



21 Days of Fasting and Praying

Theme: Healing Mind, Body, & Spirit

"Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security." (JEREMIAH 33:6).

Fasting & Meditation

What is fasting?

Fasting is deliberately abstaining from the normal routines of life. Its purpose is to spend focused time in prayer and the study of God's word, seeking to align our lives with God's will. Ultimately, fasting is more about replacing than abstaining. It is filling our lives with God's word instead of with food, social media or entertainment. It is finding satisfaction and enjoyment in God and in God alone. Fasting helps us humble ourselves before the Lord and positions us to experience spiritual breakthroughs in our lives.

Mathew Henry writes, "Fasting is of use to put an edge upon prayer." Have your prayers lost their fervor? Has your devotional life become dull? Fasting has a way of mystically sharpening our souls and making us more sensitive to the prompting of the Holy Spirit. As Alex Gee said, "Fasting is not about changing God. It is not a mystical exercise to gain God's approval. Fasting is not about changing my world, but about letting God realign my heart toward his purposes."

We recognize as we begin this 21-day fast and prayer commitment that as God's people we need to boldly ask him for breakthroughs in any heartbreak, challenge or opportunity facing us individually and corporately.

How to get started

1. Select Your Fast

- **Daniel Fast:** Eat only vegetable, fruit, water, and juice (minimal amount of carbohydrates).
- **Intermittent Fast:** Not eating one or two meals on a specific day or abstaining from certain kinds of food.
- **Water Fast:** Complete abstinence of food items including drinks, except water, for a period of time - ranging from 12 hours to even 21 days or more.
- **Activity/Media Fast:** Forgoing a time-consuming activity such as entertainment, hobbies, television, internet, sports, etc.

For those with health challenges consult your physician before starting a fast.

2. Set goals and write them down

Begin with clear personal goals as well as breakthrough goals for your church. Be specific. Why are you fasting? Do you need direction, healing, restoration of your marriage or relationships, or resolution of family issues? Are you facing difficulties? Pray and ask the Holy Spirit for guidance. Write these requests in a journal or a notebook, or create a digital journal using your favorite notetaking program or app. Keeping a journal throughout your fast is a great way to track and remember all God does during your fast.

3. Feast on the Word of God

Fasting is ultimately an expression of humility and dependence on God. It is about replacing the daily intake of food, entertainment and human contact with focused times of prayer, spending large amount of time feeding on the Word of God and spiritual listening. You can use the recommended reading or continue your normal Bible reading program. The You Version Bible App and bible.com have a variety of 21-day Bible reading programs.



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1. Open your life before God

One of the great benefits of spiritual fasting is heightened awareness of God's presence and power in our lives. It is not that God has moved but that we have. Fasting has a great way of moving us toward a deeper spiritual dependency and away from willful self-dependency. The greatest breakthrough will take place when you make time to examine your life and discover what areas most need breakthrough. We ask that you fast for spiritual breakthroughs for your church family and its mission endeavors as well as for yourself.

2. Expect God to move

Enter your fast by faith. The Word of God says, "And without faith it is impossible to please God, for anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him" (Hebrews 11:6). Spiritual fasting is a supernatural endeavor that has shaped and transformed God's people for centuries. If you have doubt, ask God to meet you in your doubts and lead you in overcoming them, just as the apostles prayed, "Increase our faith!" (Luke 17:5).

Our Prayer for You

Our prayer for you during the next 21 days is that you will experience a deeper craving for the beauty of the Lord and for the wonder of his leading in your life, and that you will know the fullness of the Holy Spirit and the favor of the God. Our prayer is that you will realize you are not alone on this journey. You are joining with your immediate and extended church family in seeking God for significant breakthroughs. These will ripple out and turn into a tidal wave of revival and spiritual awakening across our country. Our prayer is that you will acquire your own prayer-and-fasting testimony and that God will overwhelm you with his goodness as you seek his power, presence and provision in every step of your journey.

Mindfulness: Practice and Meditation

Mindfulness is the practice of a specific meditative technique that results in awareness of self and freedom from habitual reactivity to people and experiences. The practice of mindfulness allows us to achieve a state of alert awareness, and focused relaxation by deliberately paying attention to thoughts, feelings and physical sensations without judgment, in the present moment, that leads to a greater awareness and appreciation of who we are and where we are in the present moment.

Mindfulness anchors us in the presence through breath, or sound, or awareness. Awareness leads to the clearing seeing or recognition of the here and now. In our awareness of the present moment, mindfulness engenders loving-kindness, which is a non-judgmental, non-critical, non-evaluative caring that gives rise to a care centered response.



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Mindfulness as a practice can teach us how to bring loving attention, loving awareness and focus to the present moment experience. With the demands and expectations of the world, we can become so busy, so attached, and very, very judgmental of ourselves and others. These harsh judgments about what we should do, needed to do, must do; often results in a striving ambition that can create an intense level of mental/emotional conflict and internal suffering.

Mindfulness as a practice and experience opens the way for you to remember that there is a fundamental goodness, a basic goodness in your true nature. The kindest, most loving and compassionate thing we can do for ourselves is to recognize, remember and honor our fundamental goodness. In this way, mindfulness as an experience allows you to begin to know, understand and connect with your true self, your authentic self, the seat of your fundamental goodness, with ease, and care without reacting to what you discover or being caught up in the suffering it may have caused.

WHEN WE ARE NOT MINDFUL

We allow our emotions to control what we do or do not do.	We speak without thinking, then regret, feel shame or guilt.
We worry about the future or regret the past.	We seek external validation and acceptance.
We feel like a victim of circumstances, events, and others.	We believe we are powerless, with limited choices.
We react to challenges like a two or three or five -year-old child.	We cannot see past obstacles, limitations or challenges.
We cry or break down when our needs are not met.	We expect others to take care of us.
We do not understand the impact of cause and effect.	We expect others to meet our demands and supply or needs.

Stay Inspired

Make use of the many free meditation resources - articles, audios, and videos - to help you stay inspired.

Inspiration is one of the best fuels on the path of meditation. Listening, watching, and reading are three ways you can keep the spark alive and feel eager to get your bottom on the meditation cushion again.

There are so many practical benefits to meditation from reducing stress to increasing focus to managing chronic pain. These are significant in and of themselves. But most importantly, meditation puts you in touch with your true nature, whatever you might call it - spirit, soul, or consciousness. When you begin to identify with your essence instead of all the thoughts and emotions, you will know peace, compassion, and true freedom.



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Daniel Fast

FOODS YOU CAN EAT

- All fruit – fresh, frozen, dried, juiced, or canned.
- All vegetables – fresh, frozen, dried, juiced, or canned.
- All whole grains – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- All 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.
- All 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.
- All 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

- All meat & animal products – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- All dairy products – butter, cheese, cream, milk, and yogurt.
- All sweeteners – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, and sugar.
- All leavened bread & yeast – baked goods and Ezekiel bread (if it contains yeast and honey).
- All refined & processed food products – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- All deep-fried foods – corn chips, French fries, and potato chips.
- All solid fats – lard, margarine, and shortening.
- Beverages – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.

Please Consult
your Physician
before starting
the Daniel Fast