



21 Days of
Prayer and
Fasting

March 8 – March 28



21 Days of Prayer and Fasting

As we prepare for Easter, we are seeking God first and reminding ourselves that everything we need is found in Christ. We believe God's Word shows us that during a time of fasting people throughout history and today have experienced supernatural breakthroughs and greater revelations of Christ.

"You will seek me and find me when you seek me with all your heart." Jeremiah 29:13.

What's the Goal of Prayer and Fasting?

The goal of prayer and fasting is to draw near to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out.

As you read the following Fasting "How To", prayerfully consider what God would have you fast this season and connect your fast to a purpose.

- Why are you fasting?

- Who will you pray for during the next 10 days?
 - A friend or family member who doesn't know Christ or is facing a serious personal issue?

- What will you pray for during the next 10 days?
 - A financial situation, a career decision, a relationship issue? Each fast should have a specific spiritual purpose.

- Would you pray with us for our Easter Services? Pray that the people who drive on our campus Easter weekend will feel loved, so they can know God, grow in faith, and tell others what Jesus has done in their lives.

Identify your Prayer and Fasting purpose and design a focus to replace the time you would have spent eating. Without a purpose and plan, it's not Christian fasting; it's just going hungry.

How to Start Fasting

Fasting is hard. It sounds much easier in concept than it proves to be in practice. It can be surprising how on-edge we feel when we miss a meal.

Fasting sounds so simple, and yet the world, our flesh, and the devil conspire to introduce all sorts of complications that keep it from happening. In view of helping you start down the slow path to good fasting, here are six simple pieces of advice. These suggestions might seem obscure, but the hope is that such basic counsel can serve those who are new at fasting or have never seriously tried it.



There are several types of fasting. The one you choose is between you and God.

Daniel Fast

No meats, no sweets, no treats – usually for 10-21 days. Eat fruits, vegetables, rice, and beans. Avoid dairy, breads, meats, and alcohol.

Partial Fast

A partial fast is usually from sun up to sun down – drinking juice and water and eating a light dinner at night.

Full Fast

Drink only liquids for a set period of days. (Please consult your physician before beginning a full fast.)

3-Day Fast / 7-Day Fast

You may not be able to fast for 10 days. Choose a 3-day or 7-day fast. This can be a Partial Fast, Full Fast or Daniel Fast.

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!

Why The Daniel Fast?

If you're wondering, "Where did the Daniel Fast originate?" That's a great question. The Daniel Fast was first observed by the prophet Daniel in the Bible. On one occasion, Daniel was greatly concerned for his people and sought the Lord's wisdom during a time of prayer and fasting.

Daniel 10:2-3 says, "At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips." The meaning of "choice food" is not clear; however, most commentaries conclude that he ate no bread or sweets. The Message translation sums up Daniel's eating habits during that time: "I ate only plain and simple food." *You may choose to fast for 21 days and that is great! As a church, we are fasting together for 10 days.*

The idea behind the Daniel Fast is not to duplicate Daniel's menu but to imitate his spiritual hunger. Daniel's passion for the Lord caused him to seek spiritual food rather than physical food, which should be the desire for anyone doing the Daniel Fast.

Planning What You'll Do Instead Of Eating

Fasting isn't merely an act of self-deprivation, but a spiritual discipline for seeking more of God's fullness. Which means we should have a plan for what positive pursuit to undertake in the time it normally takes to eat. We spend a good portion of our day with food in front of us. One significant part of fasting is the time it creates for prayer and meditation on God's word or some act of love for others.

Before diving headlong into a fast, craft a simple plan. Connect it to your purpose for the fast. Each fast should have a specific spiritual purpose. Identify what that is and design a focus to replace the time you would have spent eating. Without a purpose and plan, it's not Christian fasting; it's just going hungry.

Consider How It Will Affect Others

Fasting is no license to be unloving. It would be sad to lack concern and care for others around us because of this expression of heightened focus on God. Love for God and for neighbor go together. If anything, others should even feel more loved and cared for when we're fasting.

So as you plan your fast, consider how it will affect others. If you have regular lunches with colleagues or dinners with family or roommates, assess how your abstaining will affect them, and let them know ahead of time, instead of just being a no-show, or springing it on them at the moment that you will not be eating.

Fast From Something Other Than Food

Fasting from food is not necessarily for everyone. Some health conditions keep even the most devout from the traditional course. However, fasting is not limited to abstaining from food. As Martyn Lloyd-Jones said, "Fasting should really be made to include abstinence from anything which is legitimate in and of itself for the sake of some special spiritual purpose."

If the better part of wisdom for you, in your health condition, is not to go without food, consider fasting from television, computer, social media, or some other regular enjoyment that would bend your heart toward greater enjoyment of Jesus.

The Daniel Fast

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.

Remember that it is the attitude of a heart sincerely seeking God that receives a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8).

Guidelines For A Healthy Daniel Fast

Foods You May Eat

- Whole Grains
 - Brown Rice, Oats, Barley; Whole Grain Breads; Grits.
- Legumes
 - Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, Soybeans.
- All Fruits
 - i.e. Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon.
- All Vegetables
 - i.e. Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Herbs, Spices, Olives (Olive Oil), veggie burgers are an option if you not allergic to soy.
- Nuts & Seeds

Liquids You May Drink

- Liquids
 - Spring Water, Distilled Water, 100% Natural Fruit Juices, 100% Natural Vegetable Juices, Protein Drinks; Decaffeinated Beverages in moderation.

Foods To Avoid

- Meats
- All Dairy Products
- White Rice, and Fried Foods
- Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives
- Refined Sugar, and Sugar Substitutes
- White Flour, and All Products Using It
- Margarine, Butter, Shortening, High Fat Products
- Desserts, Candy, etc

Remember

- The Daniel Fast will lead to spiritual insight. "to those four young men God gave knowledge".
- The Daniel Fast is longer than one day. We will fast for 10 days.
- The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- The Daniel Fast requires abstinence from junk foods.

*This list is intended to be a guideline and is not all-inclusive.