



# Return to Your First Love

*21 days of prayer & fasting to  
reignite or fan your flame for Jesus*

October 12 - November 2, 2020

## What is this about?

The call to “Return to Our First Love” (Rev 2:4-5) is the voice of the Father saying, “If you will return to your first love, I will show you the strongholds in your life so that you can repent of them. This will reignite or fan your flame for Jesus.”

I am calling the church to enter 21 days of prayer and fasting in which we will turn our hearts to Jesus and away from other things. Our nation is at a critical point in its history and the church needs to come together in prayer, fasting and repentance.

Will you take part?

Pastor Jim Kubiak

## What is the Purpose of Fasting?

Fasting is the act of denying one’s flesh for the purpose of re-focusing on spiritual things. Fasting takes the time and effort normally used to feed the natural man and redirects it to strengthen the spirit man.

Fasting can be as simple as going without a luxury like a coffee break during the day and using the time to read the Bible and pray, or as extreme as going without solid foods and using the extra time for the same purpose. The end result is a stronger spiritual man with a natural man that is held in check!

## Devotional

We have developed a 21-day devotional to assist in this journey. It will be emailed each day and is also available on the HVWC website (hvwc.com).

## Is Fasting Biblical?

- **Judges 20:26** “They fasted that day until evening and presented burnt offerings and fellowship offerings to the LORD.”
- **Esther 4:15-16** “...and fast for me. Do not eat or drink for three days, night or day.”
- **Exodus 34:28** “Moses was there with the LORD forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments.”
- **Matthew 4:2** “After fasting forty days and forty nights, he was hungry.”

## WE STRONGLY RECOMMEND FASTING MEDIA.

**This election is one of the most important in our nation’s history. Fasting the negativity, opinions, fear, hate, confusion, etc. that comes through the media will help you “gaze at Jesus at glance at the Enemy”. We can focus on Him and His priorities and not what the world tells us.**

**He can show us those strongholds for which we need to repent. We can then pray with more power and authority not only for the election, but also that our nation would be restored to Him!**