

21 Days of Purpose FAQs

“Purpose with Every Step I Take”

So, I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should...

I Corinthians 9:26-27, New Living Translation

January 5th – January 25th

Prayer Times:

7:14 a.m. Every Morning Privately

7:14 p.m. – 8:15 p.m. Every Night, Corporately in the Main Auditorium

Dear Purpose House Family,

As we embark on this new year, I want to emphasize the importance of dedicating January to prayer, consecration, and fasting. In recent years, we have poured our hearts and efforts into building our new facility and pursuing exciting new endeavors. During this time, our collective desire has been to seek the Lord's blessing upon Purpose House and each of your households. As we move forward, we must continue humbling ourselves before the Lord, praying and earnestly seeking His face, laying the groundwork for His favor on our church and our community. Looking ahead, let us commit to this spiritual discipline with renewed fervor, trusting that our dedication will honor our past efforts and present commitments and pave the way for the abundant blessings and opportunities that God has in store for us in the future.

Reflecting on 2 Chronicles 7:11-16 (NLT), we see how Solomon completed the Temple of the Lord and the royal palace. After his dedication, God personally affirmed His choice of the Temple as a place for sacrifices. He promised to hear the prayers made in that holy space and emphasized the importance of humility and prayer: "If my people who are called by my name will humble themselves and pray and seek my face... I will hear from heaven and will forgive their sins and restore their land." This biblical passage reminds us of the power of collective prayer and the significance of setting apart a space where we honor God's presence.

According to Scripture, every Christian must fulfill three essential duties: give, pray, and fast. Jesus assures us in Matthew 6 that our private acts of worship will indeed lead to heavenly rewards. By giving God our first through fasting, prayer, and giving at the beginning of the year, we are actively setting a purposeful course for the months ahead. This year, we want every step we take to be filled with intention. We cannot leave the blessings of the Lord, the direction for our lives, and the salvation of our communities to chance. We must approach these endeavors with purpose and commitment. We are a church built on purpose!

Purpose House dedicates 21 days at the beginning of every year, consecrating ourselves individually and as a church. This prayer, giving, and fasting time sets a spiritual foundation for the entire year ahead. As a result of our collective commitment, God has blessed our congregation immensely. Thank you for joining us on this impactful journey with renewed purpose as we step into this new year. Remember, what we do in private will be rewarded by God openly (Matthew 6:6)!

If this is your first time participating in this spiritual journey or you're seeking a refreshing perspective, the following pages answer some frequently asked questions regarding prayer and fasting.

With anticipation and faith,
Pastor Jason McKinnies

Common Questions about Prayer

Why should I pray?

For Christians, praying is like breathing; it is easier to do it than to not do it.

1. Prayer is a form of serving God (Luke 2:36-38).
2. We pray because God commanded it (Phil 4:6-7).
3. Prayer is exemplified for us by Christ and the early church (Mark 1:35; Acts 1:14; 2:42; 3:1; 4:23-31; 6:4; 13:1-3).
4. We pray in preparation for major decisions (Luke 6:12-13).
5. We pray to overcome demonic barriers (Matthew 17:14-21).
6. We pray to gather workers for the spiritual harvest (Luke 10:2).
7. We pray to gain strength to overcome temptation (Matthew 26:41)
8. We pray to obtain the means of strengthening others spiritually (Ephesians 6:18-19).
9. We pray without ceasing (1 Thessalonians 5:17)

We ask that you attend as many evening prayer sessions as possible. Each morning, set a reminder in your phone to pray at 7:14 a.m. for our church to experience the power and presence of God.

Where do we pray? We pray in the Main Auditorium. There will be music playing and the lights will be dimmed. We try to create an atmosphere that allows for a worshipful experience while you pray.

Who will I be praying with? You will be praying by yourself in the mornings, and with the gathered church body in the evenings.

How long are the prayer times? Our evening sessions typically run one hour; you are welcome to continue to pray if you like. There will be prayer guides at the altar area to assist and give you direction in praying. The morning prayer time is at your discretion.

What is corporate prayer? These are prayer times that everyone in the church is invited to join in. Often, these have times of worship, prayer leaders, and prayer teams to pray for needs.

What is the purpose of the crosses and response tables at the altar? We light a candle to lift others, praying the Lord will light their candle (Psalm 18:28; Proverbs 20:27). We take communion to remember (Luke 22:19-20). We go to the cross to place our areas of weakness (Colossians 3:13-15). (At the cross, if you want others to pray for

your need, place your card with the writing facing outward. Should you choose to keep it between you and the Lord, place the card with the writing towards the cross.)

When are the corporate prayer times? During the month of January, we will have corporate prayer at 7:14pm every night starting January 5th and concluding on Saturday, January 25th.

Common Questions about Fasting

Why should I fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate, and powerful relationship with the Lord?
6. Are you desiring to know the heart of God?
7. Do you need to be free from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

Biblical Fasting Focus

1 TIMOTHY 2:1-2 "I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty."

ROMANS 12:1 "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."

MATTHEW 6:33 "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

ISAIAH 58:6 "[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"

This is a great promise from the book of Isaiah; it proclaims that the chosen fast will "undo the heavy burdens and let the oppressed go free." We are living in tough times and we know that so many people are under serious burdens. As

we come together to fast and pray, we believe that burdens will be lifted and that blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from the Lord. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that as we pray, seek God, and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

Types of Fasts

Full Fast: Drink only liquids (you establish the number of days).

The Daniel Fast: Eat no meat, no sweets, and no bread. Drink water and juice. Eat fruits and vegetables. (Please see attached documentation for more information on the Daniel Fast)

3-Day Fast: This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast: A partial fast is from 6:00 am to 3:00 pm or from sunup to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Scripture References for Fasting: Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14
Relation to Prayer and Reading of the Word: 1 Samuel 1:6-8, 17-18, Nehemiah 1:4,
Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting: 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

How to Begin: Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually: Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding What to Fast: The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

Deciding How Long to Fast: You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow. I remind you that there is no condemnation or judgment on the part of the church regarding your personal choice.

What to Expect: When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to End: When it's time to end your fast, don't overeat. Begin eating solid food gradually, in small portions or snacks.

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](#)). May God greatly bless you as you fast and pray!

Other common questions about fasting:

What if I have a medical condition?

Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else and concentrate on prayer and Bible study. God knows your heart.

I forgot and ate something that wasn't on my fast; do I need to start again?

No, think of fasting as a marathon rather than a sprint. Don't give up! If you fall, get up and keep trying. Conquering "king stomach" is difficult, but you'll make it.

Do I continue to exercise while fasting?

For most people moderate exercise is OK. But it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy for exercise.

What if I have a manual labor job?

If you have a job that requires you to expend a lot of physical energy, you may want to consider a full fast for one to three days or make your fast a partial fast that allows you to receive enough nutrition to perform your job.

Can my husband and I be intimate during our fast?

Read I Corinthians 7:2-5, especially verse 5, which says, “do not deprive one another (of sexual relations) EXCEPT WITH CONSENT, for a time; that you may give yourselves to fasting and prayer.” So, the answer is yes. Scripture allows for the couple to decide the answer to this mutually for the purpose of fasting and prayer, BUT it must be with mutual consent.

FAST AS A SPIRITUAL COMMITMENT / BE SPECIFIC

Fasting involves a spiritual commitment to God. Be clear and follow the guidelines of your commitment. “Daniel purposed in his heart that he would not defile himself” (Daniel 1:8).

Before beginning a fast, write down a plan and verbally commit to the Lord. You will be less likely to waiver in weak moments when you approach your fast with determination and a clear goal.

On the last page (10) of this document is a place for you to write down clearly and concisely your commitment and desire for these 21 days of Purpose and Prayer.

Common Questions on Giving

1. Why should I give?
2. How do I know how much I should give?
3. Is my giving a reflection of my faith?
4. What are the benefits of giving?
5. How should I give?
6. Is giving only about money?
7. What does it mean to give in faith?
8. What is a first fruits offering?

1. Why should I give?

Giving is an act of worship and obedience to God. It reflects our gratefulness for His blessings and our trust in His provision. In the Old Testament, God commanded His people to give as an act of gratitude (Deuteronomy 16:17: "Each of you must bring a gift in proportion to the way the LORD your God has blessed you."). In the New

Testament, Jesus emphasizes the principle of generous giving in Luke 6:38: "Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap."

2. How much should I give?

The Bible provides guidance for giving, teaching a standard practice of tithing, which is giving 10% of one's income. In the Old Testament, tithing was widely practiced, as seen in Leviticus 27:30: "A tithe of everything from the land, whether grain from the soil or fruit from the trees, belongs to the LORD; it is holy to the LORD." In the New Testament, while the specific percentage isn't mandated, the emphasis is on giving generously and cheerfully (2 Corinthians 9:7: "Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.").

3. Is my giving a reflection of my faith?

Yes, our giving is a reflection of our faith and trust in God. The act of giving demonstrates where our heart truly lies. In Matthew 6:21, Jesus said, "For where your treasure is, there your heart will be also." Furthermore, in 2 Corinthians 8:6-8, Paul encourages the church to give as a demonstration of their faith and love, stating that it is a test of sincerity.

4. What are the benefits of giving?

Giving brings numerous blessings, both spiritually and materially. In Malachi 3:10, God invites His people to test Him in their giving, promising that He will pour out blessings: "Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it." Additionally, 2 Corinthians 9:11 tells us that generosity leads to thanksgiving, not only to God, but also within our community.

5. How should I give?

Our approach to giving should be intentional and joyful. In the Old Testament, God desired that offerings be brought freely and generously (Exodus 35:5: "From what you have, take an offering for the LORD. Everyone who is willing to bring to the LORD an offering of gold, silver, and bronze."). In the New Testament, Paul reiterates this by encouraging the church to give willingly and thoughtfully, highlighting the importance of our attitude when giving (2 Corinthians 9:6: "Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.").

6. Is giving only about money?

No, giving encompasses much more than just financial contributions. While tithing and offerings are significant, we are also called to give our time, talents, and resources to serve others. Romans 12:1 reminds us to offer our bodies as living sacrifices, holy and pleasing to God, which can include the ways we serve in our church and community. In Acts 20:35, Paul reminds us of Jesus' words that "It is more blessed to give than to receive," emphasizing the importance of selfless giving in all forms.

7. What does it mean to give in faith?

Giving in faith means trusting God with our resources and stepping out in obedience even when it feels challenging. In Hebrews 11:6, it is stated that "Without faith, it is impossible to please God," underscoring that faith is integral in our giving. The widow's offering in Mark 12:41-44 illustrates this beautifully, as she gave all she had in faith, which Jesus commended as greater than the large sums given by the wealthy.

8. What is a first fruits offering?

The first fruits offering is a biblical concept that involves dedicating the first portion of one's harvest or income to God as an expression of gratitude and recognition of His provision. In the Old Testament, the Israelites were instructed to bring the first fruits of their crops and livestock to the Lord as a sign of worship and acknowledgment that everything they have comes from Him. This practice is established in Exodus 23:19: "Bring the best of the first fruits of your soil to the house of the LORD your God."

Moreover, in Proverbs 3:9-10, it says, "Honor the LORD with your wealth, with the first fruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine." This demonstrates the faith that God will provide for our needs when we prioritize Him in our giving.

In the New Testament, the concept of first fruits is also reflected in how believers are encouraged to give of their first and best. Romans 11:16 highlights that if the first part of the dough is holy, the whole batch is holy, showing the significance of honoring God with our very best. Overall, first fruits offerings symbolize total commitment to God's provision and a prioritization of His kingdom.

Giving is a fundamental aspect of our faith that weaves throughout both the Old and New Testaments, revealing God's desire for us to honor Him with our resources as an expression of gratitude, faith, and worship. From the principles of tithing and first fruits offerings to the call for generous and cheerful giving, the Bible encourages believers to

