

21 DAYS OF PRAYER & FASTING



THEBRIDGECHURCH

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Fasting Simplified

Why Do We Fast?

Fasting is abstaining from food and/or drink for a period of time to draw closer to God. It's a **natural discipline** that can bring **supernatural results**.

We engage in seasons of prayer and fasting to deepen our connection with God, seek spiritual growth, guidance, or breakthroughs, express repentance and humility, intercede for others, and strengthen our faith.

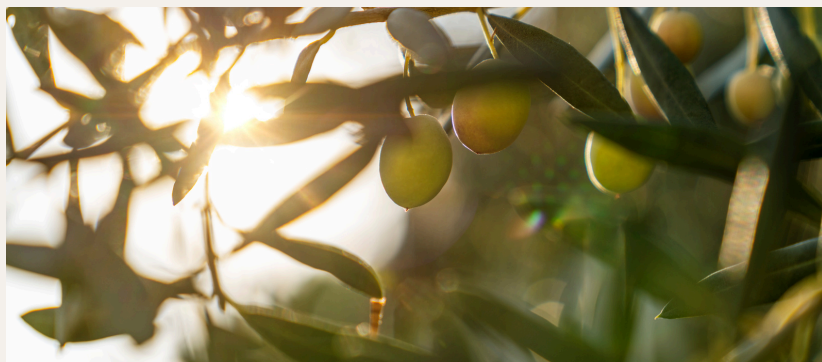
Fasting also a way to build discipline, prepare for spiritual missions, and obey biblical teachings. Fasting can be done individually or as part of a community for unity and worship.

Are There Different Types of Fasts?

There are many types of fasts which include:

- **Absolute Fast** (no food or water)
- **Standard Fast** (water only)
- **Partial Fast** (restrict certain food and drink categories)
- **Intermittent Fast** (Only eat during small daily window, for example: 1pm-6pm)

There are many variations of these fasts, and there are spiritual benefits of all of these when we are able to devote the time spent eating to focus on God and serving others.



Fasting Simplified

What is the Daniel Fast?

The Daniel Fast is a biblically-based spiritual discipline inspired by the prophet Daniel's fasting experiences as described in the Bible. (See Daniel 1 and Daniel 10.) It focuses on partial fasting, where participants restrict their diet to certain types of foods while seeking to draw closer to God through prayer, scripture reading, and reflection.

One of the unique aspects of the Daniel Fast is its flexibility in terms of the amount of food you can eat. Unlike other fasts that restrict calorie intake or impose severe limitations, the Daniel Fast is about the quality and type of food, making it accessible to many. However, the primary focus should always remain on the spiritual journey—using the fast as a tool to grow in faith, align with God's will, and experience His presence more fully.



Core Principles of the Daniel Fast

The fast is more than just a dietary change—it's an opportunity to deepen your relationship with God. It emphasizes:

- **Focus on prayer:** Seeking God's guidance, wisdom, and favor through dedicated time with Him.
- **Spiritual growth:** Turning away from distractions and drawing closer to God.
- **Self-discipline:** Developing a reliance on God rather than indulgence in rich or processed foods.

Preparation for Fasting

Preparing for the Daniel Fast is essential to ensuring a meaningful and spiritually enriching experience. A well-thought-out approach will help you focus on God and navigate the fast with intentionality and purpose.

1. Set Your Focus

Begin by clearly defining the purpose of your fast. Fasting is not just about abstaining from certain foods—it's about seeking God with a focused heart. Reflect on the reason you feel led to fast:

- Are you seeking direction or clarity in a particular area of your life?
- Are you asking God for a breakthrough in a situation or relationship?
- Do you desire deeper intimacy with God, spiritual renewal, or a closer walk with Him?

Once you've identified your purpose, write it down. This will serve as a reminder throughout the fast and help you stay motivated, especially during moments of challenge or distraction.

2. Prepare Spiritually

A successful fast begins with a heart aligned with God. Take time to prepare spiritually:

- **Repentance and Forgiveness:** Examine your heart and confess any sins that may hinder your relationship with God. Ask for His forgiveness and forgive others who may have wronged you. This step helps you approach the fast with a clean heart and a clear conscience.
- **Prayer and Dedication:** Dedicate the fast to God. Spend time in prayer, inviting the Holy Spirit to guide you, strengthen you, and reveal God's will throughout the fast.
- **Scripture Reading:** Reflect on Bible passages that emphasize fasting, dependence on God, and spiritual growth. Meditating on God's Word will strengthen your resolve and deepen your connection with Him.

Preparation for Fasting

3. Prepare Practically

Practical preparation will help you stay focused on the spiritual aspect of the fast without unnecessary distractions:

- **Plan Your Meals:** Research recipes and create a meal plan that aligns with the Daniel Fast guidelines. This reduces the temptation to break the fast due to lack of preparation or convenience.
- **Stock Up on Approved Foods:** Before starting the fast, shop for whole, plant-based foods such as fresh vegetables, fruits, whole grains, nuts, seeds, and legumes. Ensure you have all the ingredients you need to avoid last-minute shopping trips.
- **Organize Your Schedule:** Identify opportunities in your daily routine to incorporate prayer, Bible study, and reflection. You may need to adjust your schedule to prioritize quiet time with God.
- **Minimize Temptations:** Remove restricted foods from your pantry and refrigerator, if possible, to reduce temptation during the fast.

4. Pray for Strength and Commitment

Fasting is a spiritual discipline that requires focus and perseverance. Pray for God's strength to help you remain committed and for the Holy Spirit to sustain you, especially when faced with physical cravings or emotional challenges.

By preparing your heart, mind, and body in advance, you'll be better equipped to experience the fullness of God's presence and blessings during this season of prayer and fasting.



Daniel Fast Guidelines

Food to Include:

All fruit | fresh, frozen, juiced, and canned.

Eg. Apples, apricots, bananas, cherries, grapes, lemons, limes, peaches, pineapples, strawberries, watermelon, etc.

All vegetables | fresh, frozen, juiced, and canned.

Eg. Asparagus, broccoli, cabbage, carrots, corn, cucumbers, lettuce, mushrooms, onions, potatoes, spinach, sweet potatoes, tomatoes, veggie burgers, etc.

All whole grains

Eg. Whole wheat, brown rice, millet, barley, oats, quinoa, grits, whole wheat pasta, whole wheat tortillas, rice cakes, popcorn, etc.

All nuts & seeds

Eg. Sunflower seeds, cashews, peanuts, sesame, nut butters (including peanut butter).

All legumes | canned or dried

Eg. Dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannelloni beans, white beans.

All quality oils

Eg. Olive, canola, grape seed, peanut, and sesame.

Beverages

Eg. Natural fruit juices, spring water, distilled water, other pure waters.

Other

Eg. Tofu, soy products, vinegar, seasonings, salt, herbs, spices.

Food to Avoid:

On the Daniel Fast, you should not consume any of the other foods or beverages listed below. And, you can have foods with sugar, but avoid any **ADDED** sugars. So be sure to read the labels.

Here are foods you definitely want to refrain from eating:

- Sweeteners
- Meat
- Dairy Products
- Animal Fats & Oils
- Juices & Drink Mixes
- Coffee and Energy Drinks
- Breads (with yeast)
- Pasta
- Chips
- Crackers
- Cookies
- Gum, Mints, & Candy

Daily Rhythm

The daily rhythm of this fast is inspired by Daniel, who set aside time to pray three times a day (Daniel 6:10). This serves as a powerful example of prioritizing connection with God amidst daily life. While we are encouraged to follow this rhythm, it is not a requirement—adapt it in a way that aligns with your personal schedule and spiritual journey.

Morning Devotion

- Start your day with prayer and Bible reading.
- Journal your reflections and prayers.

Midday Check-In

- Spend time in prayer, focusing on gratitude and surrendering concerns to God.
- Read a psalm or a passage from the Gospels.

Evening Reflection

- End your day with worship and prayer.
- Ask God to reveal His will and draw you closer to Him.
- Reflect on the day's challenges and victories.



Suggested Themes & Scripture:

Week 1: Aligning Your Heart

- Focus: Repentance and surrender.
- Scriptures: Psalm 51:10, Matthew 6:33, Joel 2:12-13.
- Prayer Points: Ask God to purify your heart, clarify your purpose, and increase your hunger for Him.

Week 2: Renewing Your Mind

- Focus: Transformation and spiritual renewal.
- Scriptures: Romans 12:2, Philippians 4:8, Isaiah 40:31.
- Prayer Points: Pray for wisdom, strength, and the renewal of your thoughts according to God's Word.

Week 3: Walking in Victory

- Focus: Empowerment and breakthrough.
- Scriptures: 1 Corinthians 15:57, Ephesians 3:20, James 4:7-8.
- Prayer Points: Declare God's promises over your life and seek His empowerment to live out your calling.

Prayer Prompts

Join us for a time of prayer as we come together online! We'll be live at 7 AM on Facebook and 7 PM on Instagram, focusing on the prayer prompts listed below. Let's unite in seeking God's guidance and blessings over these areas throughout the day. Take time to pray over these prompts personally and don't miss the chance to pray with us live as we lift these needs together in faith!

DAY 1

PERSONAL
SURRENDER &
SPIRITUAL
GROWTH

DAY 2

REPENTANCE
AND
FORGIVENESS

DAY 3

BREAKING
STRONGHOLDS

DAY 4

EMOTIONAL
HEALING

DAY 5

MENTAL
HEALTH &
WHOLENESS

DAY 6

PHYSICAL
HEALING

DAY 7

FAMILY
MEMBERS

DAY 8

MARRIAGES

DAY 9

NEXT
GENERATION

DAY 10

FRIENDSHIPS &
RELATIONSHIPS

DAY 11

CHURCH
FAMILY

DAY 12

LOCAL
COMMUNITY
(CENTRAL
JERSEY)

DAY 13

FIRST
RESPONDERS

DAY 14

TEACHERS

DAY 15

HEALING
FOR THE
BROKENHEARTED

DAY 16

ADDICTION
RECOVERY

DAY 17

OVERSEAS
PARTNERS

DAY 18

LOCAL
GOVERNMENT
LEADERS

DAY 19

COMPASSION
FOR THE
VULNERABLE

DAY 20

FINANCIAL
PEACE &
STABILITY

As we conclude these 21 days of prayer and fasting, let us cry out for spiritual awakening and revival, believing that God will stir hearts and transform lives within our church, community, and nation.

Tips for a Successful Fast

Fasting is a powerful spiritual discipline that draws us closer to God, but it requires intentional preparation and focus. Here are some practical tips to help you approach your fast with purpose and make the most of this transformative experience.

1. Prioritize Solitude and Prayer:

Spend as much time as possible alone in quiet reflection, prayer, and worship. Use this time to seek God's presence and align your heart with His.

2. Crucify the Flesh:

Acknowledge that your flesh cannot be trained or improved but must be crucified. Fasting is an act of surrender, allowing God to transform you from within.

3. Journal Your Journey:

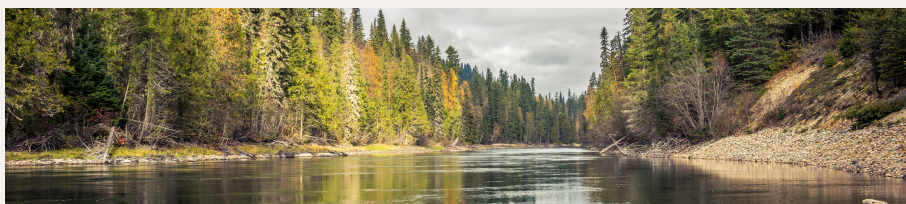
As you pray and meet with the Lord, write down what He reveals to you and any miracles or breakthroughs you experience. Your journal can become a testimony of God's faithfulness during your fast.

4. Establish Accountability:

Partner with someone you trust who can pray with you, encourage you, and help you stay focused on the spiritual purpose of your fast.

5. Manage Your Expectations:

Fasting may lead to moments of physical weakness, hunger, or fatigue. These experiences are natural and can serve as reminders to lean on God for spiritual strength. Embrace these challenges as opportunities to deepen your faith and dependence on Him.



Tips for a Successful Fast

6. Avoid Legalism:

The purpose of fasting is to draw closer to God, not to achieve perfection. Focus on the heart behind the fast rather than rigid rules or self-criticism. It's okay if your fast doesn't go exactly as planned—what matters most is your sincerity and willingness to seek God.

7. Communicate with Your Family:

Explain to your family in advance what you are doing and why. This helps set expectations and reduces misunderstandings during your fast.

8. Request Privacy:

If others find out you are fasting, kindly ask them to respect your privacy and refrain from discussing it with you until your fast is over.

9. Remain Humble:

Avoid complaining, bragging, or drawing attention to your fast. Keep your focus on God, not on the act of fasting itself.

10. Avoid Negativity:

Protect your peace by staying away from negative or discouraging people during this time. Surround yourself with positivity and encouragement.

11. Stay Connected:

Fasting doesn't have to be a solo journey. Consider joining a small group or partnering with friends who are also fasting. This provides accountability, encouragement, and the chance to share what God is teaching you during this time.

12. Stay Hydrated:

Fasting can be physically demanding, so it's essential to drink plenty of water throughout the day. Staying hydrated helps maintain energy levels and supports your overall well-being during the fast.

Ending the Fast

Congratulations on completing your 21-day fast! This is a moment to celebrate not only your commitment and discipline but also the spiritual growth and deepening relationship with God that you've experienced. As you transition back, here are some thoughtful steps to break your fast and reflect on this journey:

1. End with a Light Meal:

Begin by enjoying a simple, light meal such as a vegetable soup or a salad. Gradually reintroduce other foods over the next few days to allow your body to adjust and avoid shocking your system.

2. Reflect on God's Work:

Take time to journal and reflect on what God has done during the fast. Write down any insights, answered prayers, or changes you've observed in your heart, mind, or relationships. These reflections will serve as a testimony of God's faithfulness and a source of encouragement for the future.

3. Celebrate with Worship:

Join others in a worship service or prayer gathering to thank God for His guidance and presence throughout this journey. Celebrate what He has done in your life and in the lives of others participating in the fast.

4. Look Ahead with Hope:

As you conclude this season of fasting, carry forward the lessons and spiritual disciplines you've developed. Remember, this is not the end but a launching point for a deeper and more vibrant walk with God. Be expectant of how He will continue to work in your life.

You have accomplished something truly significant, and the fruit of this fast will continue to impact your life in ways you may not yet fully see. Rejoice and give thanks for all that God has done and will continue to do through you!

Recommended Resources

1. *The Daniel Fast: A Practical Guide to Your Spiritual Breakthrough* by Susan Gregory

This book focuses on a type of fasting inspired by Daniel's biblical example, providing practical tips for a 21-day fast.

2. *Fasting: Spiritual Freedom Beyond Our Appetites* by Scott Hahn

A great resource for understanding fasting from a biblical perspective and how it can lead to spiritual freedom.

3. *The Power of Fasting and Prayer* by Marilyn Hickey

This book teaches about the importance of fasting and how it connects to prayer, focusing on spiritual breakthroughs.

4. *A Hunger for God: Desiring God through Fasting and Prayer* by John Piper

An excellent resource that digs deep into the theology of fasting and how it enhances our desire for God.

5. *The Ultimate Guide to the Daniel Fast* by Kristen Feola

This comprehensive guide includes devotionals, recipes, and practical tips for completing a successful Daniel Fast.

6. *How to Fast Biblically: When Desperate Situations Require Drastic Actions* by Jentezen Franklin

A concise book on the biblical foundations of fasting and how it applies to life's most challenging moments.

7. *Fasting for Spiritual Breakthrough: A Practical Guide to 9 Biblical Fasts* by Elmer L. Towns

This book explores nine different types of fasts found in the Bible and their significance for spiritual growth and breakthrough.

8. *Fasting for Breakthrough and Deliverance* by John Eckhardt

Focused on the spiritual warfare aspect of fasting, this book provides insights into fasting for deliverance and divine intervention.