
21Days

to breakthrough

**YOUR GUIDE FOR PRAYER, FASTING
AND PERSONAL DEVOTION**

Your Guide To Prayer, Fasting, And Personal Devotion

We are so glad you have decided to participate in an extended time of prayer, fasting and personal devotion. There is really no better way to reset our spiritual compass and bring refreshing in every area of our lives than through prayer and fasting.

This fast was purposely designed to be flexible so that you can participate at any level. Whether you have done a twenty-one day season of prayer and fasting before, or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way.

The tools provided in this guide are a practical guideline to help you navigate through your personal twenty-one day journey. As you read over the information, please consider how it applies to you and your personal circumstances and convictions.

We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself a fresh and new to Him over the next twenty-one days. May God continue to bless you and bring increase to you as you seek Him first.

But seek first the Kingdom of God, and His righteousness;
and all these things shall be added to you. **Matthew 6:33**

Is this not the fast that I have chosen? To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? ...Then your light shall break forth as the morning, Your healing shall spring forth speedily; And your righteousness shall go before you; the glory of the Lord shall be your rear guard. **Isaiah 58:6-8**

**21 DAYS TO
BREAKTHROUGH!**

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21 DAYS TO BREAKTHROUGH!

PRAYER

As you prepare for the next twenty-one days, it can be tempting to start thinking of a whole list of prayers you'd love to see answered. But we really want to encourage you to keep this simple. Think about the top two or three things most pressing on your heart and zone in on those with God. Write these down in the space below, and be open to hearing what God wants to show you in those areas.

The breakthroughs, miracles, and answers to your prayers will be by-products of drawing closer to Jesus!

When praying, make your primary goal to know Jesus more and experience Him. Pray prayers of total surrender, and aim to glorify God with your life. Focus first on what's right about Him, such as His goodness and His greatness, and see everything else through that filter.

And most simply, make time to pray daily. Don't over complicate this! Just talk to God. Have that set place and time where you can seek Him every day. If we don't plan to pray, we won't! If you find it a challenge to disconnect from the busyness of your day, engaging in worship music is a great way to prepare your heart for prayer.

During this fast, I am praying and believing God for:

**21 DAYS TO
BREAKTHROUGH!**

FASTING

Important Note: *Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing a baby.*

As you prepare to fast, it is important to choose a fasting plan that works for you. While this section provides some general information about different types of fasts, as well as some suggestions on how to create your own fasting plan, it is important to mention that there is nothing more spiritual about one type of fast as opposed to another. These are simply guidelines and suggestions on different things you can do.

Do not let what you eat—or—
do not eat become the focus of your fast!
**Keep The Main Thing The Main Thing,
Which Is Drawing Closer To God.**

Remember, this is a time to disconnect enough from your regular patterns and habits in order to connect more closely to God.

Here are a few tips to keep in mind before getting started:

1. Start Where You Are

We are all at different places in our walk with God. Likewise our jobs, daily schedules, and health conditions are all different and place various levels of demands on our energy. So most importantly, whether you've fasted before or this is your first time, start where you are. Your personal fast should present a level of challenge to it, but it's very important to know your own body, know your options and most importantly, seek God in prayer and follow what the Holy Spirit leads you to do.

**Remember, Our Goal For Fasting Is Not Just
To Do Without Food or Something.
THE GOAL IS TO DRAW NEARER TO GOD!**

2. Find Your Fast Zone

When most people start fasting, there is typically some level of discomfort. However, it is possible to get used to the fasting routine pretty quickly. Quite simply, you must learn to fast in a way that works for you.

While any true fast does involve abstinence from food or at least certain types of food, typically, different fasting combinations work better for different people. The goal to having a successful fast is all about finding what we like to call our “Fast Zone”—and that is different for everybody and can change depending on the season you are in.

The best way to describe your “Fast Zone” is that it’s the place where you feel light and spiritually in tune. Your mind is easily focused on God and spiritual things. You have an increased spiritual energy—you can feel the fast working. Just like runners know what their target heart rate is to see the benefits of their physical training, The “Fast Zone” is similar in a spiritual sense.

Zone: a temporary state of heightened concentration and focus experienced by a performing athlete that enables peak performance.

Finding your “Fast Zone” helps you choose both the type and length of fast. Let’s say you choose to go on a Daniel fast (only fruits and vegetables). Should you eat beans? If you can eat beans and stay in your “Fast Zone”—go ahead. But for some people eating beans takes them out of the zone. Should you eat peanut butter? Probably not. Peanut butter is more of an indulgence, and not many people can stay in a “Fast Zone” while enjoying indulgences.

Should you completely cut out caffeine? The great thing is, when you fast, your body automatically craves less caffeine. If you can stay in your “Fast Zone” with a little caffeine, great. If you are going on a longer fast and want to cut it out of your diet completely, that’s great too. But ease yourself off and make it your goal to be completely caffeine free about two-thirds of the way into your fast.

If you drink coffee regularly, one of the worst mistakes you can make is to fast for one to three days and cut caffeine out abruptly and completely. Please don't do that or you will spend this time grumpy and in withdrawal instead of enjoying God's presence.

Mixing things up a bit during a twenty-one day fast is what typically works best for people. For example, do a fruit and vegetables fast for a week. Then do all liquids for a while. Maybe even mix in a few days of only water if you think you are ready for that. Then go back to fruits and vegetables for a few days.

There isn't one approach that works the same for everyone. Follow the Holy Spirit—Mix it up—Find what works for you—And Stay In Your “Fast Zone!”

Some people can't stay in a “Fast Zone” eating any type of solid food, so they prefer all liquids. With today's protein drinks and juicing machines, it is easy to get a healthy dose of all your nutritional needs even while taking in only liquids. Certain people can't do anything other than drink only water. If they eat a salad or drink a glass of juice, they get out of their zone. Or if they allow themselves to eat cantaloupe, they will end up eating twenty cantaloupes a day!

3. Choose Your Type of Fast

While preparing for your fast, it is important to choose ahead of time what type of fast, or what combination, you will pursue. Not only will this help in making the necessary preparations to implement your plan, but as you commit to a specific fast ahead of time and know how you're going to do it, you will position yourself to Finish Strong!

On the following pages we've listed some options and variations of fasts you can choose from. As you read over the information, please consider how it may or may not apply to your personal circumstances and convictions.

You may choose to fast all twenty-one days. Or you may choose to fast several days out of the twenty-one days, such as three or four days a week throughout the twenty-one day period. Maybe you will do that and do three to seven consecutive days at the end. This is your personal decision and should be prayerfully considered as it applies to your circumstances.

Different Types of Fast

Specific Food or Activity

In this type of fast you omit a specific item or items from your meal plans. For example, you may choose to eliminate all red meat, processed or fast food, or sweets. Most people can incorporate this type of fast relatively easily. It can also prove to be a great solution for people with specific dietary needs or medical conditions that may cause certain limitations.

While fasting typically refers to refraining from specific food items, you may also find it extremely beneficial to fast from a regular activity or habit. This might include things such as television, social media, and the like.

Prayer and fasting are not just about connecting to God but also about disconnecting from the world. Try to tune out some of the regular distractions from your day as much as possible. Replace that time with things that will nourish you spiritually.

Daniel Fast

The Daniel fast is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline, and purification of the body and soul. It is probably one of the most commonly referred-to fasts; however, within the Daniel fast there is room for broad interpretation. In the Book of Daniel we find two different times where the prophet Daniel fasted. Daniel 1 states that he only ate vegetables and water, and Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no meat or wine. So based on these two verses, we can see that either of these, or combination of the two, constitute a Daniel fast.

Again, it is important to mention that there is nothing more spiritual about one type of fast as opposed to another. The foundation of the Daniel fast is fruits and vegetables. Some starchy vegetables and dairy could be included, but that depends on the individual. Your goal should be to seek God in prayer about this and follow what the Holy Spirit leads you to do.

Just remember: Find your own personal “Fast Zone!”

Juice Fast

A juice fast is simply consuming vegetables and fruit juices and water instead of solid food. Many people include whey protein in their liquid plan as well. This is one of the most popular and effective fasts. Even if you choose not to make your entire fast liquids only, substituting one or two meals for liquids is a great alternative.

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. A water fast is just that—no eating of any food or drinking of any liquids except water.

Periodic water fasts can be very beneficial, but extreme precautions should be taken. For some people it is hard to perform effectively at their jobs and have energy for their families while drinking water only.

We recommend consulting your physician first, and water fasting only for a day or two unless you can get away or your job allows you to really disconnect so you can give your best energy to the fast. Remember, when Jesus went on His forty-day fast, He went by Himself out into the wilderness.

Having said all that, there are some people who can water fast and work, and they function fine without much fatigue and are able to work well. You are blessed if you are one of these people!

Total Fast

A total fast is where—neither liquid, solid food, nor even water—is consumed for a very short period of time. There are examples of this type of fast in the Bible. (continue on next page)

It was an Old Covenant type of fast associated with mourning, or deep grief, such as when David engaged in a total fast for a week, hoping that God would spare the child he had with Bathsheba.

(II Samuel 12)

Under the New Covenant, we do not fast to mourn or to seek forgiveness. God has already forgiven us, we are commanded to celebrate Jesus because He is alive! Plus, complete abstinence of food and water can be very dangerous to our health. Attempting to go without water for any period of time can be extremely harmful to the body.— **We Strongly Discourage The Total Fast!**

Fasting While Nursing or Pregnant

Strict fasting while pregnant or nursing also is not recommended. If you are in this incredible season of life but would like to participate in the twenty-one day plan, here are some great options for you to consider—**with the approval of your physician:**

- A modified Daniel fast including whole grains, legumes, whey protein, calcium, and iron supplements.
- Fasting sweets and deserts.
- Fasting red meat.
- Fasting certain diversions (television shows, movies, social media—such as Facebook/Twitter, video games, and so on)

If you are pregnant or nursing mother, your priority is the health and the development of the baby God has entrusted you with. Make that your guideline and go from there. **And please consult your doctor.**

Fasting and Eating Disorders

If you have struggled with an eating disorder, this situation is a battle of the mind you can win through Christ (Philippians 4:13). Remember, fasting is a tool used to get closer to God, and it actually should keep us from being preoccupied with food. If your method of fasting is going to cause you to obsess about what you eat in any way, you will need to change either your approach or your mindset.

If giving up food is a stumbling block to you, then consider fasting television, social media, or shopping. There are many distractions and ways that we use to stay in control that we could eliminate from our daily routine. (continue on next page)

We do these things to distract ourselves from the real issues hurting us. If you can identify such other things, maybe you can give those up instead of food.

Remember that you are covered by “God’s Grace!”

God will show you what to do.

“His yoke is easy and His burden is light.” (**Matthew 11:30**)

His Way Will Bring Rest To Your Soul!

4. Begin and Break The Fast Well

Depending on the type of fast you choose, it is very important to prepare your body ahead of time before beginning the fast. Take a week or so to transition into your fast. For example, If you would like to go on a fruits and vegetables or juice fast, start eliminating meat, white grains, and refined sugars from your diet the week before. Also start to cut back quite a bit on dairy products and some of your caffeine intake.

The same principle applies to breaking your fast. When your fast is over, add foods back in very gradually. Please don’t break your fast with a greasy cheeseburger! Trust us, your body is so cleansed and detoxified, there is a big possibility that you might get sick!

There are also several supplements you can take that will help support the detox process during your fast. Your health-food store can give you recommendations.

5. Creating Your Personal Fasting Menu

On the following pages, we will share simple menu options for your use. Your plan could include one of these menu ideas or even a variation of all of them. You could even mix it up, doing something different food-wise on the weekends or on certain days of the week. Again, pray about this and find what works for you.

To keep your energy up throughout the day, it’s important to eat or drink every two and a half to three hours. If you go longer than that, you can experience an energy lull and be tempted to overstuff yourself at your next meal. Even if you’re fasting fruits and vegetables, overstuffing is never a smart thing to do.

It is very important to drink lots of water while fasting. Drinking about one hundred ounces of water per day will help to support your critical liver function. The liver is the filter for the body, so when you don't drink enough water, the liver doesn't function at its highest capacity.

Select your food items wisely. We will not be listing specific ingredients you “should” or “should not” include in your plan. The key is to prepare a plan ahead of the fast, to not get legalistic about it, and to choose menu items well. For example, if you prefer dressings on your salads, choose a healthy, organic option with natural ingredients—and don't pour a gallon of it on your plate. If you're drinking fruit juices, try to go as natural as possible, and don't drink ones heavily processed with sugar. Remember to not let food become the focus of your fast, but make wise eating choices.

6. Final Fasting Tips

Here are some other ideas that can help make your fasting experience more pleasant and helpful:

- As you select your type of fast, make a fasting calendar that fits your plan. Determine what each day and week will look like.
- Keep your fridge and pantry stocked with the items you need. being unprepared to fast sets us up to give into temptation. Choose well when selecting products, stick to raw food as much as you can, limit artificial ingredients.
- Make it a priority to attend church during your twenty-one day fast. Being around other believers will encourage you to keep on going when fasting gets difficult.
- If you are fasting with others, you may want to do a weekly small group.
- If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies “are new and fresh every morning” (**Lamentations 3:22-23**). He wants you to finish, and He will give you the grace and strength to do it!

21 DAYS TO BREAKTHROUGH!

Sample Menu 1: Fruits, Vegetables, Juices, and Water

Breakfast

- Fruit smoothie with whey protein

Mid-morning Snack

- Fresh fruit or fresh vegetables

Lunch

- Raw vegetables salad with light, organic dressing and vegetable broth soup

Mid-afternoon Snack

- Fresh fruit or fresh vegetables

Dinner

- Fresh salad with light, organic dressing and steamed or grilled vegetables

Sample Menu 2: Liquids Only

Breakfast

- Fruit smoothie with whey protein

Mid-morning Snack

- Herbal tea or vegetable broth soup

Lunch

- Raw, juiced vegetables

Mid-afternoon Snack

- Fresh fruit juice or fruit smoothie with whey protein

Dinner

- Vegetable juice or vegetable broth

Sample Menu 3: Modified Daniel Fast

Breakfast

- 1-2 servings whole grains with fresh fruit juice

Mid-morning Snack

- Fresh fruit or fresh chopped vegetables

Lunch

- 1-2 servings whole grains; fresh salad with legumes and light, organic dressing

Mid-afternoon Snack

- Fresh fruit juice or fruit smoothie with whey protein

Dinner

- 1-2 servings whole grains; fresh salad with legumes and light, organic dressing.

Foods You Can Include In Your Daniel Fast

All Fruits: These can be fresh, frozen, dried, juiced or canned.

(watch for added sugar)

Apples	Coconuts	Limes	Pineapples
Apricots	Cranberries	Mangoes	Plums
Avocados	Dates	Melons	Prunes
Bananas	Figs	Mulberry	Raisins
Berries	Grapefruit	Nectarines	Raspberries
Blackberries	Grapes	Oats	Strawberries
Blueberries	Grenadine	Olives	Tangelos
Boysenberries	Guava	Oranges	Tangerines
Breadfruit	Kiwi	Papayas	Watermelon
Cantaloupe	Lemons	Peaches	Honeydew melons
Cherries		Pears	

All Vegetables: These can be fresh, dried, juiced or canned.

(watch salt content)

Artichokes	Collard greens	Mustard greens	Sprouts
Asparagus	Corn	Okra	Squashes
Beets	Cucumbers	Onions	Sweet Potatoes
Broccoli	Eggplant	Parsley	Tomatoes
Brussel sprouts	Garlic	Peppers	Turnips
Cabbage	Ginger root	Potatoes	Watercress
Carrots	Kale	Radishes	Yams
Cauliflower	Leeks	Rutabagas	Zucchini
Celery	Lettuce	Scallions	
Chili peppers	Mushrooms	Spinach	

Legumes:

Dried beans	Lentils	Beans	Lupines
Black beans	Black eyed peas	Lentilis	Peas
Cannellini	Green beans	Pinto beans	Split peas
Green peas	Kidney beans	Peanuts	

Seeds:

All nuts (raw, unsalted)	Ground flax	Sunflower	Sprouts
Walnuts	Cashews	Sesame	Almonds

Whole Grains:

Whole wheat	Oats	Barley	Plain Rice Cakes
Brown rice	Rolled Oats	Grits	Popcorn
Millet	Plain Oatmeal (not instant)		
Quinoa	Whole wheat pasta	Whole wheat tortillas	

Liquids:

Water (spring, distilled, filtered)	Unsweetened milk
Herbal tea	100% Fruit-Vegetable juice (no added sugar)

Other:

Small amounts of honey	Small amounts of sea salt
Small amounts of Ezekiel bread	Small amounts of Olive Oil
Spices (read the labels to be sure there are no preservatives)	

Foods to avoid on the Daniel Fast:

All animal products including all meat, poultry, fish...
White rice White bread All deep fried foods Caffeine
Carbonated beverages Energy drinks Processed foods
Foods containing preservatives, additives Refined foods
Refined sugar Food additives Sugar substitutes Raw sugar
Syrups Molasses Cane juice White flour Margarine
Shortening High fat products Butter Baked goods
All leavened breads All dairy Milk Cheese Yogurt
Cream Eggs Mayonnaise

What Kind of Peanut Butter is Allowed?

A natural peanut butter with no additives...watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

What About Popcorn?

Corn is listed in the vegetables to eat list. You can use a pot on the stove...here is a recipe.

1. Put 2 tbsp. of olive oil in the bottom of a large pot.
2. Add enough popcorn to cover the bottom of the pan.
3. Turn heat to medium high. Look for the first popcorn kernel to pop.
4. Put the lid on the pot. Using potholders shake the pot over the burner.
5. Continue shaking until you no longer hear kernels popping.

Personal Devotion

Just like prayer and fasting, reading our Bible is about connecting to God in a more powerful way.

It is not about duty—but about relationship!

When we engage God through reading His Word, we engage the very presence of God. His Word is living and active! As we read our Bible, we are drawing closer to God and positioning ourselves to hear from Him in particular ways.

Once again, as with prayer, choose the time and place where you are going to read your Bible and devotional every single day, and come prepared to hear what He wants to tell you.

Here are four quick things that will help you on how to get the most out of your devotion time with God.

1. Read Consistently

It is better to read a little every day than to try and knock out two hours of Bible reading or devotions in one sitting. It is so important to digest the Word in absorbable chunks. We have included a Bible Reading Plan that helps with that, as it leads you through a chapter a day. Don't bite off more than you can chew, and certainly don't compare your "performance" with that of others. If you miss a few days, pick up where you left off—Stay with it and Don't Give Up!

The Key is to Keep it Simple and Make it Maintainable!

2. Read Prayerfully

Talk to God as you're reading. Don't rush through. If you come across something you don't understand, pause for a moment and ask God about it. Reading prayerfully is making space and time to talk to God and giving Him time and space to talk to us. Taking time to meditate on God's Word is just as important as reading it.

3. Read Expectantly

You are about to partake of the Bread of Life, so have an attitude of expectancy. Believe that God is going to speak to you through His Word. Meditate on the thoughts you have recorded in your journal, be prepared to do something with what He shows you .

A great, simple way to journal your devotions is to use the SOAP method. (Author Wayne Cordeiro developed this simple plan).

4. SOAP Method

Scripture Observation Application Prayer

The SOAP method is used like this:

- **S for Scripture.** Read prayerfully. Take notice of which scripture(s) catches your attention and mark it in your Bible. When you're done, reread the verse(s) you marked and look for one that particularly speaks to you. Write it in your journal.
- **O for Observation.** Focusing on that scripture, tune in and listen to what God is saying to you through His Word. What is it about this scripture that specifically stands out? What does God want to reveal to you or teach you? Ask the Holy Spirit to be your guide and show you what God is saying.
- **A for Application.** Think of how this verse(s) applies to your life right now. Perhaps it is instruction, confirmation, encouragement, revelation of new promises, or correction for a particular area of your life. Use your journal to write how this scripture applies to you today.
- **P for Prayer.** Finish up your SOAP time in prayer. Talk to God about what you've just read. This can be as simple as thanking Him for revealing truth from the scripture, or it may be asking Him for greater insight or wisdom as to how it applies to your life. Remember, prayer is all about relationship. It's a two-way conversation, so be sure to listen to what God has to say.

That's it! SOAP is as simple or deep as you want it to be.

If you want to go deeper in your study, here are additional tips:

- Reread the daily passage in a different Bible translation.
- Take advantage of online resources such as commentaries.
- Cross-reference your daily reading, using the footnotes in your study Bible.
- Research words in their original language using a Strong's Concordance.

**“Never be lacking in zeal but keep your spiritual fervor,
serving the Lord.” Romans 12:11 NIV**

**21 DAYS TO
BREAKTHROUGH!**

Day 9—John Chapter 9

1. The man that was born blind—was it the man’s sin or his parents sin that caused him to be born blind?

2. What did Jesus tell the blind man to do after He made clay out of salvia and anointed his eyes with the clay?

3. When the Pharisees ask the blind man what he says about Jesus because He opened his eyes—what did he say?

4. When the Pharisees ask the blind man’s parents how their son could see—what did they say? _____

5. When the Pharisees said that Jesus was a sinner, the blind man responded by saying we know God does not hear sinners—who did he say hears God? _____

Day 15—John Chapter 15

1. What does the Father do to every branch that bears fruit and why? _____

2. How is the Father glorified? _____

3. Jesus said these things I have spoken to you that what?

4. Greater love has no one than what? _____

5. When the Helper/Comforter comes who will He testify of?

Day 20—John Chapter 20

1. Who was the first one to see the stone rolled away from the tomb?

2. When the disciples went back to their own homes after seeing the empty tomb what did Mary do?

3. Who was the first one to see Jesus after His Resurrection?

4. When Jesus appeared to the disciples He said Peace to you! As the Father has sent Me, I also send you. What did He do after He said this?

5. Thomas believed because He saw Jesus. What did Jesus say about those who have not seen yet believe?

The Next Twenty-One Days & The Rest of Your Life!

We want to encourage you to be as purposeful about the next twenty-one days...and the twenty-one days after that and the rest of your life. Remember, keeping the fire and zeal for God burning in your heart is what will keep your relationship with Him fresh and new. It will allow you to continue serving and obeying Him from a position of want to, and you will experience the joy of your salvation everyday—regardless of what life brings your way.

The principals you have practiced in these twenty-one days are very easy to sustain long term. Prayer, fasting, and personal devotion are all quite simple to incorporate into your everyday life. Over these last twenty-one days, you've created space for God to fill. The best way to continue in these same practices is to keep that space open for the rest of your life. Don't allow it to close up! Protect that time and space with God and make it your priority each day.

**Then Jesus said to those Jews which believed on Him, If you continue in my word, then you are My disciples indeed; And you shall know the truth and the truth shall set you free.
John 8:31-32**

Just like reading your Bible, praying, and attending church, fasting is also a lifestyle. We encourage you to establish a lifestyle and consistency of fasting in your life. Remember, this is not a legalistic thing. This is an "I GET TO EXPERIENCE GOD" thing. It is like going to heaven for a tune up, so we can keep our passion for God and enjoyment of Him at a High Level. This is a major key to help us give God thanks always in everything becoming "High Level Believers!" We encourage you to figure out what works for you, commit to it, and make it a part of your life.

You have just completed twenty-one days to Breakthrough—
You have prayed, fasted, and read the Book of John.
Now what?

Continue on to the book of Acts and all the way through
the New Testament. One Day—One Chapter at a time!

The tendency of fire is to go out; watch the fire on the alter of your
heart. Anyone who has tended a fireplace knows that it needs to be
stirred up occasionally. William Booth

Don't Ever Settle For Anything Less Than
Full Passion and Spiritual Zeal For God!
Keep The Fire of God Burning in Your Heart!
Do Whatever it Takes to Feed Your Spiritual Hunger For God!

Answers to 21 Day Bible Reading

John 1

1. The Word—verse 1
2. John—verses 6 and 7
3. Jesus—verse 16
4. Sin—verse 29
5. Nathanael—verse 48

John 2

1. Third day—verse 1
2. What ever He says to you, do it—verse 5
3. Signs, His glory—verse 11
4. Zeal for Your house has eaten Me up—verse 17
5. The temple of His body—verse 21

John 3

1. Must be born again—verse 3
2. the world, begotten Son, everlasting life—verse 16
3. That the world through Him might be saved—verse 17
4. Rejoice greatly because of the bridegrooms voice—verse 29
5. Everlasting life—verse 36

John 4

1. sat by the well—verse 6
2. a fountain of water spring up into everlasting life—verse 14
3. True worshipers who will worship Him in spirit & truth—verse 23
4. To do the will of Him who sent Him, and to finish His work—verse 34
5. Healed a Nobleman's son by speaking the word, he believed—verses 56-54

John 5

1. Bethesda—verse 2
2. True—verse 8-9
3. Everlasting life—verse 24
4. John—verse 35
5. Moses—verse 46

John 6

1. Because they saw His signs—verse 2
2. Food which endures to everlasting life—verse 27
3. That everyone who sees the Son and believes in Him may have everlasting life—verse 40
4. everlasting life—verse 47
5. Simon Peter—verse 68

John 7

1. Because the Jews sought to kill Him—verse 1
2. his own glory—verse 18
3. Appearance—verse 24
4. Rivers of living water—verse 38
5. A Prophet—verse 52

John 8

1. He who is without sin among you, let him throw a stone first—verse 7
2. Neither do I condemn you, go and sin no more—verse 11
3. You will die in your sins—verse 24
4. Abide or continue in His word—verse 31
5. of sin—verse 34

John 9

1. Neither this man or his parents sin, but that the works of God should be revealed in him—verse 3
2. go wash in the pool of Shiloam—verse 7
3. He is a Prophet—verse 17
4. We do not know who opened his eyes, He is of age, ask him—verse 21
5. Anyone who is a worshiper of God and does His will—verse 31

John 10

1. The sheep—verse 7
2. Life, and that we may have it more abundantly—verse 10
3. The sheep—verse 15
4. Eternal life—verse 28
5. The place where John was baptizing at first—verse 40-42

John 11

1. Two days—verse 6
2. That Lazarus was dead—verse 14
3. The glory of God—verse 40
4. Loose him and let him go—verse 44
5. Put Him to death—verse 53

John 12

1. Eternal life—verse 25
2. He will draw all people unto Himself—verse 32
3. sons of light—verse 36
4. They loved the praises of men more than the praises of God—verse 43
5. Save the world—verse 47

John 13

1. To betray Jesus—verse 2
2. Washed their feet—verse 14-15
3. That they loved one another, as He loved them—verse 34
4. If we have love for one another—verse 35
5. The rooster shall not crow till you have denied Me three times—verse 38

John 14

1. I am the way, the truth, and the life. No one comes to the Father except through Me—verse 6
2. Helper/Comforter—verse 16
3. Dwell with you and be in you—verse 17
4. Keep My Word—verse 23
5. Holy Spirit—verse 26

John 15

1. He prunes, that they may bear more fruit—verse 2
2. His disciples—verse 8
3. My joy may remain in you and that your joy may be full—verse 11
4. To lay down one's life for his friends—verse 13
5. Jesus—verse 26

John 16

1. If I do not go away the Helper will not come to you, but if I depart I will send Him—verse 7
2. Truth—verse 13
3. Joy—verse 20
4. Your joy may be full—verse 24
5. Tribulation—verse 33

John 17

1. That they may know You, the only true God—verse 3
2. My joy—verse 13
3. The evil one—verse 15
4. Word—verse 17
5. That they may be one just as We are one—verse 22

John 18

1. A garden—verse 1
2. They drew back and fell to the ground—verse 6
3. I am not—verse 25
4. This world—verse 36
5. Hears My voice—verse 37

John 19

1. That I find no fault in him—verse 4
2. Golgotha—verse 17
3. Jesus of Nazareth, The King of the Jews—verse 19
4. It is finished—verse 30
5. That the Scripture should be fulfilled—verse 36

John 20

1. Mary Magdalene—verse 1
2. She stood outside by the tomb weeping—verse 11
3. Mary Magdalene—verse 14
4. He breathed on them, and said Receive the Holy Spirit—verse 22
5. That they are Blessed—verse 29

John 21

1. We are going with you—verse 3
2. He plunged into the sea—verse 7
3. 153—verse 11
4. Three—verses 15-17
5. Follow Me—verses 19 & 22

21 Days to Breakthrough