



21 Day Fast

Fasting

Over the next couple of weeks, we will study fasting, more in depth. Fasting is a regular part of being a Christian. In applying that principle, it is an appropriate response to fast.

Some Purposes of Fasting

- A. To humble the soul: "There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God..." (Esra 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 Chron. 20:3)
- C. To prepare for spiritual warfare: "But this kind does not go out except by prayer and fasting." (Mt. 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 abstinence. During this fast, we have scheduled prayer prior to our life application bible study (same location) for the following times:

Thursdays: Corporate Prayer – 6:15 – 6:30pm
Life Application Bible Study – 6:30 pm

Daily Blessing (Cindy Trimm Impartation): <http://www.youtube.com/watch?v=DY8gFufK7js>

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

We will be fasting specifically for the ministry of this church to the community. Some things you can pray about during our fast are: God's continual presence, spiritual growth, our leadership team; the acquisition of a building; increase in tithes & offerings; equipment & other resources; and most importantly, for souls to come to know Jesus Christ!

We will collectively break our fast by having a potluck. We will gather for a short praise & worship service followed by a "healthy" meal of celebration.

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



Living Water Christian Center

"He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water." (John 7:38 NKJV)



FEBRUARY 2015

Week 1: One meal per day will consist of foods from the Daniel Fast menu only.

Week 2: Two meals per day will consist of foods from the Daniel Fast menu only.

Week 3: All meals will consist of foods from the Daniel Fast menu only.

For many of you, this may be your first fast. Know this: **God honors your fasting.** It will be a blessing for you as well as for the church and our community.

Fasting Resources:

<http://www.jentezenfranklin.org/fasting/>

<http://genohild.com/?p=389>

<http://www.ultimatedanielfast.com/>

Foods to include in your diet 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, 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.

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

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, herbal teas, carbonated beverages, energy drinks, and alcohol.