

# 21-Days of Fasting & Prayer

## January 6-27, 2008

Congratulations on your commitment to fast with your church family! We are looking forward to seeing God move in our lives and in the life of our church. We know that He will work in ways we could never have imagined. Together, we will take this journey. And together, we will go the distance to discover God's plan for us in 2008 and beyond.

### OVERVIEW

According to the Bible, fasting means to voluntarily reduce or eliminate your intake of food in order to pray and seek God. This important spiritual habit 1) energizes our prayer life, 2) demonstrates the depth of our desire to seek God, and 3) releases God's power in our lives and in our church. From January 6-27 we will join together in a 21-day "Daniel Fast" (a partial fast consisting of fresh fruits and vegetables only) for the purpose of dedicating ourselves to personal and corporate prayer.

### PRAYER FOCUS

As a church, we are fasting in order to deepen our relationship with God and to walk in step with His plan and purpose. The best way to do this is to redirect our food source. This is accomplished through substituting our regular food intake with Bible reading, praying and journaling. The overall goals are to experience a genuine hunger for spending time with God personally and to pray for God's blessing on our church.

### TIMELINE

#### **Sunday, January 6: Begin the "Daniel Fast"**

At dinner, we will begin to introduce meals with pure foods of fruits and vegetables (see suggestions on reverse side). This plan will continue for the next 21 days.

#### **Wednesdays, January 9 & 16: Corporate Prayer**

We'll gather corporately for worship and prayer at church at 7:00 p.m.

#### **Week of January 20: LifeGroup Prayer**

We'll pray in LifeGroups as the new semester begins this week.

#### **Sunday, January 27: Break the Fast**

We will come together to end the fast with communion during worship followed by a soup lunch.

### MENU

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

If you have any health condition which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e., specific foods or beverages, television, other technology, etc.) and fast in that manner for the next 21 days. Remember, the details are not as important as the spirit in which you participate.

***\*If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.***

## DO YOU HAVE QUESTIONS ABOUT SPECIFIC FOODS?

The list of foods we've provided is merely a first step to get you thinking about making better food choices. Remember, this fast is about growing your relationship with God and seeking Him on behalf of our church. He's not as concerned about what is in your stomach as He is about what is in your heart.

Daniel's decision not to eat the king's food (Daniel 1) was an outward symbol of an inward commitment he had made to God. Let your choices over the 21 days (as in Daniel 10) reflect the hunger you have for God's presence in your life.

Since there is no definitive list of foods for the Daniel Diet, it is truly the spirit of Daniel's decision that we are imitating over the next 21 days. If there is something that is not specifically listed that you think still qualifies as a "food of the king," then ask God to reveal to you whether it should be part of your diet over the next few weeks. The details of the fast are between you and God — use this time to focus on Him.

God is certain to bless your life in new and exciting ways during the fast. Be encouraged to write down your prayers and the many ways God reveals Himself to you. It will be thrilling to see what God does in your life and in the life of our church!

### FOODS TO EAT

**WHOLE GRAINS:** Brown Rice, Oats, Barley

**LEGUMES:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

**FRUITS:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

**VEGETABLES:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, 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

### FOODS TO AVOID

- Meat, Poultry, Fish
- White Rice
- Fried Foods
- Caffeine, Coffee, Tea (including decaf)
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar or Sugar Substitutes
- White Flour
- Margarine, Shortening, High Fat Products
- All Breads
- Dairy (milk, butter, cheese, yogurt, etc.)