

2018  
**BORN TO SOAR!**

**21  
DAYS**

**PRAYER  
FASTING  
GIVING**

**JANUARY 7-27**

**2018 GUIDE**

**READ THE BIBLE IN A YEAR...  
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## Let the Journey Begin...

As we consecrate ourselves during this time of prayer and fasting...the purpose is to draw close to Him and receive His guidance. We are positioning ourselves at the beginning of this new year to hear what God desires to speak and allow Him to transform us!



Pastors Steve & Reita Ball  
Lead Pastors

## A Call To Fast...

Blow the trumpet in Zion, consecrate a fast, call a sacred assembly; gather the people, sanctify the congregation, assemble the elders, gather the children and nursing babes... Let the priests, who minister to the Lord, weep between the porch and the altar...Be glad then...and rejoice...For He has given you the former rain faithfully, and He will cause the rain to come down on you-the former rain and the latter rain in the FIRST MONTH. And it shall come to pass afterward that I will pour out My Spirit on all flesh... Joel 2:15-29

## Why We Fast...

Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo heavy burdens, to let the oppressed go free, and that you break every yoke? ...Isaiah 58:6-12

# PRAYER...

And if you ask for anything in my name, I will do it for you.  
Then the Father's glory will be shown through the Son... John 14:13

## THE 21 DAY FOCUS.

**DAY 1...POWER** (*Gen. 24:33; Ex. 34:28; Matt. 4:2; 6:16-18*)

- ...To humble ourselves (**overcome the flesh**)...*Ps. 35:13; 69:10*
- ...To repent and seek the Lord...*1 Sam. 7:2-6; 1 Kings 21:27-29*
- ...For God's presence...*Matt. 9:14; Mark 2:18-20; Luke 5:33-35*
- ...To receive spiritual direction...*Judges 20:26-28; Acts 13:2,3; 14:23*
- ...Spiritual enlightenment...*Dan. 9:3; 10:2,3; Acts 10:30-33; 27:9*
- ...As part of our Christian ministry...*2 Cor. 6:4,5; 11:27*
- ...For deliverance from demons...*Matt. 17:14; Mark 9:28,29*
- ...To deliver from trouble...*Dan. 6:18; Acts 27:33,34*
- ...For finances...*Joel 2:15,18,19,24-26; 2 Chron. 20:3; 2 Chron.20:20,25*
- ...For revival...*Zec. 8:19*
- ...For the salvation of your family...*Is. 58:12*
- ...For mercy and grace...*1 Kings 21:27-29*

**DAY 2...INCREASE** (*Ps. 115:14-16; Lev. 16:29-31; Matt. 9:14,15*)

**DAY 3...STRENGTH** (*Jos. 1:8; Lev. 23:27,32; Matt. 17:21; Mark 2:18*)

**DAY 4...THE SECRET PLACE** (*Ps. 34:10; Jer. 31:31*)

- ...Have a place where you can play music.
- ...Keep a notebook so you can document the words which the Holy Spirit speaks to your heart.
- ...Expect the Holy Spirit to meet you in your secret place.
- ...Allow God to speak to you through His Word.
- ...The time you spend in your secret place reveals your desire for God's presence in your life.

**DAY 5...LOVE** (*1 John 2:15; Judges 20:26; 1 Sam. 7:6; Mark 8:3*)

**DAY 6...VICTORY** (*Is. 54:17; Prov. 16:7*)

**DAY 7...DIRECTION** (*Prov. 3:5,6; 6:22; Mark 1:12; John 14:12; 1 Cor. 12:31*)

**DAY 8...FAMILY** (*Ps. 112:1-3; Is. 54:13; Acts 13:2,9; 2 Sam. 1:12; 3:35*)

**DAY 9...FAITH** (*2 Peter 1:4; Is. 58:11*)

- ...God will guide you in your finances...*Is. 58:8; Ps.23:1; 34:10; 35:27*
- ...God has a plan for your family...*Is. 58:12*
- ...Expect God's plan for your future...*Eph. 5:17; Luke 18:12*

**DAY 10...GOD'S WILL** (*Rom. 8:27; Ps. 37:23; Matt. 6:16-18; 1 Kings 21:9,12; Acts 9:9*)

**DAY 11...DIVINE HEALTH** (*Jer. 17:14; 2 Chron. 20:3; Acts 10:30; 3 John 2*)

**DAY 12...WORRY FREE** (*1 Peter 5:7; Ps. 31:20; Job 23:12; Neh. 1:4; 9:1; Acts 13:2,3*)

**DAY 13...GOOD THINGS** (*Ps. 84:11; Esther 4:16; 9:13; Ps. 35:13*)

**DAY 14...PEACE** (*Is. 26:3; Rom. 5:1*)

**DAY 15...DESIRES ARE MET** (*2 Chron. 7:14*)

**DAY 16...CURSES ARE BROKEN** (*Gal. 3:13; Dan. 10:2,3; Joel 1:14; 2:12,15*)

**DAY 17...NEEDS ARE MET** (*Phil. 4:19*)

**DAY 18...YOU ARE SPECIAL TO GOD** (*Zech. 2:8; Luke 4:18,19*)

**DAY 19...MERCY** (*Heb. 4:6; Zech. 8:19*)

**DAY 20...BOLDNESS** (*Prov. 28:1*)

**DAY 21...SALVATION** (*Is. 8:18*)

You will make your prayer to Him, He will hear you, and you will pay your vows.  
You will also declare a thing, and it will be established for you; so light will shine on your ways.  
Job 22:27,28

# FASTING...

## WHY 21 DAYS?

The number three has to do with the Trinity-the Father, Son, and Holy Ghost. This expresses holiness. Ecclesiastes 4:12 declares that, "A threefold cord is not quickly broken..." For example: The Covenant between Abraham, Isaac, and Jacob; also faith, hope, and charity. The number three is significant in the Bible. Seven is the number of perfection. There are seven days in a week. Israel marched around Jericho seven times. Multiply three and seven and you get 21...holy perfection. As you fast 21 days, expect a holy perfecting to take place in your life.

## HOW YOU FAST.

There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice. The goal when you fast is to set aside time to spend with the Heavenly Father.

- ▶ **Full Fast**  
*Drink only liquids (you establish the number of days).*
- ▶ **The Daniel Fast**  
*Eat fruits and vegetables...no meat, sweets or bread. Drink water and juice.*
- ▶ **Fast meals from 6:00 AM-6:00 PM**
- ▶ **Fast 1 meal per day**
- ▶ **Fast certain food items**

## **SCRIPTURE REFERENCES FOR FASTING:**

*Matt. 6:16-18; 9:14-15, Luke 18:9-14*

## **RELATION TO PRAYER AND READING OF THE WORD:**

*1 Sam. 1:6-8, 17-18, Neh. 1:4, Dan. 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30; 13:2*

## **CORPORATE FASTING:**

*1 Sam. 7:5-6, Ez. 8:21-23, Neh. 9:1-3, Joel 2:15-16, Jonah 3:5-10; Acts 27:33-37*

**Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing.**  
*(Is. 58, Jer. 14:12, 1 Cor. 8:8)*

## **THINGS YOU SHOULD KNOW BEFORE YOU FAST.**

### **PREPARE SPIRITUALLY**

- Confess your sins to God.
- Ask the Holy Spirit to reveal areas of weakness.
- Forgive all who have offended you and ask forgiveness from those you may have offended (*Mark 11:25; Luke 11:4; 17:3-4*).
- Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (*Rom. 12:1-2*).

### **PREPARE PHYSICALLY**

- If you have health concerns, consult your physician prior to beginning a fast and explain what you plan to do. This is important if you take prescription medications or have a chronic ailment.
- Some people should never fast without professional supervision.

### **THE PURPOSE**

- Start with a clear understanding that fasting positions you to hear from God and aligns your life with His agenda.
- Do you need direction, healing, restoration of marriage or family issues?
- Are you facing financial difficulties?
- Ask the Holy Spirit for guidance.
- Pray daily and read the Bible.

### **DETERMINE YOUR FAST & THE LENGTH**

- You may fast as long as you like. Most people can easily fast from 1 to 3 days, but you may feel the grace to go longer, even as much as 21 to 40 days.
- Use wisdom and pray for guidance.
- Beginners are advised to start slow.
- What you fast is up to you.
- Remember to replace that time with prayer and Bible study.

### **WHAT TO EXPECT DURING A FAST**

- When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains.
- Fasting brings miraculous results. You are following the example of Jesus when you fast.
- Spend time listening to praise and worship.
- Pray as often as you can throughout the day.
- Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

### **HOW TO END YOUR FAST**

- Don't overeat when the time comes to end your fast.
- Begin eating solid foods gradually and eat smaller portions.

# GIVING...

## TITHING.

**WHAT IS TITHING?** A tithe is defined as the first 10% of a person's income that is to be given back to the church. When we tithe, we are worshiping in a tangible way by putting God first in our lives.

**WHY WOULD I TITHE?** God promises to pour out blessings on us when we tithe. Malachi 3:10... *Bring all the tithes. If you do, I will open the windows of heaven for you. I will pour out a blessing so great you won't have enough room for it! Try it! Put Me to the test!* Tithing is about training our heart to trust God at His Word. Generosity is a step of obedience...Your next step in generosity is tithing.

**WE CAN'T OUT-GIVE GOD.** The Bible says we can take God's promises to the bank. When we bring our first and best back to God, He promises to bless the rest. Will you accept the challenge?

## OFFERINGS.

**WHAT ARE OFFERINGS?** Offerings are something that you search your heart and decide to give beyond the tithe, but not in place of the tithe. We give offerings out of generosity and thankfulness for all that God has given us. 2 Corinthians 9:7...You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure. For God loves a person who gives cheerfully.

- God is pleased with personal giving. *Ex 35:22*
- God is pleased when we give generously. *Ezra 2:68-69*
- God is pleased with regular sacrificial giving. *2 Cor 8:2*
- Generosity takes preparation and planning. *Lev 19:9-10*
- Giving is an act of worship. *Matt 2:11*
- Gifts should be given willingly. *2 Cor 9:7*
- Each person should give as much as he or she is able. *2 Cor 8:12*
- Much is required of those who have been given much. *Luke 12:48*
- Giving tithes and offerings assures the blessings of God. *Malachi 3:8,10*
- Generosity comes back to the giver. *Luke 6:38*

## FIRST FRUITS.

We begin the New Year by bringing a first fruit offering to God recognizing all good things come from Him and declaring that we are putting Him first in our finances! We also bring first fruit offerings during the year as God increases us.

**WHAT IS A FIRST FRUIT OFFERING?** A first fruit offering represents the "whole" of something. Examples of a first fruit offerings: week's salary, day's wages, bonus increase amount, etc.



# TOGETHER WE ARE...

## TOGETHER, WE ARE...

...thankful for past blessings, victories and favor!

...releasing past hurts, disappointments and failures and embracing purpose and destiny!

...accepting the spiritual responsibility to walk in godly character and integrity, regardless!

...declaring our homes to be a sanctuary of peace as we embrace a new beginning!

...speaking healing and divine health over our families!

...positioning ourselves as recipients of financial blessings and increase through obedience to tithe and sow offerings into the Kingdom of God, therefore, we will live under an open heaven and experience life more abundant!

...recognizing that spiritual growth and insight into the Word of God increases our capacity to be used in the Kingdom of God, therefore, we submit to the authority of God and spiritual leaders!

...trusting God completely!

...going forward, because everything about us was built to go forward!

Isaiah 4:6 states...And there will be a (Metro) tabernacle for shade in the daytime from the heat, for a place of refuge, and for a shelter from storm and rain.

Metro Tab is ordained of God as a gatekeeper ministry...the future is now and we speak release to the thousands that will be impacted by the ministries of Metro Tab.

## TOGETHER, WE ARE METRO TAB!





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