



21 Days of Prayer and Fasting (2022) Face to Face

Week #3 Addendum

“Whenever, though, they turn to face God as Moses did, God removes the veil and there they are—face-to-face! They suddenly recognize that God is a living, personal presence, not a piece of chiseled stone. And when God is personally present, a living Spirit, that old, constricting legislation is recognized as obsolete. We’re free of it! All of us! Nothing between us and God, our faces shining with the brightness of his face. And so we are transfigured much like the Messiah, our lives gradually becoming brighter and more beautiful as God enters our lives and we become like him.” 2 Corinthians 3:16-18

Continue with each of the seven Daily Spiritual Disciplines from week #1 and the week #2 addendums and add the following to your Fast:

- Memorize the Impact Verse of the Day each day and post a short (no more than two minutes) video in the Impact Church of South Florida **Facebook Group** by 8:00 p.m. where you recite the memory verse and share briefly its impact on your life. We call this memorize and proclaim! If you have registered for the yearlong Bible reading plan, you will receive the Impact Verse of the Day via text each morning. If you have not registered, you can do so today by texting the word Bible to 954-280-2076.
- Increase your personal Bible study time to at least one (1) hour a day this week.
- For week #3 only eat living foods (i.e. plant-based, non-cooked fruits, vegetables, grains, etc., no meats, juices or refined sugar) during the hours of 12:00 p.m. – 7:00 p.m. Water and hot teas (without sugar) are fine 24 hours a day. **Be very moderate with exercise this week.** When you are not eating as much you don’t want to place a huge physical demand on your body. Don’t exercise on the 21st. Consult your physician first if you take medication, have preexisting conditions, or other health concerns.
- Friday, January 21st is **IMPACT DAY!** Take the **One Day No Food Challenge** and schedule a **Personal Prayer Retreat**. This is at least 4 uninterrupted hours with God exercising the 7 spiritual disciplines. Take the day off work or a half day if you can, but don’t miss this opportunity with God. You will thank yourself later. Be sure to drink plenty of water and hot teas. Consult your physician first if you take medication, have preexisting conditions, or other health concerns.
- Conclude the Fast with us on Saturday morning January 22nd from 8:00 a.m. – noon in a time of prayer, light breakfast, and service to our community. We begin at the Impact Administrative Offices: 3349 N. University Dr., Suite 4 Hollywood, FL 33024.

We declare that Impact Church of South Florida is moving in 2022!



21 Days of Prayer and Fasting (2022) Face to Face

Week #2 Addendum

“Whenever, though, they turn to face God as Moses did, God removes the veil and there they are—face-to-face! They suddenly recognize that God is a living, personal presence, not a piece of chiseled stone. And when God is personally present, a living Spirit, that old, constricting legislation is recognized as obsolete. We’re free of it! All of us! Nothing between us and God, our faces shining with the brightness of his face. And so we are transfigured much like the Messiah, our lives gradually becoming brighter and more beautiful as God enters our lives and we become like him.” 2 Corinthians 3:16-18

Continue with the each of the seven Daily Spiritual Disciplines from week #1 and add the following to your Fast:

- Increase your three daily prayer sessions to at least 30 minutes each.
- Continue to eat healthy (no fast foods, fried foods, sweets or foods with refined sugar, no sodas or pop, juices, caffeine, etc.) but this week only eat during the hours of 12:00 p.m. – 7:00 p.m. Water and hot teas (without sugar) are fine 24 hours a day. Decrease your intake of meat this week. Consult your physician first if you take medication, have preexisting conditions, or other health concerns.
- Exercise at least 30 minutes each day, whether it’s cardio, weightlifting, bike riding, walking, etc. Plan it and work it! Keep God’s temple healthy through fitness. It is a part of our worship to Him.
- Pray together corporately on Saturday, January 15, 2022 from 8:00 a.m. – 9:00 a.m. at the Impact Administrative Offices: 3349 N. University Dr., Suite 4 Hollywood, FL 33024.

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21 Days of Prayer and Fasting (2022) Face to Face

January 2nd – 22nd

“Whenever, though, they turn to face God as Moses did, God removes the veil and there they are—face-to-face! They suddenly recognize that God is a living, personal presence, not a piece of chiseled stone. And when God is personally present, a living Spirit, that old, constricting legislation is recognized as obsolete. We’re free of it! All of us! Nothing between us and God, our faces shining with the brightness of his face. And so we are transfigured much like the Messiah, our lives gradually becoming brighter and more beautiful as God enters our lives and we become like him.” 2 Corinthians 3:16-18

Daily Spiritual Disciplines:

1. **Worship** – Psalm 42:1, 2: “Worship is a way of gladly reflecting back to God the radiance of His worth. This cannot be done by mere acts of duty. It can be done only when spontaneous affections arise in the heart.” Begin everyday ascribing to God the highest worth in your heart for at least 10 minutes. Use music to aid this time.
2. **Silence & Solitude** – Lamentations 3:25, 26, 28: The voluntary withdrawal to quiet and privacy to allow God the room to do what He desires (record your thoughts and inspirations).
3. **Bible Intake** – Joshua 1:8: After worship with silence and solitude, read the Bible plan with us for the day and comment (TEXT “Bible” to 954-280-2076 to register). In the midday, review the day’s video encouragement found on the ImpactSoflo website or app and comment. Later in the day conduct a Bible study session for at least 30 minutes. Focus on one element of the message for the week or the daily reading or the video encouragement. It is whatever jumps out to you the biggest each day. Take notes.
4. **Prayer** – Luke 22:46: Pray at least 3 seasons throughout the day. Don’t seek Him for what you want, determine to become what He needs. The spirit of this prayer time is what Jesus expressed, “Not my will but yours be done (v. 42).” Make each session at least 20 minutes in length (be ready to record your thoughts and inspirations). Also join us for prayer at the office every Saturday during the 21 Days from 8:00 a.m. – 9:00 a.m.
5. **Journal** – Revelation 1:19: At the end of each day capture your most significant take aways in writing.
6. **Fasting** – Isaiah 58:1-8: All of the elements in this list are a part of the Fast, but also focus on reducing and eventually eliminating distractions such as television, social media, video games, dietary comforts (like sweets, fried foods, caffeine, junk foods, etc. Consult your physician first if you take medication or have preexisting conditions). ***The specific “why” for this fast? To see Impact Church of South Florida move into a new facility in 2022.***
7. **Witness** – Acts 1:8: Perform a specific act of kindness each day to someone outside of your family (i.e. a note of encouragement, a financial gift, listening to concerns and praying with a neighbor, an act of service). ***Join us Saturday, January 22nd from 8:00 a.m. - noon to bless our local community.*** The goal for witnessing is not to perform a good deed, but to point people to Christ through our good deeds. Words about Christ must be a part of our service.

Adm. Offices: 3349 N. University Dr., Suite #4 * Hollywood, FL 33024 * 954-443-7894 * www.impactsofl.com

Anthony & Rhonda Crawford, Lead Pastors