



## 21 Day Corporate Fast January 9-29, 2023

### **Fasting**

Fasting is a spiritual discipline. The purpose of a fast is to restrict commonly enjoyed foods for a period of time as an act of worship and consecration to God. Pray as often as you can throughout each day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

### **Some Purposes of Fasting**

A. To humble the soul: "Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions." (Ezra 8:21)

B. To seek the Lord's direction: "Alarmed, Jehoshaphat resolved to inquire of the LORD, and he proclaimed a fast for all Judah." (2 Chronicles 20:3)

C. To prepare for spiritual warfare: "But this kind does not go out except by prayer and fasting." (Matthew 17:21)

### **Fasting and Prayer**

When fasting is done for spiritual purposes, it is always to be accompanied by prayer. This is what distinguishes fasting from dieting. During this fast, we have scheduled special corporate prayer time prior to our Sunday Morning Worship Service for January 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> at the following times:

**Sundays:** Corporate Prayer & Meditation – 9:30am – 9:50am  
Worship Service – 10:00 am

**Daily Devotion:** To help you during the fast, you may access a daily devotion on our old website at: [livingwaterccqc.org/fasting.html](http://livingwaterccqc.org/fasting.html). Our new website is under construction.

**So what is a corporate fast?** It's where our entire church commits to prayer and fasting for a specific period of time during the year. This fast will last 21 days.

**What is a Daniel fast?** The Daniel Fast is based on the fasting experiences of the Old Testament Prophet, Daniel. It's a partial fast where some foods are eaten while others are restricted.

**We will be fasting specifically for the ministry of our church to impact our community.** Some things you can pray about during our fast are: our pastors & leadership team; God's continual presence & favor; spiritual awakening in our city and state; an outpouring of the Holy Spirit in our church and community; healing and other miracles, signs and wonders; increase; wisdom, vision & creative ideas; divine relationships; the continued renovation of our building; to be known in the community by our love & as a distribution center that meets the needs of our community and most importantly for souls to be won to Jesus Christ!

**Ongoing.** Following our collective fast, we will continue periodic fasting on an ongoing basis. If everyone picks at least one day to fast one meal each week, we should have multiple people fasting every day.

### **Prayer and Fasting Resources:**

<http://www.livingwaterccqc.org/prayer-.html>

**\*Note: Always seek the advice of a health care provider prior to participating in a fast and modify accordingly.**

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## Foods to INCLUDE during a 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, mangos, 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.

**Spices and Seasonings:** Vinegar, seasonings, salt, herbs and spices.

**Protein:** Tofu, soy products other plant-based protein. (One popular brand is <https://www.beyondmeat.com/>)

## Foods to AVOID on a Daniel Fast

**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, carbonated beverages, energy drinks, and alcohol. Caffeine free herbal tea may be permitted.

**What to Expect.** When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise only moderately. Take time to time to rest.

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