

# 21 Day Daniel Fasting

## MESSAGE FROM PROPHETESS TRIZAH

Dear Children of God,

Thank you for agreeing to join me for these twenty-one days of prayer and fasting. **The fast begins 11th January and ends 31st January.** Together as a body, we will fulfill the call to a corporate fast. Why am I calling for this fast? As we are entering a new ministry year, we each need to consecrate ourselves unto the Lord.

We want to be cleansed of any hindrances we have picked up along the way, so we are asking the Lord to search our hearts and cause us to be repentant of whatever sins he may bring to our awareness.

We want to bring ourselves into full submission to His will. This is also a time to learn to hear His voice and to be revived in our passion for Jesus.

In addition to personal consecration, this fast is a time to intercede. Let us pray for our own families, our church family, our church leaders, our ministration team and church army, our community, our neighbors, our friends, our associates, our surrounding region, our state, our nation and the world.

***Let us pray for revival and harvest.***

In addition to our regular worship service times, in S.A. we will often be going to mount Zion. If you are in need of encouragement or further guidance during this fast, please feel free to txt or call. I am looking forward to taking this journey together!

**As you embark on this twenty-one day journey, do so with an expectation that you are going to encounter God in a deeper way. Allow the cultivation of an intercessory mindset to take place in your life. Embrace the belief that God wants to perform great and mighty things through your prayers and obedient service. A great awakening is about to begin with you.**

**NB: Fast starts from 5am to 5pm  
No meat for the next 21 days**

## Guidelines for Personal Prayer Sessions

- 1. Schedule a daily time for prayer.**
- 2. Prepare a set-apart place where you will pray on a daily basis.** A place free from distractions.
- 3. Take water with you into your prayer time.**
- 4. Take your Bible with you into your prayer time.** Bible reading may be included either before or after prayer. As you are praying, you may also need your Bible for those moments when the Holy Spirit will draw your thoughts to particular passages.
- 5. Take a journal and notepad with you into your prayer time.** The journal is for writing down reflections and insights the Lord may impress upon you. It is also a good place to keep your prayer list and to record testimonies of answered prayer. The notepad is for jotting down distracting thoughts of things you need to do. By jotting them down, you can postpone those thoughts for later. Silence and put aside your electronic devices.
- 6. You may want to take communion elements** (grape juice and bread) with you into your prayer time. To assist with staying focused in prayer, try changing postures.
- 7. You may want to sit, kneel or pace.** If you are in a time of soaking prayer, you can lie down. Consider playing recorded instrumental music while you are praying. While music with appropriate lyrics can be helpful, at times it may carry your thoughts in the direction of the words and become a distraction to your praying.
- 8. Make yourself aware of God's presence by turning your affections toward Him.** "Soak" in His presence, and meditate on His goodness. Start your praying with thanksgiving, adoration, worship and praise.
- 9. Pray for yourself and your own household.** Pray for others. End your praying with thanksgiving, adoration, worship and praise.