

21 DAYS OF PRAYER & FASTING

January 7-27, 2019

PRAYER

From the beginning of Crossroads Ministries, we have made it a priority to seek God first in prayer. We do this corporately as a church several times throughout the year, but intentionally in January as we begin a new season. Together, we faithfully seek God first, trusting in His power alone to create lasting impact in our lives, our church and our world.

FASTING

In addition to prayer we encourage fasting for 21 days in the month of January. The goal of fasting is to draw nearer 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. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God is prayer and follow what the Holy Spirit leads you to do.

COMPLETE FAST

This fast calls for drinking only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, or bread from your diet and consume water and juice for fluids and fruits and vegetables for food. (see below for more info)

PARTIAL FAST

This fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SOUL FAST

This fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast, and then choose to carefully bring that element back into their life in an orderly fashion at the conclusion of the fast.

DANIEL FAST

This information was primarily taken from the book, "Fasting For Spiritual Breakthrough: A Guide to Nine Biblical Fasts" by Dr. Elmer Towns, published in 1996 by Regal Books, Venture, California.

Our body is designed to heal itself. When a disease enters our body from bad dietary habits or from the outside, our bodies begin to fight it. Doctors, surgery, or medicines are most often designed to remove the source of the problem, but the healing is done by the body itself. Many common diseases are easily prevented with basic good nutrition and exercise habits.

Note: If you have health concerns, consult your physician prior to beginning a fast. Explain what you plan to do. This is especially important if you take medications or have chronic ailments. Some people should never fast without professional supervision.

STEP 1: BE SPECIFIC

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

- The king's food was against dietary laws.
- Daniel and his friends had vowed against wine.
- The king's food had been offered up to idols/demons.

STEP 2: FAST AS A SPIRITUAL COMMITMENT

The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself." (Daniel 1:8)

STEP 3: REFLECT INNER DESIRE BY OUTER DISCIPLINE

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that were not good for health. The physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following factors:

- Your food choices.
- The level of your spiritual commitment as reflected in constant prayer during the fast.
- Your time commitment. If you determine to fast for a certain time, keep it.
- Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body.

STEP 4: PRAY TO PERCEIVE SIN'S ROLE IN POOR HEALTH

James 5:13-16 says...

- Sin is something related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake (ie. drugs, pornography)
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well.
- The anointing oil could mean...
 - Medicine for healing
 - Symbolic of the Holy Spirit
 - It could be baptism
- Prayer alone may not gain healing, faith is the major factor

- In Greek there are several words for “sick”. James uses “Kanino”, which not only includes disease, but also means weak or weary.
- Attitude is important. James said, “are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.”

STEP 5: FAST AS A STATEMENT OF FAITH TO OTHERS

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king’s food.

STEP 6: LEARN THE EFFECTS OF THE FOOD YOU EAT

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

STEP 7: YIELD ALL RESULTS TO GOD

Daniel said, “as you see fit, deal with your servants.” (Daniel 1:13)

RESOURCES

21 Days of Prayer & Fasting is a time where we seek to know the Lord better in every way imaginable as we meet with Him face to face each day. As you prepare your heart and mind for this phenomenal season of prayer – or if you are seeking resources to help you in your own personal walk with God – the following resources on prayer and fasting will help equip you for this amazing journey.

SCRIPTURES

It all starts with the attitude of the heart, sincerely seeking Him to which God responds with a blessing.

Isaiah 5:8	Nehemiah 1:4, 9:1-3	Luke 2:37; 18:9-14
Jeremiah 14:12	Daniel 9:3,20	Acts 10:30; 13:2; 27:33-37
1 Samuel 1:6-8, 17-18	Joel 2:12, 15-16	1 Corinthians 7:5; 8:8
2 Chronicles 20:32	Jonah 3:5-10	
Ezra 8:21-33	Matthew 6:16-18; 9:9:14-15	

BOOKS

- “Fasting” by Jentezen Franklin
- “Fasting with The Lord’s Prayer” by Dr. Elmer Towns
- “Fasting For Spiritual Breakthrough: A Guide to Nine Biblical Fasts” by Dr. Elmer Towns

WEBSITES

- www.jentezenfranklin.org/fasting
- 21days.churchofthehighlands.com/resources/

ARTICLES

- “Guide to Fasting and Prayer” by Bill Bright

www.cru.org/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.html

- “7 Basic Steps to Successful Fasting and Prayer” by Bill Bright
www.cru.org/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.html

SUGGESTED FOODS TO EAT

- **Fruit** – fresh, frozen, dried, juiced, or canned.
- **Vegetables** – fresh, frozen, dried, juiced, or canned.
- **Whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- **Nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- **Legumes** – canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **Quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- **Beverages** – distilled water, filtered water, and spring water.
- **Other** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg’s Liquid Aminos, soy products, and tofu.

FOODS TO AVOID

- **Meat and animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork
- **Dairy** – butter, cheese, cream, milk, and yogurt
- **Sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- **Leavened bread & yeast** – bread and baked goods
- **Refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **Deep-fried foods** – corn chips, French fries, and potato chips.
- **Solid fats** – lard, margarine, and shortening.
- **Beverages** – alcohol, carbonated drinks, coffee, energy drinks, sweet & unsweet tea.

DANIEL’S FAST RECIPES

- www.ultimatedanielfast.com/
- dish.allrecipes.com/recipes-kick-start-daniel-fast/

Sample Day

Breakfast

Ezekiel Bread with Organic All Natural Peanut Butter and All Natural Fruit Only Jelly
Fruit Smoothie:

1 c. apple juice
2 bananas, halved
½ to ¾ c. strawberries
¼ c. soy milk

Put all ingredients in blender. Blend for 30-40 seconds, or until desired consistency.

Lunch

Taco Soup:
32 oz. Vegetable Broth
8 oz. Salsa
2 Cups Frozen Corn
1 Can Black Beans

Cook on stovetop for 30 minutes. Prepare night before if you are away from home at lunch.

Dinner

White Bean Chili:
4 (1 lb) cans great Northern Beans, drained
3 cans vegetable broth
1 cup water
1 ¼ c. onion, chopped
2 cloves garlic, minced
½ tsp. salt
1 (4oz) can chopped green chilies
1 ½ tsp. cumin
1 tsp. dried oregano
¼ tsp. ground red pepper
¼ tsp ground cloves

1. Place all ingredients in large (5 quart) heavy pot.
2. Bring to a boil, reduce heat, and simmer at least 30 min.