# “Lord, Help Me Rise in 2025: 21 Day Fast”

# Scripture Foundation

* "And now shall mine head be lifted up above mine enemies round about me: therefore will I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the LORD." - Psalm 27:6
* "Humble yourselves in the sight of the Lord, and he shall lift you up." - James 4:10
* "He raiseth up the poor out of the dust, and lifteth up the beggar from the dunghill, to set them among princes, and to make them inherit the throne of glory: for the pillars of the earth are the LORD'S, and he hath set the world upon them." - 1 Samuel 2:8
* "But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head." - Psalm 3:3
* "See, I have this day set thee over the nations and over the kingdoms, to root out, and to pull down, and to destroy, and to throw down, to build, and to plant." - Jeremiah 1:10

# Duration and Timing

* Start Date: January 10, 2025 (11:59 PM)
* End Date: January 31, 2025
* Length: 21 days

# Fasting Options

* Choose one of the following daily schedules:
* Option A: 6:00 AM to 6:00 PM
* Option B: Midnight to Noon
* Select the schedule that best allows you to maintain dedicated fasting and praying within your daily routine.

# Dietary Guidelines

* Daniel Fast dietary restrictions are **recommended but not mandatory**
* Choose the dietary restrictions that you can consistently maintain throughout the 21-day period

## Important Notes

- If following the 6 AM to 6 PM schedule, your fast will end at 6:00 PM on January 31

- If following the Midnight to Noon schedule, your fast will end at noon on January 31

- This fast marks the beginning of a new lifestyle approach

- Success requires both commitment and action

## Before Starting

- Plan your meals and schedules ahead of time

- Prepare a daily prayer schedule.

- Choose the fasting schedule that best aligns with your daily responsibilities.

# Personal Confession:

Let's get real with God for a minute. You and I both know there are things in our lives that aren't quite right - those little compromises we make, those habits we can't shake, those attitudes we've gotten good at defending. The Bible tells us in 1 John 1:9 that "if we confess our sins, He is faithful and just to forgive us." But here's the thing - confession isn't just mumbling a quick "sorry" and moving on. It's about getting specific with God.

Think about it. Would you go to a doctor and just say "I'm sick"? Of course not. You'd tell them exactly where it hurts. It's the same with God. Don't just write down "I need to pray more." Get specific: "I scroll through TikTok for an hour before I even think about talking to God." Don't just say "I need to be nicer." Write it like it is: "I can't get through lunch without tearing down my coworker Sarah."

Take your time with this. God's not learning anything new - trust me, He already knows. This isn't for His benefit - it's for yours. It's about being honest enough to say, "This needs to change." And as you write these things down, remember: this isn't about beating yourself up. It's about positioning yourself for what God wants to do in your life during this season of fasting and prayer.

# Daniel Fast Guidelines (Optional)

For those choosing to follow the Daniel Fast dietary restrictions, here are the detailed guidelines:

**Foods Allowed:**

- All fruits (fresh, frozen, dried, juiced, or canned)

- All vegetables (fresh, frozen, dried, juiced, or canned)

- All whole grains

- Nuts and seeds

- Legumes and beans

- Quality oils (olive, coconut, grape seed, etc.)

- Water

- Unsweetened plant-based milk alternatives

**Foods to Avoid:**

- All meat and animal products

- All dairy products

- All sweeteners (including sugar, honey, syrups)

- All leavened bread and yeast

- All refined and processed food products

- All deep-fried foods

- All solid fats

- All coffee, tea, carbonated beverages, and alcohol

# Understanding God's Method of Elevation

Let me be direct - many Christians want to rise spiritually but try to do it their own way. The Bible clearly states in James 4:6 that "God resists the proud, but gives grace to the humble." Pay attention to that word "resists." If you're approaching your spiritual elevation wrongly, you're facing resistance from God Himself. There is a divine order to elevation. If we want to see results in our fasting and prayer, we must follow God's protocol. Look at Isaiah's experience in Isaiah 6. When he encountered God's presence, his first response was, "Woe is me, for I am undone!" He couldn't stand in God's presence until his lips were cleansed with coal from the altar.

Here are some examples of prayer points to align with God's method of elevation:

1) "Lord, show me every area of pride in my life that needs to be demolished."

2) "Holy Spirit, reveal unto me any hidden sin blocking my spiritual elevation."

3) "Father, cleanse me with the blood of Jesus and purify my heart."

4) "Lord, I submit my will to Your timing and Your method of elevation."

There's no point in fasting if you won't deal with what God reveals during your fast. Many Christians fast hoping to rise higher while holding onto things God tells them to release. The purpose of your fast should be positioning yourself before God in complete surrender. You should be more concern about the will of God rather than the pleasures of food. Pray these prayer points consistently until you see transformation. When God reveals something, deal with it immediately by: repenting, forgiving and changing. This is how you pray through your situation, rather than just pray about your situation.

True elevation comes only on God's terms. You can fast for forty days and nights, but if you won't humble yourself and allow God's cleansing work, you're just going hungry without purpose. When you approach elevation God's way, following His divine method, you position yourself for lasting transformation rather than temporary change.

As we progress through this fast, seeking God, we will focus on three distinct stages.

* Week One Part 1: centers on repentance and salvation - laying the proper foundation through genuine heart cleansing.
* Week Two: Part 2: we move into dedication to transformation, allowing God to reshape our thinking and behavior.
* Week Three Part 3: brings us to concentration and implementation, where we begin to walk in what God has revealed.

This strategic progression ensures we don't just experience a temporary lifting, but rather a permanent elevation that establishes us firmly in God's purposes. Remember, our goal isn't to rise and fall back, but to rise and remain elevated according to God's perfect will.

My friend, as you begin to pray these prayer points in 2025, remember that God doesn't just hear your words - He sees your heart. Take time with each prayer point, allowing the Holy Spirit to search deeply within you. God is ready to raise you to new levels this year, but He wants to do it His way, producing lasting change that won't fade with time. When you pray with sincerity and submission, positioning yourself in God's divine order, you open the door for Him to elevate you beyond what you could ask or imagine. Let this be the year you rise and remain elevated, firmly established in all God has prepared for you.

**Prayer Points**

**(Part 1 of 3)**

(These are the first set of prayer points for our spiritual journey. Additional prayer points for Weeks 2 and 3 will be shared in the days ahead. Focus on these prayers for now.)

1. Holy Spirit, I humble myself before You. (According to James 4:10 - "Humble yourselves in the sight of the Lord, and he shall lift you up.")
2. Lord, show me every area of pride in my life that needs to be demolished. (According to Proverbs 16:18 - "Pride goeth before destruction, and an haughty spirit before a fall.")
3. Holy Spirit, reveal unto me my weaknesses. (According to Romans 8:26 - "Likewise the Spirit also helpeth our infirmities.")
4. Holy Spirit, show me my wicked ways. (According to Psalm 139:23-24 - "Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me.")
5. Holy Spirit, reveal unto me any hidden sin blocking my spiritual elevation. (According to Psalm 19:12-13 - "Who can understand his errors? cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins.")
6. Holy Spirit, reveal unto me the filthiness of the flesh and spirit in my life. (According to 2 Corinthians 7:1 - "Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.")
7. Holy Spirit, show me the sins and weights that keep me from rising. (According to Hebrews 12:1 - "Let us lay aside every weight, and the sin which doth so easily beset us.")
8. Holy Spirit, show me any hidden covenants that keep me from rising. (According to Judges 6:25-26 - "...throw down the altar of Baal that thy father hath, and cut down the grove that is by it: And build an altar unto the LORD thy God...")
9. Father, cleanse me with the blood of Jesus and purify my heart. (According to 1 John 1:7 - "But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.")
10. Lord, give me a true heart of repentance. (According to 2 Chronicles 7:14 - "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways...")
11. Lord, I repent from my wicked ways and stubborn ways. (According to Ezekiel 18:30 - "Repent, and turn yourselves from all your transgressions.")
12. Holy Spirit, show me how to turn from my wicked ways. (According to Acts 3:19 - "Repent ye therefore, and be converted, that your sins may be blotted out.")
13. Holy Spirit, show me how to turn from my stubborn ways. (According to Hebrews 3:15 - "Today if ye will hear his voice, harden not your hearts.")
14. Holy Spirit, show me how to lay aside the weight and sin that keeps me from rising. (According to Hebrews 12:1 - "Let us lay aside every weight, and the sin which doth so easily beset us.")
15. Lord, I submit my will to Your timing and Your method of elevation. (According to Isaiah 55:8-9 - "For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.")
16. Lord, I abandon my will for Your will. (According to Luke 22:42 - "Nevertheless not my will, but thine, be done.")
17. Holy Spirit, show me what needs to be uprooted from my life. (According to Matthew 15:13 - "Every plant, which my heavenly Father hath not planted, shall be rooted up.")
18. Holy Spirit, reveal unto me any hindrances to Your Spirit working in my life. (According to Galatians 5:16-17 - "Walk in the Spirit, and ye shall not fulfil the lust of the flesh.")
19. Holy Spirit, show me how to stay engaged with You. (According to 1 Thessalonians 5:17 - "Pray without ceasing.")
20. Holy Spirit, reveal unto me how to fast and pray according to Your guidance. (According to Matthew 6:16-18, Acts 13:2 - "As they ministered to the Lord, and fasted, the Holy Ghost said...")

**Week 2 Prayer Points**

**(Part 2 of 3)**

1. Lord, help me to surrender every area of my life that needs to be transformed.
	* According to Romans 12:1 KJV "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."
2. Holy Spirit, transform my mind as I surrender to Your will.
	* According to Romans 12:2 KJV "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."
3. Lord, search my heart and reveal anything that hinders my transformation.
	* According to Psalm 139:23-24 KJV "Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting."
4. Holy Spirit, help me to not just confess my sins but to completely forsake them.
	* According to Proverbs 28:13 KJV "He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy."
5. Lord, grant me the grace to hear Your word and be transformed by it.
	* According to James 1:21 KJV "Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls."
6. Holy Spirit, empower me to let go of my old nature and be renewed in the spirit of my mind.
	* According to Ephesians 4:22-23 KJV "That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind;"
7. Holy Spirit, renew my inner man day by day.
	* According to 2 Corinthians 4:16 KJV "For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day."
8. Lord, create in me a new heart that seeks Your ways.
	* According to Ezekiel 36:26 KJV "A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh."
9. Holy Spirit, help me to discern what is good and pleasing to You.
	* According to Philippians 1:9-10 KJV "And this I pray, that your love may abound yet more and more in knowledge and in all judgment; That ye may approve things that are excellent;"
10. Lord, help me to bear fruit that reflects true repentance in my life.
	* According to Matthew 3:8 KJV "Bring forth therefore fruits meet for repentance:"
11. Lord, help me to mature for the mission ahead.
	* According to Ephesians 4:13 KJV "Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ:"

**Week 3 Prayer Points**

**(3 of 3)**

1. Holy Spirit, help me to focus my mind on things above. (According to Colossians 3:2 KJV - "Set your affection on things above, not on things on the earth.")
2. Holy Spirit help me to focus on finishing the plan of God for my life. (According to John 17:4 KJV - I have glorified thee on the earth, I have finished the work which thou gavest me to do.”
3. Holy Spirit, empower me to meditate on Your word day and night.
(According to Joshua 1:8 KJV - "This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein.")
4. Holy Spirit, strengthen me to bring every thought into captivity to Christ.
(According to 2 Corinthians 10:5 KJV - "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.")
5. Lord, enable me to be a doer of Your word and not just a hearer of Your word. (According to James 1:22 KJV - "But be ye doers of the word, and not hearers only, deceiving your own selves.")
6. Holy Spirit, guide me to walk worthy of my calling with focus and purpose.
(According to Ephesians 4:1 KJV - "I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called.")
7. Lord, teach me to wait on You to raise me up.
(According to Isaiah 40:31 KJV - "But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.")
8. Holy Spirit, strengthen me to labor in prayer with steadfast concentration.
(According to Colossians 4:12 KJV - "Always labouring fervently for you in prayers, that ye may stand perfect and complete in all the will of God.")
9. Lord, enable me to do Your will with my whole heart.
(According to Psalm 119:34 KJV - "Give me understanding, and I shall keep thy law; yea, I shall observe it with my whole heart.")
10. Holy Spirit help me to be faithful to staying focus. (According to Colossians 3:2 KJV - "Set your affection on things above, not on things on the earth.")