



## **21 Days of Prayer & Fasting**

Like Prayer and Bible reading, Fasting is one of the spiritual disciplines of followers of Jesus. Biblical Fasting takes not only a great deal of discipline, rather it takes a unique level of strength – strength which you can only receive from God as you seek him daily during your Fast.

When you give God your first through Fasting, Prayer and Giving at the beginning of the year, you set the course for the entire year. **This is why Freewill is engaging in a 21-Day Fast starting January 7, 2024 and concluding on January 27, 2024.**

Each Freewill member and friend is asked to join us as we take part in what is commonly known as the ***“Daniel Fast”*** or another Sacrificial Fast that is appropriate for you. The Daniel Fast requires that we abstain from certain foods or activities as a means to denying our flesh and drawing closer to God. Our desire is to know God’s perfect Will for our lives. Beyond abstaining from specific foods and activities, we will gather each morning at **7:00 am** for Empowerment Prayer! ***Dial (727) 731-7356***

The information below will answer many of your questions about Fasting.

### **What is Prayer and Fasting?**

Prayer is connecting with God; Fasting is disconnecting ourselves from the World. Biblical Fasting is, very simply, denying oneself for the sake of seeking and honoring God. Fasting allows us to deny our flesh as we gain a response from the Spirit of God.

### **Why should I fast?**

Over time, it’s very easy for our souls (*mind, will and emotions*) to become full of junk. Fasting is a way to give our bodies and our souls a deep cleansing. When we do, we find that not only do we feel better, but as we draw closer to God, we are more in tune with His voice.

- ❖ Do you desire a deeper, more meaningful and intimate relationship with God?
- ❖ Do you desire to know God’s will and design for your life?
- ❖ Are you seeking a fresh spiritual encounter?
- ❖ Are you in need of breakthrough for a particular area or areas of your life?
- ❖ Are you in need of healing or a miracle?
- ❖ Do you need to break away from bondages or curses that have had you bound?
- ❖ Is there a loved one or friend in need of salvation?
- ❖ Is there a loved one or friend in need of God’s tender touch for their life?

### What to Expect?

The main thing to remember is don't make this time all about what you give up. Most importantly, this time is about drawing closer to God!

When you participate in the **Daniel Fast**, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort, such as headaches and irritability, during withdrawals from caffeine and sugars. If you suffer these discomforts, **STAY THE COURSE!** Naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time replacing common distractions such as TV and Social Media with praying often throughout the day, reading your Bible, listening to Praise & Worship and setting your heart and mind to seeking God's face.

### How should I prepare to fast?

If you are sacrificing food or committing to the Daniel Fast, it's smart to plan ahead and make sure you'll have plenty of the fruits and vegetables on hand. We have provided in this guide, a list of nutritious foods that you can enjoy while on the Daniel Fast.

**\*\*\*NOTE: If you have health issues and/or are concerned about your physical ability to participate in this fast, we encourage you to consult your physician for guidance.**

### Fasting in the Bible

- **Scripture Reference for Fasting:**

*Matthew 6:16-18*

*Luke 18:9-14*

*Matthew 9:14-15*

- **Relation to Prayer and Reading of the Word:**

*1 Samuel 1:6-8; 17-18*

*Nehemiah 1:4*

*Daniel 9:3, 20*

*Joel 2:12*

*Luke 2:37*

*Acts 10:30, 13:2*

- **Corporate Fasting: (together as one Faith Family and People of God)**

*1 Samuel 7:5-6*

*Ezra 8:21-23*

*Nehemiah 9:1-3*

*Joel 2:15-16*

*Jonah 3:5-10*

*Acts 27:33-37*

## **The Daniel Fast Food List**

- All fruit – fresh, frozen, dried, juiced, or canned. *(try to stay away from most acidic fruits)*
- 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 on the Daniel Fast**

- 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, stevia, 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, and tea.

### **What should I do while fasting?**

**Pray. Read your Bible. Listen to worship music. Tune in to God’s voice as never before.**

### ***RESOURCES...***

Downloadable the FMBC Pray First Guide located on the FMBC website.

***May God greatly Bless You as you Fast!***