prepare yourself physically**

Eat smaller meals before starting your fast, avoid high fat and sugary foods and eat raw fruits and vegetables for two days before starting.

Step 5: **Put yourself on a schedule**

For maximum spiritual benefit, set ample time to be alone with the Lord.

Step 6: **End your fast gradually**

Do not eat solid foods immediately after your fast. Break your fast with fruit or soup.

Step 7 **Expect Results**

Psalms 31:19 “Oh how great is your goodness, which you have laid up for those who fear you, which you have prepared for those who trust in you in the presence of the sons of men!

Psalms 28:6 “Blessed be the Lord, because He has heard the voice of my supplications!

I John 5:14 “Now this is the confidence that we have in Him, that if we ask anything according to His will, He will hear us”.