

7 DAYS OF PRAYER & FASTING for a Better Life in 2021

PRAYER & FASTING FOCUS - Part 1

As we strive for a Better Life in 2021, the ultimate goal is to draw closer to God through prayer and fasting. Our journey will begin with a spiritual posture and focus on **FORGIVENESS**. Read and reflect on the following passage to begin your 7-day fast.

THE PROCESS OF FORGIVENESS

*As far as the east is from the west, so far has
He removed our transgressions from us.
Psalm 103:12*

An unforgiving spirit is a malignancy in a person's soul that spreads like cancer. Yet the father offers a sure healing process for the heart that is consumed with bitterness.

The process of **forgiveness** begins with **REPENTANCE**.

When we repent, we assume responsibility of our unforgiving spirit and ask God to forgive our sins and pardon us from our resentment. We must forgive ourselves, others, and release the situations that offended us.

Repentance requires the following:

Responsibility: We must recognize that we have done wrong.

Regret: We must have a true remorse for doing wrong and for the pain and problems we've caused.

Resolve: We must be committed to never repeat the act regardless of the temptation or situation.

We cannot truly experience the joy of God's forgiveness until we follow His model and pardon those who've wronged us. We must not allow the cancer of bitterness to continue in our hearts. **Life is better and much sweeter when the heart is tender and not tainted.**

HOW FASTING WORKS



Read and meditate
on the daily
scripture



Pray each day for your-
self, family, the church,
the community, and
our country



Follow the Daniel
Fast for 7 days