



21-DAY FAST FOR 2019 - JANUARY 7th – 27th



Isaiah 58:3-12

3 Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours.

4 Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.

5 Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the Lord?

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?

7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy rearward.

9 Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday:

11 And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

12 And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

WHY ARE YOU FASTING?

1. To draw closer to God, seek direction for your life and know God's will for you
2. For healing in your body, soul and/or spirit (Stability, attitude, thoughts, zeal, passion...)
3. For answers to specific prayers or to break some old cycles or addictions in your life
4. To be baptized in the Holy Ghost
5. For Salvation of a loved one, enemy or friend
6. For the success of the Church (Ministries & Vision) and the Body of Christ
7. For your family, marriage and/or relationships to be made whole
8. Financial Breakthrough
9. Unusual Favor with God and man
10. New opportunities (businesses, jobs, homes...)

TYPES OF FASTS

1. Full Fast – (water only, or water and natural juices)
2. Daniel Fast – (fruits and vegetables) See below for suggested diet.
3. Partial Fast – (Example; Sun up to Sun down, half the day.... You pray and let God lead you)

We would like for everyone to participate in this fast. It is vitally important to begin this New Year with our faces toward Heaven seeking direction not just for ourselves but our church, government, communities, cities, nation and world (The 7 Mountains). There are areas in our lives that we need God to move in. During our normal course of life things might have stayed the same but through this fast we are asking God to bring us all the way through. **“Howbeit this kind goeth not out but by prayer and fasting.” Matthew 17:21**

Please be prayerful and select the fast that the Holy Spirit is leading you on. If you are on medication, talk to your physician and the Pastors as for which direction you should proceed in.

During your fast you want to limit your amount of physical and social activities. Get as much rest as you can. You can expect some temporary changes in your emotions for at least the first three days. (Patience, crankiness, anxiety) Press through it.

For the first couple of days you will experience the most hunger pains, dizziness, headaches and withdrawals from your normal diet. Your body will experience weakness and tiredness. Drink plenty of liquids.

THINGS YOU MIGHT WANT TO FAST FROM

1. Pop, Coffee
2. Television / Computer / Video Games
3. Phones, Social Media
4. Personal Pleasures (If you are married, please consult with your spouse)
5. Unproductive habits.
6. Unproductive Conversations
7. Foods (Things you should not eat)

This list could be endless. Basically anything that can become or has become an idol or hindrance in your spiritual life. Feel free to develop your own list. You and God know what areas in your life that needs the most attention. Focus on those areas. Discipline yourself to become better in God.

SCRIPTURES TO READ DURING YOUR FAST

1. Humble Ourselves - 2 Chronicles 7:14
2. Psalms 48:9, 10; 103:1-13
3. Galatians 5:13-26; Matthew 4:1-11
4. Nehemiah 9:1-3, Joel 2:15-16,
Jonah 3:5-10, Acts 27:33-37
5. Confess Sins and Seek Forgiveness - 1 John 1:9
6. Romans 12:1,2; Hebrews 11
7. Matthew 9:14-15, Luke 18:9-14

OCCASIONS OF PRAYER AND FASTING IN THE BIBLE:

Praying for health: "David pleaded with God for the child. He fasted and went into his house and spent the nights lying on the ground" (2 Samuel 12:16)

Praying for safety: "There, by the Ahava Canal, I [Ezra] proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions" (Ezra 8:21).

As an act of repentance: "When they had assembled at Mizpah, they drew water and poured it out before the LORD. On that day they fasted and there they confessed, "We have sinned against the LORD." And Samuel was leader of Israel at Mizpah" (1 Samuel 7:6).

Before making an important decision: "While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' So after they had fasted and prayed, they placed their hands on them and sent them off....Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust " (Acts 13:2-3; 14:23).

TEACHINGS ON PRAYER AND FASTING IN THE BIBLE:

Fasting is a personal event: "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you" (Matt 6:16-18).

Fasting can be from things besides food: "The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control" (1 Corinthians 7:3-5).

Jesus did not require fasting as a part of Christianity. It is a recommended practice: "They [Pharisees] said to him, 'John's disciples often fast and pray, and so do the disciples of the Pharisees, but yours go on eating and drinking.' Jesus answered, 'Can you make the guests of the bridegroom fast while he is with them? But the time will come when the bridegroom will be taken from them; in those days they will fast.'" (Matthew 9:14,15)

Fasting is a form of worship: "Then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying" (Luke 2:37).

SUGGESTED FOOD LIST FOR THE DANIEL FAST:

All fruits These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages Spring water, distilled water or other pure waters, Gatorade and 100% juices

Other tofu, soy products, vinegar, seasonings, salt, herbs and spices.

FOODS TO AVOID LIST:

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

SUGGESTED DAY FOR FASTING

(If you are on the Daniel fast, refer to the list above for suggested foods to eat throughout the day.)
If you are married and/or have a family, have a time of prayer and devotion before you start your day. You also want to end your day praying together as a family.

Morning:

- Begin your day in prayer followed by a time of praise and worship
- Read your Bible and Meditate on the Word
- Anoint yourself with oil and ask the Holy Spirit to guide and lead you

Afternoon:

- Make some time to pray and read the Bible
- Begin to pray for the Church, Pastors, leaders, ministries...
- If you are able, go for a short walk as you are praying to clear your head

Evening:

- Find you a secret place and just get quiet before God to seek His face
- This would be a good time to join forces with other members to pray and seek God together Not to talk or congregate but rather to enter into His presence

Night:

- Go before God in prayer and in your word asking for His strength and guidance
- Offer up praise and worship to God before you go to sleep. Anoint yourself with oil

Matt 6:16-18

16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

17 But thou, when thou fastest, anoint thine head, and wash thy face;

18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Make sure to dedicate time to prayer and the studying of God's Word. Be a part of the corporate prayer times as much as possible. There is strength in unity. Let's encourage one another to greater works in 2019. Remember, this is the year of: "*Reaping the New Harvest*"

"And let us consider one another to provoke unto love and to good works" (Hebrews 10:24).

"Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest" (John 4:35).