



|

# 21 Day Resurrection Fast

|

SPIRIT, SOUL, & BODY

ROD PARSLEY

# 21 Day

## RESURRECTION FAST: *Spirit, Soul & Body*

By  
Rod Parsley

**RESULTS**  
PUBLISHING

## **21 Day Resurrection Fast: Spirit, Soul & Body**

ISBN: 978-1-792363-27-6

Copyright © 2021 by Rod Parsley

Published by: Results Publishing

P.O. Box 100 Columbus, Ohio 43216-0100 USA

Scripture quotations marked (AMP) are from the Amplified Bible. Copyright © 2015 by The Lockman Foundation, La Habra, CA 90631. All rights reserved. Used by permission.

Scripture quotations marked (AMPCE) are from the Amplified Bible. Copyright © 1954, 1958, 1962, 1964, 1965, 1987 by The Lockman Foundation. Used by permission.

Scripture quotations marked (CEV) are from the Contemporary English Version. Copyright © 1991, 1992, 1995 by American Bible Society. Used by Permission.

Scripture quotations marked (EHV) are from The Holy Bible, Evangelical Heritage Version®, EHV®. Copyright © 2019 Wartburg Project, Inc. All rights reserved.

Scripture quotations marked (ERV) are from the Holy Bible: Easy-to-Read Version, International Edition. Copyright © 2013, 2016 by Bible League International and used by permission.

Scripture quotations marked (EXB) are from The Expanded Bible. Copyright © 2011 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations marked (GNT) are from the Good News Translation in Today's English Version- Second Edition. Copyright © 1992 by American Bible Society. Used by Permission.

Scripture quotations marked (MEV) are from the Modern English Version. Copyright © 2014 by Military Bible Association. Used by permission. All rights reserved.

Scripture quotations marked (Mounce) are from THE MOUNCE REVERSE-INTERLINEAR NEW TESTAMENT. Copyright © 2011 by Robert H. Mounce and William D. Mounce. Used by permission. All rights reserved worldwide.

Scripture quotations marked (MSG) are from *The Message*. Copyright © 1993, 1994, 1995, 1996, 2000, 2001, 2002. Used by permission of NavPress Publishing Group.

Scripture quotations marked (NCV) are from the New Century Version®. Copyright © 2005 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations marked (NLT) are from the Holy Bible, New Living Translation. Copyright © 1996, 2004, 2007 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, IL 60188. All rights reserved.

Scripture quotations marked (Phillips) are from *The New Testament in Modern English* by J. B. Phillips. Copyright © 1960, 1972 J. B. Phillips. Administered by The Archbishop's Council of the Church of England. Used by Permission.

Scripture quotations marked (TLB) are from *The Living Bible*. Copyright © 1971. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked (TPT) are from *The Passion Translation*®. Copyright © 2017, 2018 by Passion & Fire Ministries, Inc. Used by permission. All rights reserved. [ThePassionTranslation.com](http://ThePassionTranslation.com).

Scripture quotations marked (The Voice) are from *The Voice*™. Copyright © 2012 by Ecclesia Bible Society. Used by permission. All rights reserved.

Scripture quotations marked (WE) are from *THE JESUS BOOK – The Bible in Worldwide English – New Testament*. Copyright © 1969, 1971, 1996, 1998 by SOON Educational Publications, Derby DE65 6BN, UK. Used by permission.

Printed in the United States of America. All rights reserved under International Copyright Law. Contents and/or cover may not be reproduced in whole or in part in any form without the expressed written consent of the Publisher.



# Contents

Introduction: A New Assignment .....1

Week One: Body.....8

Week Two: Soul .....22

Week Three: Spirit.....36



# *Introduction*

## **A New Assignment**

For many years, it has been our custom to participate in a time of fasting and prayer leading up to Resurrection Sunday. The purpose of this fast has been to prepare ourselves for what we believe God wants to do in our midst as a body of believers. Historically, that time period has been the forty days leading up to Resurrection Sunday, and it has been marked by more miracles and supernatural answers to prayer than any other season of the year.

One of the hallmarks of this ministry is our willingness to be sensitive to the leading of the Holy Spirit. This year, God has spoken to me to make an adjustment to our corporate fast. For 2021, we will be embarking on a 21-day fast leading up to Resurrection Sunday.

One reason for the change to 21 days is to commemorate the year 2021 as we move forward in our Decade of Dominion. God spoke to me at the beginning of last year through Psalm 81:10 from The Passion Translation (TPT): *“Open your mouth with a mighty decree; I will fulfill it now, you’ll see! The words that you speak, so shall it be!”* Those words are just as true in 2021 as they were a year ago. I encourage you to continue to speak the Word of God with

## 21 Day Resurrection Fast

---

conviction over your life, and to allow God to do great things on your behalf.

Another reason for a 21-day period of fasting and prayer comes from Daniel 10:2-3: *“In those days I, Daniel, was mourning three full weeks. I ate no tasty food, no meat or wine entered my mouth, nor did I anoint myself at all until three whole weeks were fulfilled”* (MEV). Daniel interrupted his usual routine to spend three weeks seeking the face of God with fasting and prayer. Daniel did not abstain from food entirely, but he did restrict his diet and sought God with unusual intensity during this time.

I am challenging you to set yourself apart for a 21-day season of fasting and prayer as we anticipate the glory of Resurrection Sunday. I believe God has something supernatural in store for you, and I want you to be ready to receive it!

### **A CONTINUING SEASON OF MIRACLES**

I have prepared this guide to assist you as we unite together in expecting the peace, the presence, and the power of God to overflow us during this season.

At the beginning of 1985, our growing ministry needed additional office space, which was going to cost \$100,000 to build. God spoke to me about constructing it debt free, but where would we get the money?

From the time I was very young, I had been aware of Bible passages like Malachi 3:10: *“Bring all the tithes into the storehouse, that there may be food in My house, and test Me now in this, says the LORD of Hosts, if I will not open for you the windows of heaven*

## *Introduction: A New Assignment*

---

*and pour out for you a blessing, that there will not be room enough to receive it” (MEV).*

But I also had to be honest before God—I had not yet seen the overflowing blessing in my life that God had promised. When I asked God to show me what needed to change, His answer was as dramatic as it was unexpected.

He said: “Every year, you celebrate me *giving my best*—the sacrifice of my Son, Jesus Christ. All year long, you give me the tithe of your income. This year, as you remember my sacrifice, I want you to challenge the people to *give their very best* to me on Resurrection Sunday—not just the tithe, but one whole week’s income. As they do, I will bless them supernaturally.”

I shared this word with the congregation, and they responded with enthusiasm. That Resurrection Sunday morning, we received a \$144,000 miracle—and that was only the beginning. That year, and every year since then, the season surrounding Resurrection Sunday has been filled with signs, wonders, miracles, and great outpourings of God’s blessings.

As you join this history of faith-filled believers taking God at His Word, I am in agreement with you that your greatest needs and desires will be abundantly fulfilled during this Resurrection season. I trust you will find this book helpful as you prepare to sow your greatest seed and believe God for the fulfillment of your greatest needs. Just as we are fasting and praying together, I look forward to rejoicing together as God

## 21 Day Resurrection Fast

---

moves supernaturally to give us a harvest that surpasses all our expectations.

### THE THREEFOLD NATURE OF MAN

Genesis 2:7 says, “*Then the LORD God formed man from the dust of the ground and breathed into his nostrils the breath of life, and man became a living being*” (MEV). This is the foundation of our understanding of the essentials of man’s being. There are three aspects to man’s nature, all seen in this one verse.

God made the human body out of the materials of the earth, giving us the ability to interact with our earthly environment. The *body* is comprised of flesh, bone, and blood, and is the part of our being that contains the physical senses.

The life that God breathed into that physical structure represents the spirit of man. The *spirit* of man is the part of our being that came directly from God, and that enables us to connect with God in the realm of the spirit. The spirit cannot be seen or touched—it is supernatural. It consists of intuition, communion, and conscience.

As a result of the spirit entering the body, man became a living soul. The *soul* is the aspect of our being that connects with the intellectual, emotional, and rational world. The soul enables us to think, to feel, and to decide—comprised of the intellect, the emotions, and the will.

First Thessalonians 5:23 confirms man’s three-part nature: “*May the very God of peace sanctify you*

## *Introduction: A New Assignment*

---

*completely. And I pray to God that your whole spirit, soul, and body be preserved blameless unto the coming of our Lord Jesus Christ” (MEV).*

God designed man to be ruled by his spirit, with his soul following the spirit’s direction, and with his body coming under the dominion of the spirit and the soul. Unfortunately, when sin entered the world as a result of Adam’s rebellion, man’s spirit was separated from God and lost its position as the ruler of man’s three-part being. The soul gained ascendancy, the body became servant to the soul, and the spirit—without the life of God activating and energizing it—became dormant.

When a person receives Jesus as Savior, their spirit is once again made alive by the activity of the Spirit of God. Conflict occurs when the newly energized spirit of man attempts to assert its authority over the soul and body. Since the soul and the body have become accustomed to directing the thoughts and activities of man’s being, they inevitably and strenuously object to being relegated to a subordinate position. This struggle can be extremely troublesome to Christians at any point in their spiritual development, but especially so to new believers.

### **THE VALUE OF FASTING**

One way to effectively confirm your spirit as the aspect of your being that is in control of your life is to commit to a season of fasting and prayer. As you do, your spirit will be strengthened, and your soul and

## 21 Day Resurrection Fast

---

body will be constrained to accept the dominance of your spirit.

Fasting is not a hunger strike against God, trying to manipulate Him into doing something for you that He is not inclined to do. It is not a means by which you can prove your devotion to God, nor is it a way to gain a measure of superiority over other believers. While there may be physical health benefits to fasting, those are not the reasons to engage in fasting during the Resurrection season.

Fasting serves notice on your body and your soul that they cannot have unlimited access to whatever they want: your spirit is in charge. Your spirit, under God's direction, now has the ability and the authority to restrain the soulish cravings and fleshly impulses of the soul and the body.

Fasting will also heighten your sensitivity to spiritual things, including God's instruction and direction. Fasting will become even more effective when combined with an increased intensity of time and effort in prayer.

I encourage you to use these guidelines to fast and pray, seeking the face of God for His will to be done in your life, as well as among us corporately. I believe you are about to embark on a remarkable journey of miracles, signs, and wonders as together we give God our best and receive His best.



Rod Parsley

## **Before You Begin**

First, there is a suggested item to fast each day. You can change this item, or add to it, as you are led by the Spirit.

- **Week One:** Each item this week falls into the general category of food and drink—things that pertain specifically to the body.
- **Week Two:** Each item this week falls into the category of things that go in the eye gate or the ear gate and affect the soul.
- **Week Three:** This week, you will choose your own, individual item to fast each day. Also, I have added a specific area for you to cover in prayer each day this week, to exercise your spirit.

Next, there is a Bible verse that speaks about the body, soul, or spirit, taken from many different versions to enrich your reading of Scripture.

There is a word of encouragement for each day.

There is a sample prayer for you to pray.

Finally, there is a section for you to record what God is saying to you, and doing for you, each day.

## 21 Day Resurrection Fast

---

### WEEK ONE: BODY

# Day 1

**WHAT I AM FASTING TODAY:** Added sugar, honey, syrup, artificial sweeteners, or \_\_\_\_\_.

**1 CORINTHIANS 6:20:** *“Have you forgotten that your body is the temple of the Holy Spirit, who lives in you, and that you are not the owner of your own body? You have been bought, and at what a price! Therefore bring glory to God both in your body and your spirit, for they both belong to him.”* (Phillips)

**A WORD FOR TODAY:** The temple in Jerusalem was universally regarded as the dwelling place of God. Because God had taken up residence there, the temple was maintained with excellence.

We understand that God no longer dwells in buildings made with hands—He lives in the hearts of those who believe in Him. We should all do our best to maintain our earthly temples in a way that glorifies God. This involves what we eat and drink, how we rest and exercise, and whether we avoid strife and anxiety. These things are all part of our faithful stewardship over our physical bodies—the temple of the living God.



## 21 Day Resurrection Fast

---

### Day 2

**WHAT I AM FASTING TODAY:** Chocolate, candy, ice cream, or \_\_\_\_\_.

**ROMANS 8:13:** *“If you live the way your bodies want to live, you will die. But if, by the help of the Spirit, you stop doing the wrong things your bodies want to do, you will live.”* (WE)

**A WORD FOR TODAY:** As you have no doubt come to recognize, if your body is indulged without any restraint, there will be no end to its cravings. Your survival is not determined by how many cookies or pieces of pie you eat, but your body will do its best to convince you that it will die without *just one more*. Indulgence leads to excess, and if not curtailed, it will lead to many different physical problems.

There is an answer to this dilemma. It is to simply and authoritatively tell your body *NO*. One of the best ways to do this is to engage in a season of fasting along with prayer. You will discover a new sense of freedom when you realize you don't have to yield to your body's fleshly demands.



## 21 Day Resurrection Fast

---

### Day 3

**WHAT I AM FASTING TODAY:** Caffeine (in beverages or food), or \_\_\_\_\_.

**1 CORINTHIANS 9:27:** *“Like an athlete I punish my body, treating it roughly, training it to do what it should, not what it wants to. Otherwise I fear that after enlisting others for the race, I myself might be declared unfit and ordered to stand aside.”* (TLB)

**A WORD FOR TODAY:** Every four years, we marvel at the skill of the world’s best athletes as they compete in the Olympics. Through many years of dedication and perseverance, they have developed amazing abilities. Even though they make what they do look easy, there is always a long and difficult regimen of training that leads to their success.

In the same way, believers are challenged to subject their bodies to a strict training regimen—not to achieve an earthly medal, but to gain a heavenly prize. We don’t expect to have the applause of men, but if we will keep our bodies under control, we can look forward to achieving heaven’s approval.



## 21 Day Resurrection Fast

---

### Day 4

**WHAT I AM FASTING TODAY:** Meat, or \_\_\_\_\_.

**ROMANS 6:12:** *“Let not sin therefore rule as king in your mortal (short-lived, perishable) bodies, to make you yield to its cravings and be subject to its lusts and evil passions.”* (AMPC)

**A WORD FOR TODAY:** Adam ruled the earth under God’s authority from the day he was created. After he committed high treason in the Garden of Eden, the question then became: who had authority over Adam? It wasn’t God any longer, because Adam had turned his back on God and aligned himself with God’s archenemy, Satan. Obedience to God was no longer the guiding principle in Adam’s life. Now, sin controlled Adam’s thoughts and actions.

When God is in control, there is love, joy, and peace. When sin is in charge, there is hatred, despair, and chaos. Do not allow lusts and evil passions to create turmoil in your life. Keep your body in subjection to your spirit and experience the abundance of heavenly benefits that God intends for you to enjoy.



## 21 Day Resurrection Fast

---

# Day 5

**WHAT I AM FASTING TODAY:** Bread, or \_\_\_\_\_.

**1 CORINTHIANS 6:13:** *“You know the old saying, ‘First you eat to live, and then you live to eat’? Well, it may be true that the body is only a temporary thing, but that’s no excuse for stuffing your body with food, or indulging it with sex. Since the Master honors you with a body, honor him with your body!”* (MSG)

**A WORD FOR TODAY:** One of the extremes of the ancient Gnostic heresy is that what you do with the body or in the body is of no consequence. It has led to a modern heresy that goes something like this: since your body is temporal and will return to dust, any kind of sin you engage in with your body doesn’t really matter, as long as you continue to worship God with your spirit. This is far from the truth!

All three aspects of our being—spirit, soul, and body—are linked together. What we do in one area affects the other two, and has eternal consequences. We should always strive to honor God by what we do with our bodies, as well as with our souls and spirits.



## 21 Day Resurrection Fast

---

### Day 6

**WHAT I AM FASTING TODAY:** Flavored beverages, or

---

**PHILIPPIANS 3:18-19:** *“Many people live like enemies of the cross of Christ. I have often told you about them, and it makes me cry to tell you about them now. In the end, they will be destroyed. They do whatever their bodies want, they are proud of their shameful acts, and they think only about earthly things.”* (NCV)

**A WORD FOR TODAY:** In every age, there have been people who have lived as enemies of the cross. Paul lists their characteristics in this verse: they are the ones who do whatever they want to do, and are proud of their shameful acts, thinking only about earthly things—they don’t even consider heavenly things!

God forbid that anyone who calls themselves a Christian will become involved in these kinds of behaviors. We do need to give our bodies, souls, and spirits the attention they need, but our focus and allegiance should be focused on fulfilling heavenly priorities rather than satisfying earthly passions.



## 21 Day Resurrection Fast

---

# Day 7

**WHAT I AM FASTING TODAY:** Desserts, or \_\_\_\_\_.

**JAMES 4:1:** *“What leads to [the unending] quarrels and conflicts among you? Do they not come from your [hedonistic] desires that wage war in your [bodily] members [fighting for control over you]?”* (AMP)

**A WORD FOR TODAY:** Every Christian is born into a battle. We should be aware of the conflict between light and darkness that is being waged in the spirit realm. But there is another fight that is ongoing in every believer’s life, and that is the struggle between the lusts of the flesh and the desires of the spirit. Your flesh cannot be pampered or coddled—the Bible says it must be crucified.

Of course, we understand that this is not to be taken literally. God doesn’t expect you to flog your body with a whip or a club, or to impale it on a cross to keep it under control. But He does expect you to deny your flesh so that you can obey His voice, instead of yielding to your flesh and denying His decrees.



## 21 Day Resurrection Fast

---

### WEEK TWO: SOUL

## Day 8

**WHAT I AM FASTING TODAY:** Television, or \_\_\_\_\_.

**ROMANS 12:2:** *“Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God’s will as you live a beautiful life, satisfying and perfect in his eyes.”* (TPT)

**A WORD FOR TODAY:** This verse should forever answer the question about whether the Bible is relevant today. God did not rescue us from sin so that we could be conformed to the culture, but so that we could be transformed into His likeness.

I have said many times that the kingdom of which you are now a part is diametrically opposed to and mutually exclusive of the kingdom out of which God has called you. Our goal as Christians is to understand and then live out God’s will every day.



## 21 Day Resurrection Fast

---

### Day 9

**WHAT I AM FASTING TODAY:** Movies, or \_\_\_\_\_.

**ROMANS 8:7:** *“You see, a mind focused on the flesh is declaring war against God; it defies the authority of God’s law and is incapable of following His path.”*

(The Voice)

**A WORD FOR TODAY:** When God sent the angels to announce the birth of Jesus, part of their message was the declaration of peace on earth. This did not mean that there would never be another war between nations—it meant that God was revealing to the world that He was not angry with them, that they could have peace with Him. He proved it by sending a Savior, who is Christ the Lord.

One of the most foolish things men or nations can do is to declare war upon those who are at peace with them. Yet that is exactly what men do when their minds are focused on the flesh—they declare war on God. They defy God’s authority instead of yielding to God’s authority. Let us determine to focus on the things of the spirit rather than the things of the flesh, so that we can enjoy the benefits of being at peace with God.



## 21 Day Resurrection Fast

---

# Day 10

**WHAT I AM FASTING TODAY:** Computers (except for work), or \_\_\_\_\_.

**EPHESIANS 2:3:** *“In the past all of us lived like that, trying to please our sinful selves. We did all the things our bodies and minds wanted. Like everyone else in the world, we deserved to suffer God’s anger just because of the way we were.”* (ERV)

**A WORD FOR TODAY:** The deception of sin is that it implies it will be satisfied as soon as you meet one of its demands. However, sin is insatiable, and every time you yield to one temptation, another one—even more dangerous than the one before—will present itself. Before long, your life will be consumed with the impossible task of fulfilling sin’s requirements.

There is no need to be burdened by sin’s claims. Jesus said that if we would come to Him, we would find release from our burdens, rest for our souls, and the peace that comes from knowing that God is not angry with us.



## 21 Day Resurrection Fast

---

# Day 11

**WHAT I AM FASTING TODAY:** Social phone calling and texting, or \_\_\_\_\_.

**EPHESIANS 4:17-18:** *“This is my instruction, then, which I give you from God. Do not live any longer as the Gentiles live. For they live blindfold in a world of illusion, and cut off from the life of God through ignorance and insensitiveness.”* (Phillips)

**A WORD FOR TODAY:** Perhaps you remember being blindfolded when playing a game as a child. You stumbled and tripped over things that could have been easily avoided had you not been wearing a blindfold, and you risked hurting yourself or others.

This is an accurate description of a person who does not know Jesus as Savior. They are blindfolded in a world of illusion. No wonder they make wrong choices that lead them to dangerous destinations. In contrast, a believer should live with eyes open to the truth, making choices that lead to righteousness and life.



## 21 Day Resurrection Fast

---

# Day 12

**WHAT I AM FASTING TODAY:** Games and puzzles, (including video games), or \_\_\_\_\_.

**COLOSSIANS 1:21:** *“At one time you were ·separated [alienated; estranged] from God. You were his enemies in your minds, ·and the evil things you did were against God [or because of your evil deeds].”*  
(EXB)

**A WORD FOR TODAY:** Man had been separated, not only from everything that was beautiful and beneficial, but from life, truth, and holiness. As a result of sin, man considered God to be his enemy, when in fact, God was at work reconciling man to Himself. Can you imagine how futile it would be to fight against God? That would always be a losing proposition!

But every time you refuse God’s instruction and choose to sin, it is like throwing a punch at God. One of the seven great exchanges made at the cross was this: Jesus was *rejected* so that sinful mankind could be *accepted*. Let’s act as though we are on God’s side by obeying His direction and submitting to His authority.



## 21 Day Resurrection Fast

---

# Day 13

**WHAT I AM FASTING TODAY:** Reading (except for Bible reading), or \_\_\_\_\_.

**1 TIMOTHY 6:5:** *“These people always cause trouble. Their minds are corrupt, and they have turned their backs on the truth. To them, a show of godliness is just a way to become wealthy.”* (NLT)

**A WORD FOR TODAY:** A corrupted computer file is one that has become inoperable or unusable. It will no longer produce an expected result. A corrupted mind has many of the same characteristics: it is filled with incorrect information, and it rejects the truth and believes lies. It comes to conclusions that are the opposite of reality. No wonder Paul said, *“These people always cause trouble.”*

We must determine to allow our minds to be purged of improper information and restored to right thinking so that we can make right decisions. Rather than turning our backs on truth, we must embrace it and make it a way of life.



## 21 Day Resurrection Fast

---

# Day 14

**WHAT I AM FASTING TODAY:** Social media, or \_\_\_\_\_.

**TITUS 1:15:** *“To those who are pure, all things are pure, but to those who are full of sin and do not believe, nothing is pure. Both their minds and their consciences have been ruined.”* (NCV)

**A WORD FOR TODAY:** Before receiving Jesus Christ as Savior, a person’s mind and conscience are damaged. They are defiled—experiencing the worst that the world has to offer and thinking the worst of everything and everyone.

In contrast, a person who has been cleansed by the blood of Jesus has been purified and washed from sin’s defiling power. Now, instead of thinking badly of everyone, they can see the best in everyone. Their outlook is positive instead of negative. They look at everything—God, the world, themselves—with a different set of eyes and a different category of expectations.



## 21 Day Resurrection Fast

---

### WEEK THREE: SPIRIT

# Day 15

**WHAT I AM FASTING TODAY:** \_\_\_\_\_.

**ROMANS 12:11:** *“Do not slack in your faithfulness and hard work. Let your spirit be on fire, bubbling up and boiling over, as you serve the Lord.”* (The Voice)

**MARK 12:30:** *“And you shall love the Lord your God out of and with your whole heart and out of and with all your soul (your life) and out of and with all your mind (with your faculty of thought and your moral understanding) and out of and with all your strength. This is the first and principal commandment.”* (AMPC)

**A WORD FOR TODAY:** The term *“your whole heart”* suggests to me the idea of passion, fervor, and fire. It is captured by the phrase *“bubbling up and boiling over.”* I believe this is the way believers should approach their devotion to God, and their service to others.

As you love God and love people, do it with your whole heart—a heart on fire for God!



## 21 Day Resurrection Fast

---

# Day 16

**WHAT I AM FASTING TODAY:** \_\_\_\_\_.

**EPHESIANS 4:23:** “*You must be made new in your hearts and in your thinking.*” (ERV)

**ROMANS 10:10:** “[*For*] *We believe with our hearts, and so we are made right with God [are justified; receive righteousness]. And we declare [confess] with our mouths, and so we are saved [leading to salvation].*” (EXB)

**A WORD FOR TODAY:** It does little good to attempt to change someone’s thinking until their hearts have been changed. Religion always tries to change people from the outside in—by regulating their behavior, their attire, their attitudes, and the like. For any change to be lasting or permanent, it must begin on the *inside* and then move to the *outside*.

That is why the Bible so often talks about the heart of man—because the heart of the human problem is the problem of the human heart. I challenge you to allow God to change your heart today—and then change your thinking and your behavior to correspond to the work He has done on the inside.



## 21 Day Resurrection Fast

---

# Day 17

**WHAT I AM FASTING TODAY:** \_\_\_\_\_.

**HEBREWS 10:22:** *“Sprinkled with the blood of Christ, our hearts have been made free from a guilty conscience, and our bodies have been washed with pure water. So come near to God with a sincere heart, full of confidence because of our faith in Christ.”* (ERV)

**A WORD FOR TODAY:** A well-known hymn asks the question, “What can wash away my sin?” The answer? Our bodies can be washed with water, but our spirits can only be cleansed by the lifesaving, soul-cleansing blood of our Savior, Jesus Christ.

What kept men and women from the presence of God was not a veil in the temple or a priest telling us we were not allowed into His presence. The real problem was that sin had created a barrier between men and God. But thank God, we have been washed and granted access into the presence of God. We can come freely before Him, trusting the work of Christ on our behalf.



## 21 Day Resurrection Fast

---

# Day 18

**WHAT I AM FASTING TODAY:** \_\_\_\_\_.

**PHILIPPIANS 1:27:** “*So whatever happens, live as people who believe the good news of Christ should live. Then, if I come and see you, or if I am away and hear about you, you will be standing strong together in one spirit. With one mind you will be working hard together for the good news.*” (WE)

**2 TIMOTHY 2:22:** “*Run from temptations that capture young people. Always do the right thing. Be faithful, loving, and easy to get along with. Worship with people whose hearts are pure.*” (CEV)

**A WORD FOR TODAY:** The Word of God is our standard of conduct and our guide for living, working, and worshipping together as the body of Christ. It is not hard to live right—just obey the Bible!

The world will know us by our fruit—the evidence of a life lived for Him. When they see us living right, and getting along with each other, they will be able to see Jesus through us. That is our goal, that the world may see Him and thereby come to know Him.



## 21 Day Resurrection Fast

---

# Day 19

**WHAT I AM FASTING TODAY:** \_\_\_\_\_.

**2 CORINTHIANS 4:13:** *“Since we have that same spirit of faith, which corresponds to what is written: ‘I believed; therefore, I have spoken,’ we also believe, and therefore we speak.”* (EHV)

**LUKE 8:15:** *“And the seeds in the good ground are the ones who hear the word with an honest and good heart, hold on to it tightly, and produce fruit as they patiently endure.”* (EHV)

**A WORD FOR TODAY:** The Spirit of God is a Spirit of faith. As believers, we are to live by faith. Our faith should be demonstrated by the words we speak—we say what we believe in our hearts. And the most important thing we believe in our hearts is that Jesus Christ has risen from the dead, and that He is alive forevermore.

When the seed of the Word of God is planted in our hearts, it will produce a harvest of faith that will be recognized by all who observe our lives.



## 21 Day Resurrection Fast

---

# Day 20

**WHAT I AM FASTING TODAY:** \_\_\_\_\_.

**1 THESSALONIANS 3:13:** *“May he establish you, holy and blameless in heart and soul, before himself, the Father of us all, when our Lord Jesus Christ comes with all who belong to him.”* (Phillips)

**2 CORINTHIANS 4:16:** *“For this reason we never become discouraged. Even though our physical being is gradually decaying, yet our spiritual being is renewed day after day.”* (GNT)

**A WORD FOR TODAY:** As believers, we are established in our hearts. We are not moved by rumors, gossip, or innuendo. We believe the truth, and we are fully persuaded that God is truthful and will never forsake us. Our spiritual life is built on solid ground.

We are not discouraged by anything that we see or hear that is happening in this world, because we know that our ultimate home is beyond this world. Earthly things are not our highest priority, because we realize that none of those things matter as much as knowing that we are His. Our security is not in the things of this world, but in God and His eternal Word.



## 21 Day Resurrection Fast

---

# Day 21

**WHAT I AM FASTING TODAY:** \_\_\_\_\_.

**COLOSSIANS 3:15:** *“And let the peace of Christ be the ruling principle in your heart, to which indeed you were called in one body. And be thankful.”* (Mounce)

**2 THESSALONIANS 3:5:** *“May the Lord lead your hearts into a full understanding and expression of the love of God and the patient endurance that comes from Christ.”* (NLT)

**A WORD FOR TODAY:** When peace is the ruling principle in your heart, it will overcome turmoil in your circumstances every time. What is happening in you is far more important than what is happening around you or to you.

The more you experience the truth of God’s overwhelming love and the greatness of His amazing grace, the more likely it is that you will remain steadfast regardless of how hard the winds of adversity blow. Allow the love of God and the peace of God to establish you and strengthen you today.





## ABOUT THE AUTHOR

ROD PARSLEY, BEST-SELLING author of more than 70 books, is the pastor of World Harvest Church. A highly sought-after crusade and conference speaker, he uses his platform to call people to Jesus Christ through the good news of the Gospel.

He oversees 13 major ministries, including Bridge of Hope Missions, Harvest Preparatory School, Valor Christian College, and the *Breakthrough* broadcast, a television and radio show seen by millions and broadcast around the world.

Parsley's refreshingly direct style encourages Christians to examine and eradicate sin from their lives. A fearless champion of living God's way, Parsley follows the high standard set by Jesus Christ and encourages his readers to do the same.

He and his wife, Joni, have two young-adult children, Ashton and Austin.



For more information about *Breakthrough*, World Harvest Church, Valor Christian College, Harvest Preparatory School, The Center for Moral Clarity, or to receive a product list of the many books, CDs, and DVDs by Rod Parsley, write or call:

**BREAKTHROUGH**  
**WORLD HARVEST CHURCH**  
P.O. Box 100  
Columbus, OH 43216-0100  
1-800-637-2288  
[www.RodParsley.com](http://www.RodParsley.com)

**VALOR CHRISTIAN COLLEGE**  
P.O. Box 800  
Columbus, OH 43216-0800  
(614) 837-4088  
[www.ValorCollege.edu](http://www.ValorCollege.edu)

**HARVEST PREPARATORY SCHOOL**  
P.O. Box 400  
Canal Winchester, OH 43110-0400  
(614) 382-1111  
[www.HarvestPrep.org](http://www.HarvestPrep.org)

If you need prayer, *Breakthrough* Prayer Warriors  
are ready to pray with you  
24 hours a day, 7 days a week at  
(866) 241-4292









