

The Declaration of Dependence

Big Idea

Fasting is the process of denying our body and soul certain cravings so that our spirit, the part of our being that is most like God, can rise and be in control of our lives. There are a few different kinds of fasts: complete (which involves consuming only liquids), partial (which involves fasting certain meals of the day), and the Daniel fast (which involves removing certain elements from a diet). We need to follow God's leading when we decide what type of fast we will do, rather than being competitive with others or over-spiritualizing the process. Our manner of fasting should be between God and us alone. During these 21 days of prayer and fasting, we are declaring our dependence on God. We are desperate for His presence and His power; we recognize we can't do anything without Him. We are also claiming five specific Biblical declarations over our lives for this year. First, we are declaring revival for our nation. We are crying out to God on behalf of our country, repenting for the sin of America and asking God to intervene. Second, we are declaring freedom from bondage. Most of us have an area in our lives that, no matter how hard we try, continues to plague us – and we are claiming that those chains will break in Jesus' name! Third, we are declaring blessing over trouble. We are believing that God will answer our prayers for specific needs. Fourth, we are declaring wisdom for our future, asking God to help us with every decision ahead. And finally, we are declaring victory over our enemy. We recognize that we are in a very real spiritual war, and we are going to fight because the One who is in us is *greater* than the one who is in the world. In fact, Jesus has already overcome the evil one.

“Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the LORD your God, and cry out to the LORD.” Joel 1:14 (NLT)

Discussion Questions

- Share your viewpoint on prayer and fasting. Discuss why you believe going all in during the 21 Days of prayer will help you to experience God at a higher level.
- Explain your need for God then share how it looks to depend on Him. What practical steps need to be taken for you to rely on Him entirely?
- Which of the five declarations is resonating most in your spirit for these 21 Days of Prayer and Fasting? Share what you are believing God to do in your life over these three weeks.

Prayer Focus

Thank God for being a good Father who is attentive to your prayers. Thank Him for being trustworthy and dependable. Pray through the five declarations and believe for God to move powerfully to bring revival to our nation, freedom to whatever area in which you are struggling, blessing where there is trouble, wisdom for any decisions you have coming up for your future, and victory over the enemy in every facet of your life.

Next Step

Decide on a method of fasting for the next three weeks, and commit to following it closely. Commit to participating in every prayer service during these 21 days. Stir up your faith, and expect God to move in your life in a powerful way.

Leader Tip

Personally invite someone who does not attend church to attend a service with you.