

HARVEST CHURCH INTERNATIONAL OUTREACH



21-Day Daniel's Fast



ISAIAH 58:6-14

KANSAS CITY - TOPEKA - ST. JOSEPH
WWW.HCIO.ORG

PASTOR STEVE & DR. DONNA HOUPE

WHY WE FAST

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.” Daniel 10:2-3

Fasting is:

1. When you strategically make space for God in your busy life.
2. Stepping into the heart of God and withdrawing from your normal everyday life. (During this time you should limit entertainment such as television, media, music, and internet because it has the ability to contaminate a fast.)
3. Pulling yourself away from the normalcy of life and spending more time with the spiritual versus the natural.
4. Your body talking to God for you. It is humbling yourself while expressing your hungry heart to God and it is a time when God will draw nearer to you!

HOW WE FAST

Prayer - we are praying 3 times a day, each day of the fast.

We will pray at home during these times:

6am-7am

Noon-1pm

6pm-7pm

Fasting - we are engaging in the Daniel's Fast which includes eating the following items: fruits, nuts, vegetables, 100% fruit juices and water only.

We will refrain from all other foods during this time.

NOTE: AS WITH ANY FAST, PLEASE CONSULT YOUR PHYSICIAN PRIOR TO ENGAGING IN ANY DRASTIC CHANGE IN YOUR DIET.

IF YOU ARE CURRENTLY ON MEDICATION OR HAVE OTHER HEALTH ISSUES, WE ADVISE YOU TO USE WISDOM THROUGHOUT THIS FAST.



WHAT TO EXPECT

- **Loose the bands of wickedness:** Fasting will break you free from everything holding you back.
- **Undo heavy burdens:** Fasting will "tear-off" or violently remove things that have been pressing you down and making you feel hopeless and helpless.
- **The oppressed will go free:** Fasting will heal and mend the discouraged, bruised and wounded. It will set people free who are falling apart and help them put their life together again.
- **Break every yoke:** Fasting will break you away from bad habits that are destroying you physically and destroying your Christian walk.
- **Your light will shine brightly:** Fasting will give you a heart of compassion for those in need. Your hunger will help you personally identify with the hungry, poor, and naked.
- **God's light will break forth:** During a time of fasting, revelation from God will break forth in your life. When you don't know what to do or which way to go, His light will shine on you. He will give you His revelation and there will be darkness no more! For Example: God will give you insight to catapult your business or God will place someone on your heart to witness to!
- **Health will spring forth speedily:** Fasting is an internal shower for your body. Fasting is your internal physician. It is the healthiest way to lose weight and it slows the aging process. Fasting promotes cleansing, repairing, and healing to your physical body.
- **Righteousness will go before you:** Consecration through fasting and prayer will cause a shield of protection to rise up and guard you from the front and the back.
- **Quick answers to prayers:** During a time of prayer and fasting, you shall call, and He shall answer!
- **Success will come and shine on your life:** As you consecrate yourself before God, you will be raised up out of obscurity, defeat, and failure to a place of prominence and success. You will shine like the noon-day sun.
- **God will give you continuous guidance:** As you seek the face of God during the fast, you will not have to ask other people what to do or figure things out on your own. Your steps will be ordered of the Lord.
- **You will live from promise to promise:** God has promised to meet your needs despite the economic conditions. He will increase you even in drought and provide a supernatural flow of abundance like a continual stream.
- **God will use you to turn wastelands into fruitful orchards:** Because you have consecrated yourself through prayer and fasting, God will use you to win souls into the Kingdom. You will be used to go out and win the lost, restore marriages, heal broken families, and rebuild communities.



21-DAY PRAYER TARGETS

Day 1: The Visionaries ~ Pray that God would continue to use Pastor and Dr. Houpe and their family to fulfill His purpose in the earth realm. Pray that the wisdom of God and the anointing be given to Pastor as he flows in greater discernment throughout this year. Pray a hedge of protection around them as they are being released to touch the world. No weapon formed against them will be able to prosper and every tongue that rises against them will be condemned. (*Isaiah 54:17; Isaiah 26:3; James 1:5*)

Day 2: Evangelism ~ Pray that the members of Harvest Church will make God's priority their priority: winning the lost unto Him. Pray that we would corporately embrace the serious charge given by Jesus via the Great Commission. We ask, according to Psalm 2:8 and Mark 1:17, that God would give us the nations as our inheritance and that He would make us fishers of men. Pray that our eyes be opened to see those who are needing to be touched, loved, and saved. Thank You, God, for renewing our passion to win souls corporately and individually. More than 300 souls monthly are coming into the kingdom of God as our Evangelistic teams take the streets of Kansas City, Topeka, and St. Joseph. Kansas City, Topeka, and St. Joseph shall be saved! (*Psalm 2:8; Matthew 5:14-16; Isaiah 54:2-5*)

Day 3: Multiplication ~ Pray Lord, You are the God of increase and multiplication. We thank You for the work being done in Topeka and St. Joseph Branch Churches, and we ask for Your continued favor over them. Raise up leaders and workers to carry the vision of multiplication forward. We pray for future branches to flourish locally and abroad, reaching the lost and glorifying Your name. May Your Kingdom come, and Your will be done, in Jesus' name. (*2 Timothy 2; Matthew 9:38*)

Day 4: Consecration ~ Pray that Harvest Church members are consecrated and dedicated to God: exemplifying purity, living clean, being holy and godly examples in their workplace, families and communities. We are the salt of the earth. (*Titus 2:12; Leviticus 11:45; Matthew 5:13-16*)

Day 5: Harvest Christian School ~ Pray that Harvest Christian School will be a place where faith and knowledge grow together, shaping lives for Your glory. Pray that money cometh to Harvest Christian School frequently and easily through partnerships, scholarships, corporate donations, alumni, equipment, and supplies. Pray that Harvest Christian School continues to maintain a fully qualified staff and that the staff will remain consecrated for Your use. Pray that every worker shall be saved and that it remains a vehicle used by God to Win, Consolidate, Disciple and Send! Pray that financial resources will come to the members of Harvest Church and every family who desires to place their children in Harvest Christian School. Pray that Harvest Christian School continues to produce spirit filled leaders who will impact generations. We lift up this Christian school to You. (*Isaiah 11:2-3; Hosea 4:6; Philippians 4:19*)



21-DAY PRAYER TARGETS

Day 6: Finances ~ Pray that all members of Harvest Church are gainfully employed. Pray also that all families walk in financial health and wealth. Pray that each family is a continuous financial supply station for the Kingdom of God! Pray that every member of Harvest Church is a faithful tither and giver. In the same way that the ministry has become debt-free, the members and families of Harvest Church shall become debt-free as well! Pray for a supernatural IMPACT Sunday Offering that will far exceed, more than we can ask or think!! (III John 2; II Corinthians 9:6-8; Psalm 23:1; Ephesians 3:20)

Day 7: Leadership and Their Families ~ Pray for the Leadership and their families– that God would help them bring the vision of Harvest Church to pass through dedication and work. Pray that everything they put their hands to would prosper, as they work within the ministry and handle the blessings of God. Pray that each member of the Leadership is anointed and walks in discernment to carry out the Vision. Also, pray and cover each member of Leadership and their families so that they will not grow weary in well doing, but will seek first the kingdom of God and His righteousness daily. Pray that no sickness, disease, or infirmity would be able to attach itself to the Leadership or their families. (Isaiah 53:4-5; I Peter 2:24; Isaiah 54:17; Isaiah 40:29-31; Matthew 6:25-33)

Day 8: Unity in the Body ~ Pray that there is unity in the vision and no division among us. Pray that we operate as one man, with one voice, and one mind. As one man, we will only edify, build up, strengthen, and support the appointed leaders of the house. Pray that we would value the broad representation of gifts, talents, and duties represented within the church. We are one body with many parts. We operate in different spiritual gifts, but the same Spirit is the source of them all. (1 Corinthians 12:1-26; James 3:16; Amos 3:3)

Day 9: LifeGroups ~ Lord, we thank You for the gift of community and the work You are doing through LifeGroups. May these groups be places of unity, spiritual growth, and encouragement. Equip leaders with wisdom and strengthen the bonds between members. Help them discover their unique gifts and use them for Your glory. Let these groups overflow with love and impact their communities in powerful ways. In Jesus' name, Amen. (Ephesians 2:9-11; I Chronicles 22:15)

Day 10: Project Destiny ~ Pray that great people are ready to help us with Project Destiny at the right time, and in the right way. People do not even know it yet! We promise we will never give up because we don't have the help, but we will trust God to provide! God has resources for Project Destiny that we have not even considered but at the right time and in the right way, He will provide! Rejoice that this is the year of manifestation for Project Destiny! (Psalms 37:5, Galatians 6:9)



21-DAY PRAYER TARGETS

Day 11: Men & Women's Conferences ~ Pray God that men & women will come from the North, South, East and West and encounter an anointing that will change their lives forever!! This is the year of a supernatural explosion for the Men's & Women's Groups of Harvest Church!! (*Hebrews 2:15; 1 Timothy 4:14; Galatians 5:13; Song of Solomon 2:14; Psalm 23:3*)

Day 12: Entrepreneurial Endeavors ~ Pray Lord, as I pursue these entrepreneurial endeavors, I ask for Your blessing and guidance. Direct my steps and let my work be a testimony of Your faithfulness. May my business glorify You, serve others, and fulfill the purpose You have for me. Strengthen me to persevere through challenges and rejoice in victories. (*Psalm 37:5-6, Philippians 4:13, Proverbs 16:3, Deuteronomy 8:18, Colossians 3:23-24, James 1:5*)

Day 13: Missions ~ Pray Father, thank You for Your call to serve others, both locally and abroad. Open our eyes to see the needs around us and give us the courage to respond with love and generosity. Show us how to feed the hungry, clothe the needy, and serve with hearts full of compassion. Guide us as we plan and act and help us to remain faithful to Your Word. Bless the children and vulnerable in every community and may Your light shine through every effort. (*Jeremiah 33:3; Habakkuk 2:2-3; Psalm 119:106; Matthew 19:14*)

Day 14: Worship and Arts Ministry ~ Pray Lord, we thank You for the gift of worship and the arts as powerful expressions of Your glory and goodness. May those serving in the Worship and Arts Ministry find joy, inspiration, and strength in their work. Let their creativity reflect Your greatness and lead others to worship You in Spirit and truth. Unify them as a team and raise up new leaders who will continue to carry the mantle of worship with passion and excellence. May their ministry transform lives and bring Your light to the world. (*Psalm 92:1-4; Psalm 138; Psalm 150:6; Psalm 96:1; John 4:24*)

Day 15: Harvest Next Children's and Youth Ministry ~ Pray that godly wisdom would be given to the teachers of our children and revelation of God would come to them. Pray that the Spirit of God would be free to move within their midst and that true repentance and deliverance would occur. Pray that all workers will operate and live in holiness before God and before the children. Pray that there will be a mighty Harvest of Souls through the Children and Youth Departments. (*Isaiah 54:13; Proverbs 22:6; Proverbs 11:30*)

Day 16: Marriages and Families ~ Pray that God would bless the marriages of Harvest Church. We thank You God that each man takes his place as priest, protector, provider, and father of his home. We thank You Lord that each wife will stand in support, love and in prayer with her husband as he follows God. We thank You also for obedient children who honor their parents, and we thank You that there shall be no divorces in Harvest Church! We thank You God that there is no barrenness in Harvest Church – there are new births in all unions desiring a child! (*Hebrews 13:4; Genesis 2:18; Proverbs 18:22; 1 Peter 3:7*)

21-DAY PRAYER TARGETS

Day 17: Singles ~ Pray for the singles of Harvest Church, that they would be godly men and women who keep themselves for their spouse. Pray that God would give each of them, who desire a mate, the desires of their heart and someone to help them fulfill the purpose of their lives. Pray that they will not only be hearers but doers of the Word that they have been taught in Jesus' Name. We thank You God that there are new unions throughout Harvest Church as a result of Your will, purpose, and plan! (*1 Corinthians 6:12-20; Proverbs 18:22*)

Day 18: Harvest Rise Ministry ~ Pray that God would create a hunger and thirst for the things of God within our young adult ministry. Also, pray that they would experience salvation and deliverance from "worldly" influences. Pray that our young adults walk in their purpose and that they would serve God with their whole hearts. (*Isaiah 54:13-17; Proverbs 22:6*)

Day 19: Leading of the Holy Spirit ~ Pray that God would consume, saturate, lead, guide, strengthen, and protect the members of Harvest Church by the Holy Spirit, that we would walk in humility and be broken before God, that we would walk in the power of God and see signs, miracles and wonders in our midst. Pray that every member of Harvest Church comes to fully understand the methods and ways that God speaks to them through the leading of the Holy Spirit. (*Romans 8:14; John 10:1-5*)

Day 20: Against Hindrances ~ Pray that all hindering spirits, that have prevented Harvest Church and its members from receiving all God has for them, would be bound, and cease to be effective. God, we bind all words, accusations or comments concerning Harvest Church, the members, and the Visionaries, in Jesus' Name. We loose the power of the Holy Spirit in this house to have free course and free reign to carry out the purpose and plan of this ministry from its birth. (*Matthew 16:19; Romans 8:37*)

Day 21: Breakthrough ~ Pray that God's Glory is manifested and that we experience breakthrough throughout the ministry and in each of the lives of the members of Harvest Church. Pray that each member walks more in what God has called them to do for the Kingdom of God, through their connection with Harvest Church as they experience the promise of life more abundantly. Pray that there are inventions, innovative methods, and new ideas that will fully manifest through the members. Pray that every wall or obstacle in the way of the ministry and its members will be demolished. (*John 10:10; Joshua 1:8; Psalm 1:3*)



DAILY CONFESSIONS & PRAYERS

PARENTS

Acts 1:8 But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.

Deuteronomy 6:7 And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

Colossians 1:9 For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding.

Colossians 3:16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

Leviticus 7:36 Which the LORD commanded to be given them of the children of Israel, in the day that He anointed them, by a statute forever throughout their generations.

Ephesians 6:4 And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

CHILDREN

Luke 10:27 But I say unto you, that it shall be more tolerable in that day for Sodom, than for that city.

Hebrews 11:6 But without faith it is impossible to please Him: for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him.

Psalm 42:1-2 As the hart panteth after the water brooks, so panteth my soul after thee, O God. My soul thirsteth for God, for the living God: when shall I come and appear before God?

Jeremiah 29:13 And ye shall seek me, and find me, when ye shall search for me with all your heart.



DAILY CONFESSIONS & PRAYERS

HUSBANDS

I Timothy 6:11 But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness.

Ephesians 2:10 For we are His workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

Colossians 3:10 And have put on the new man, which is renewed in knowledge after the image of Him that created him.

Deuteronomy 8:18 But thou shalt remember the LORD thy God: for it is He that giveth thee power to get wealth, that He may establish His covenant which He sware unto thy fathers, as it is this day.

Jeremiah 29:11 For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

WIVES

Proverbs 8:12 I wisdom dwell with prudence and find out knowledge of witty inventions.

Proverbs 19:14 House and riches are the inheritance of fathers: and a prudent wife is from the LORD.

Psalm 112:3 Wealth and riches shall be in his house: and his righteousness endureth forever.

II Timothy 3:17 That the man of God may be perfect, thoroughly furnished unto all good works.

SINGLES

Psalm 37:4 Take delight in the Lord and He will give you your hearts desire.

Ecclesiastes 3:11 Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end.

Matthew 18:18 I tell you the truth, whatever you forbid on earth will be forbidden in heaven, and what- ever you permit on earth will be permitted in heaven.

John 16:13 When the spirit of truth comes, He will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future.

Psalm 119:105 Seek His will in all you do, and He will show you which path to take.

FAITH CONFESSION

I Am A Person of Faith.
I Have The Spirit of Faith.
For I Walk By Faith & Not By Sight.
The Just, That's Me, Shall Live By
Faith.
And As Those Who Through Faith &
Patience Inherit The Promises,
My Full Potential Shall Be Maximized
By Faith!
The Force of Faith Is Working In My
Life Right Now!
My Life...Is A Lifestyle of Faith.

DAILY CONFESSIONS & PRAYERS

PRAYER FOR YOUR FAMILY

Dear Heavenly Father, Thank You for my family. Thank You for the blessing that is my family, even in times when I don't recognize it. We give You praise for the joy You've poured into our hearts through the contentment of family, and the happiness of our home. May we always treasure the experience of loving each other as family as our bond grows stronger.

Give us wisdom and understanding of one another, so that we may continue to walk in love towards each other. Develop in us the character of Your Son Jesus, that we might love each other with the love Jesus demonstrated; with the manifestation of the fruits of the spirit--patience, respect, understanding, honesty, forgiveness, and kindness.

Remind us God to be supportive of one another's gifts and talents. Father, we bind every attack of the enemy and every assignment planned against this family. We curse any negative words spoken over this family and all negative actions that have been done or any action that is trying to take place against this family. We thank You, God, that the very purpose that this family was created and placed together will manifest and that everything our hands touch will prosper, to the glory of Your name.

We thank You in advance for the blessings that are overtaking this family and the wealth that is being stored up for generations to come. Thank You, God, for the privilege to be a part of such a great family and thank You for Your continual blessings and increase towards us. In Jesus' Name, Amen.

CONFESION FOR TITHERS

Because I tithe, and God is faithful to His Word, there is meat in my house.

Because I tithe, and God is faithful to His Word, He opens up the windows of heaven, He pours out blessings upon me, that there is not room enough for me to receive them.

Because I tithe, and God is faithful to His Word, He rebukes the devourer for my sake. Because I tithe, and God

is faithful to His Word, all the people of this world call me blessed. I am blessed coming in and I am blessed going out! I'm the head and not the tail! I'm above and not beneath! I'm not in poverty,

I'm in prosperity! I'm not in lack, I'm in abundance! My abundance is a supply to those who are in lack. I have more than enough. All my needs are met. All my bills are paid. I owe

no man anything, but to love him. Jesus has come to give me this kind of life, that I might have it more abundantly. The Lord is my Shepherd, and I shall not want. I prosper in everything that I do!

IN JESUS' NAME, AMEN!