



# Reveal

to uncover, unveil and release

**21 Days**  
**ICC FASTING 2022**

17TH JAN – 6TH FEB

## OUR CHURCH

Full of Nations  
For the Nations  
For the City  
For His Kingdom

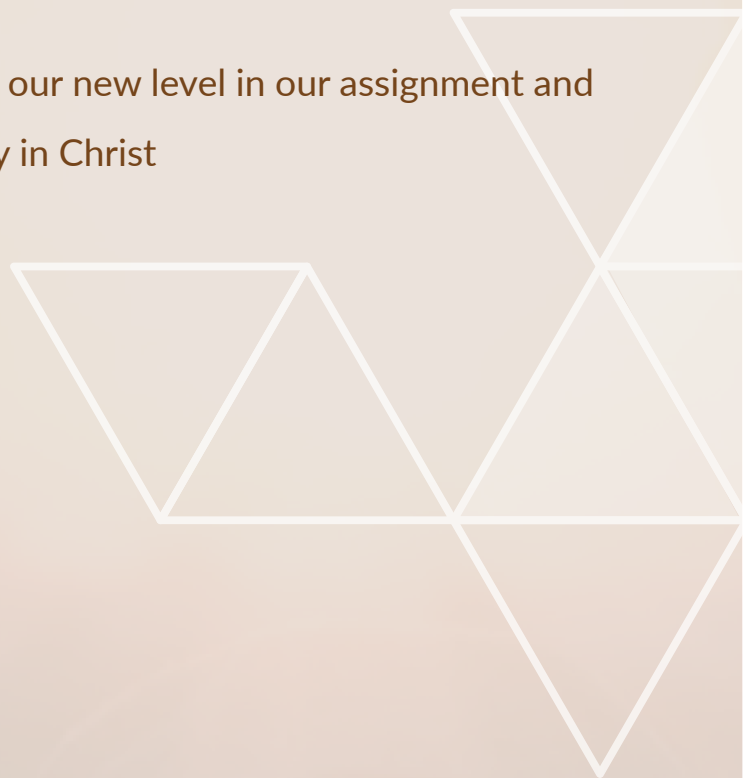
So, we fasted and petitioned our God about this, and he answered our prayer

EZRA 8:23

This is the era when we will see the greatest signs, wonders and miracles that have ever been seen. This is the Era of the greatest unveiling and revealing of the wisdom of God for the people of God that are prepared to go to a deeper place of dedication.

There is a huge harvest coming our way. The blessing and increase awaiting those who are ready to go deeper in God. There will be new anointing, new mantels that will be walked in. It's time to position ourselves ICC, its time to occupy new ground, new dimensions, new levels of revelation and freedom. A new level of empowerment and expansion will be revealed over us as a church, people of God as a ministry in this city and region.

Lets get ready to be catapulted in our new level in our assignment and destiny in Christ





# Reveal

**to uncover, unveil and release**

## 1 Corinthians 2:9-10

That is what the Scriptures mean when they say, “No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.”

But it was to us that God revealed these things by his Spirit.  
For his Spirit searches out everything and shows us God’s deep secrets.

## Welcome to our ICC 21 DAY ANNUAL FAST and welcome to your New Era in God.

God has great plans and purpose for you, and he has blessed you for a purpose and is ready to position you in this time.

So, if this is the first time you are doing a fast or you are seasoned faster, no fast is ever the same.

Mighty revelation, impartations are coming your way as you commit to this fast. An expectancy to see God rise and move like you have never seen will begin to unfold on this journey.

### Two scriptures you need to know

So, we fasted and petitioned our God about this, and he answered our prayer.

**EZRA 8:21-23**

Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.

**DANIEL 10:12**

So, He said to them, “This kind can come out by nothing but prayer and fasting.”

**MARK 9:29**

## There is no higher authority than to know the heart of god for a situation you are facing.

Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience. 12 For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. 13 Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

**HEBREWS 4:11-13**

Fasting, praying, and feeding on the Word of God puts that sword in your hand and positions you to discern the difference between your thoughts and Gods’ thoughts. He is Word is FINAL!!!!

There may be days when heaven opens, and your hearts is prompted to deep times of prayer. But there may be other days when you

energy is sapped and you just cannot seem to focus in prayer at all. Don’t condemn yourself. God sees the sacrifice



# Congratulations

on committing to the next 30 days of your life to see God at a new level.

## TYPES OF FAST

The type of fasting you choose is up to you.  
Remember to replace that time or activity with time with God.

**Daniel Fast** only drink water and juice. Eat fruits and vegetables.

**Partial Daniel** No fine food. No sugar, flavourings, caffeine, or alcohol

**Sunup to Sundown** (6am – 3pm or 6pm)

**Partial Fast** giving up at least 1 or 2 meals a day

**Non-food Fast** Eliminate Television, Sports, No Use of Social Media, Restricted phone use, Pleasure reading.

Remember that it is the attitude of a heart sincerely seeking Him to which  
God responds with a blessing

(ISAIAH 58, JEREMIAH 14:12, 1 CORINTHIANS 8:8).

This is **your** fast to see **God** move in **your** Life

# PREPARING TO FAST

## prepare

### PRIOR TO BEGINNING FAST

- Resist the urge to have that 'last big feast' before you begin the fast. Cutting down on your meals a few days before you begin the fast will signal your mind, stomach, and appetite that less food is acceptable.
- Highly recommended to wean yourself off caffeine and sugar products.
- Preparing meal plans helps with looking for food and where possible have meals prepared in advanced.
- Look at your appointments and try to help minimize outing and further temptations / distractions.
- Throughout your fast, you may feel somewhat weaker than normal. During the first few days, you may feel tired and irritable. Lightening your workload and cutting down on strenuous exercise would be a very good idea to maintain your health and your morale.

## atmosphere

### PREPARE THE ATMOSPHERE FOR YOUR DEVOTED TIME

- Worship music in background.
- Mobile phone on silent or off.
- Quiet location with little disturbance.
- Let others know that you do not want to be disturbed.

## first day

### IN PREPARATION FOR THE DAY - BEING INTENTIONAL

- Minimize TV , IT communication (i.e. Facebook, twitter, emails, text, general googling). Surround yourself with Christian materials such as praise and worship music, good bible teaching, devotionals.
- When possible prepare meals in advance.
- Fasting is not keeping away or staying far of food. It is your attraction of desperately wanting to see and hear God.
- Can you handle the hunger pain? If you can diet to lose weight you can fast to seek God.



# PRAYER OF PETITION

A PETITION = A WRITTEN FORMAL REQUEST

“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 like 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 (NKJV)

In agreement with God’s word, I will be fasting for

.....  
.....

SIGNED \_\_\_\_\_  
DATE \_\_\_\_\_

I will be fasting and praying for International Christian Church on the following  
date \_\_\_\_\_ 2021

SIGNED \_\_\_\_\_  
DATE \_\_\_\_\_

Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.  
And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked  
of Him.

1 John 5: 14- 15 (NKJV)

## WEEK ONE

WE BEGIN OUR FAST BY FIRST BRINGING OUR THOUGHTS AND WORDS INTO ALIGNMENT.

### Example

DECLARE A TRUTH ABOUT GOD

*My God will never leave or forsake me*

SUPPORTING SCRIPTURE

*Psalms 27:13 I remain confident of this: I will see the  
goodness of the Lord in the land of the living. (NIV)*

DAY 1

DECLARE A TRUTH  
ABOUT GOD

SUPPORTING SCRIPTURE

MY DECLARATION

I’M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS

DAY 2

MY EMOTIONS  
- What does god say about  
this emotion

I’M GRATEFUL FOR...

READ A CHAPTER IN  
PROVERBS

DAY THREE

# Time for Realignment

The alignment of your heart is what you are experiencing. God wants to shift it to a heaven reality and biblical truth as a firm foundation and then you will see the manifestation of His promises and Word

I COME INTO AGREEMENT

I'M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS

DAY FOUR

# Forgiveness

One of the biggest hindrances to not having breakthrough in Prayer is Unforgiveness.  
How can you forgive?  
Pray from them, ask God's blessing over them. Praying for them releases a heavenly blessing over you

So if the Son sets you free from sin, then become a true son and be unquestionably free!

John 8:36

HOLY SPIRIT, SHOW ME WHERE THERE MAY BE UNFORGIVENESS OR UNRESOLVED HURTS IN MY LIFE

RELEASE THEM AND PRAY A BLESSING OVER THEM.

DAY FIVE

Time to Uproot

Today ask the Holy Spirit to examine our heart. Are there areas of unbelief, double mindedness, and any time when you have spoken words over yourself or others that have not been in line with His word?

I'M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS

DAY SIX

Time to 'Clean the Slate'

Triggers and temptations

**An emotional trigger is an experience or state of mind that draws us back into the past and causes old feelings and behaviors to arise.**

Ask the Holy Spirit to show you any triggers you may be having and ask Him to give you practical solutions to diffuse them.

**A temptation is a situation that presents itself to challenge us to choose between our faithfulness and commitment to God**

Lord, I choose to open and submit my triggers and temptations to You today.  
Like David I cry out and tell you my hurts, and troubles. I ask You to bring my soul to a place of healing that I may praise your Name. I trust You not to give me more than I can handle, and I trust You to be my protector, my shield, and the revealer of my hurts

I'M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS

Congratulations

NEARLY FINISHED WEEK ONE

DAY SEVEN

My Sabbath – Communion  
Weekly Reflection

This is my blood of the covenant, which is poured out for many  
for the forgiveness of sins.

Matthew 26:28

Take communion on this day of the fast.  
Today we want to seal every promise and truth in God’s word concerning our lives whiles we silence every  
negative voice in our lives with the blood of Jesus by taking communion.  
Remind yourself of the promises God has spoken over you and make the necessary  
declarations.

WHAT VOICE DO YOU NEED TO SILENCE?

DECLARE WHAT YOU WOULD LIKE TO RECEIVE SCRIPTURE

REFLECTION

WEEK  
ONE

DAY EIGHT

DECLARE A TRUTH ABOUT GOD- SUPPORTING SCRIPTURE – MY DECLARATION

I'M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS



DAY NINE

List attribute of God / Jesus  
and their meaning to you.

JEHOVAH-JIREH

“The God who provides.” Just as He provided yesterday, He will provide today and tomorrow.

IMMANUEL

God is with us - Matthew 28:20 indicates that Jesus will be with the faithful to the end times

DAY TEN

What are some ungodly beliefs  
you may have?

What is God’s truth about the  
ungodly belief?

UNGODLY BELIEF

GOD’S TRUTH

I’M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS

DAY ELEVEN

# Changing A Habit

Changing habits by introducing new habits

PUT ACTION BEHIND WHAT GOD IS TELLING YOU AND THE  
DECLARATIONS YOU HAVE MADE ABOVE

Choose an area of your life you want to bring change in this year From – To – Making this change will help me?

I'M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS

DAY TWELVE

# Goals and Strategies

– Personal

Where there is no vision, the people perish

Proverbs 29:18

Has God called new or fresh goals and visions for you to have through this fast?

The Bible says very clearly that we will die without vision. Without hope for the future we begin dying.

Lets start to Build Fresh New Vision into 2021

I'M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS



DAY THIRTEEN

# Goals and Strategies

– Spiritual - Understanding the Deep Things of God

GOALS

STRATEGIES

I'M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS

Congratulations

NEARLY FINISHED WEEK TWO

DAY FOURTEEN

# My Sabbath – Communion Weekly Reflection

This is my blood of the covenant, which is poured out for many  
for the forgiveness of sins.

Matthew 26:28

Take communion on this day of the fast.  
Today we want to seal every promise and truth in God's word concerning our lives whiles we silence every negative voice in our lives with the blood of Jesus by taking communion.  
Remind yourself of the promises God has spoken over you and make the necessary declarations.

WHAT VOICE DO YOU NEED TO SILENCE?

DECLARE WHAT YOU WOULD LIKE TO RECEIVE SCRIPTURE

REFLECTION

WEEK  
THREE

DAY FIFTEEN

DECLARE A TRUTH ABOUT GOD- SUPPORTING SCRIPTURE – MY DECLARATION

I'M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS

DAY SIXTEEN

DECLARATION DAY -

I BELIEVE my breakthrough is coming in these area...

You will also declare a thing, And it will be established for you;  
So light will shine on your ways.

Job 22:28

I'M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS



DAY SEVENTEEN

DECLARATION DAY -

I believe God will do for me what seems impossible today .....

I call those things that are not yet as though they are....

I'M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS

DAY EIGHTEEN

I'm believing the following  
people will get saved and  
come to know the Lord.

I'M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS

DAY NINETEEN

TODAY IS A WORSHIP DAY  
– Take time to worship  
God for who He is!

Worship brings us into agreement with Him. It aligns our thoughts, perspective, words and heart-posture with His. This is what faith is - to believe like He does. My reality aligns with His reality. And when we worship together in unity it allows all creation to be in agreement with God.

It means we walk in victory, not defeated or downcast. But walking by faith, despite what we are facing. In the darkest night, in the harshest winter, in the greatest pain we can turn our eyes upon Jesus. Lift up our head. Tell Him how good He is and magnify His Name. And when we are devoted to discovering more about who He is, spending time in His presence, we will be consumed by His overwhelming love for us. Our only response then is worship.

MAKE A PLAY LIST UP FOR “WORSHIP DAY”

DAY TWENTY

TODAY IS A DAY OF BLESSING!!  
Today send a txt, take someone out,  
encourage or pay it forward

I'M GRATEFUL FOR...

READ A CHAPTER IN PROVERBS



DAY TWENTY ONE

My Sabbath – Communion  
Weekly Reflection

This is my blood of the covenant, which is poured out for many  
for the forgiveness of sins.

Matthew 26:28

Take communion on this day of the fast.  
Today we want to seal every promise and truth in God’s word concerning our lives whiles we silence every  
negative voice in our lives with the blood of Jesus by taking communion.  
Remind yourself of the promises God has spoken over you and make the necessary  
declarations.

WHAT VOICE DO YOU NEED TO SILENCE?

DECLARE WHAT YOU WOULD LIKE TO RECEIVE SCRIPTURE

REFLECTION

