

# 21

## DAYS OF

### PRAYER+FASTING

#### USER MANUAL



## WHAT FASTING IS NOT?

Fasting is not a one size fits all. The Bible tells us about different kinds of fasts for different purposes.

The **COMPLETE FAST** is a **FAST OF DESPERATION**. It is a fast of all out hunger and urgency for the presence of God to come on the scene. It was this fast that Esther used to bring salvation to her nation and herself.

The second fast is a **NORMAL FAST** which Jesus observed in the wilderness. It involves eating no food but regularly drinking water.

The third fast is the **DANIEL FAST** - or partial fast which is a good way to start if you've never fasted before. Daniel pleased and honored the Lord when he observed this fast.

Fasts can differ from person to person and from church to church. Jesus did not give any regulations relating to how long or how often His followers should fast.

Other types of fasts are:

The **corporate fast** which is when a church fasts together or the **individual fast** is when you fast alone.

How much you fast and what you fast is between you and the Lord. You can fast one day a week or one meal a day. It is said that the early church fasted two days a week.

There are only four recorded 40 day fasts in the Bible - Joshua, Moses, Elijah and Jesus.

**There are no hard and fast rules.**  
**What God is looking for is the condition of our hearts.**



# Preparing Your Pantry

## SUGGESTED HEALTHY FOODS TO ENJOY

**WHOLE GRAINS (Cereal):** Brown Rice, Whole Wheat Pasta, Oats, Barley.

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

**FRUITS (all fruits are acceptable):** Apples, Apricots, Bananas, Blackberries, Blueberries, 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, Watermelons etc.

**VEGETABLES (all vegetables are acceptable):** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yarns, Zucchini, etc.

**OTHER ITEMS:** Seeds, Nuts, Sprouts, Honey, Agave.

**BREATH FRESHENERS:** Sugar Free Gum, Sugar Free Mints.

**LIQUIDS:** Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetable Juices, Rice Milk, Soy Milk (non-flavored), Almond Milk, Natural Herbal Teas.

### ▶ SUGGESTED FOODS TO AVOID:

Meat (including fish, chicken, eggs, beef, turkey etc.), Sodas, Caffeine, White Rice, Foods containing preservatives or additives, Refined Sugar, Sugar Substitutes, Jelly Preserves, Maple Syrup, White Flour and all products using it, Butter, Margarine, Shortening, High Fat Products, Fried Foods, Dairy (milk, ice cream etc.), Bread, Donuts, Cookies, Cake, Bagels, Candy etc.

# FASTING TIPS

Headaches, bad breath and run down feelings are signs that the fast is working. During a time of fasting the body purifies itself, feeding off impurities and pollutants in the body. After approximately three days the headaches begin to cease and after approximately five days hunger also stops. Fasting will increase your faith.

Drink plenty of fluids. Bottled mineral water should be taken in large quantities, before and during the fast. This will help flush poisons and impurities out of your system. Approximately one gallon a day should be used in the cleansing process.

The hardest day of fasting is day one. The second hardest day is day two. It does not get harder, but it actually gets easier. Your body becomes purified of poisons and toxins. When you feel tired there is poison in your system. You need to use regular methods of colon cleansing.

Fasting strengthens your inner will. James says, "a double minded man is unstable in all his ways. Let not that man think that he will receive anything from the Lord" (James 1:7-8). Your becoming hungry is not a reason to break a fast. The only reasons you should break a fast are for medical reasons or if God has dealt with you that it is time to break the fast.

During the fast, focus on the Word of God. Most of the direction that God speaks to His people comes through the revelation of His Word.

During a fast your prayers need to be specific. Write down your greatest needs and pray specifically over each need during this time of fasting. As God impresses you with direction and guidance, jot down what God speaks. The victory often comes after the fast is over. "And Jesus returned in the power of the Spirit to Galilee and news of Him went through all the surrounding regions" (Luke 4:14).

Wisdom should be used in breaking the fast. Eat foods which are very easy to digest. The sooner the first meal passes through the body, the more effect it has as it carries out poisons collected in the intestines and stomach. If you experience backaches during fasting, it is probably your kidneys and not your back at all. Drink more water and the pain will go away. You need much more water when you fast.

NOTE: These views are not necessarily the views of Christian Family Church. Use this as a simple guideline. Always consult your physician before beginning any type of fast.

Portions of the article taken from Rogers, Bob. "Fasting Tips" Evangel World Prayer Center <http://www.worldprayercenter.org> Copyright 2010 Evangel World Prayer Center.



The best laxative foods for a fast are fresh, sweet fruits, such as grapes, cherries, or raw vegetables. If you experience backaches during fasting, it is probably your kidneys and not your back at all. Drink more water and the pain will go away. You need much more water when you fast.

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# HELPFUL RECIPES

## Hot Oatmeal with Dried Fruit

Ingredients: 4 cups water..... 1/4-1/2 tsp Salt..... 2 cups Rolled Oats..... 1/2 cups Chopped dried fruit (dates, apricots, berries)

Preparation: Bring water and salt to boil. Slowly stir in oats. Reduce heat to medium and continue to cook uncovered for 8-10 min, stirring occasionally. Remove from heat, cover and let stand 3-5 min. Serve in individual bowls and sprinkle with dry fruit.

Yields: 4 servings.

Recipe taken from the Daniel Fast Cookbook, Version 2 by Susan Gregory

## Italian Breakfast Scramble

Ingredients: 2 tbsp olive oil..... 1 yellow onion (chopped)..... 1 green bell pepper (chopped)..... 1lb extra firm tofu (drained and cubed)..... 1 tsp garlic powder..... 1 tsp onion powder..... 1 tsp dried parsley..... 2 tbsp italian herbs

Preparation: Heat oil in large skillet over medium-high heat; add the onion, bell pepper and tofu. Saute for 3-5 minutes, stirring often and crumbling the tofu. Stir in the seasonings. Reduce the heat to medium and add the remaining ingredients, stirring to blend. Cook, stirring frequently for 5-7 more minutes, adding more oil if necessary. Tofu will "absorb" the flavors as it cooks with the other ingredients. Transfer to warm platter to serve.

Yields: 4 servings.

Recipe taken from the Daniel Fast Cookbook, Version 2 by Susan Gregory

## Vinaigrette

Ingredients: 1-2 tsp Dijon mustard..... 2 tbsp fresh lemon juice..... 2 tbsp cider vinegar..... 5 tbsp extra virgin olive oil..... salt and pepper to taste..... minced garlic to taste (optional)

Preparation: Whisk mustard, lemon juice and vinegar in small bowl. Whisk olive oil until thickened, add garlic if using and season to taste. Chill for at least 30min, whisk before serving.

Yields: 4 servings.

Recipe taken from the Daniel Fast Cookbook, Version 2 by Susan Gregory

## Italian Green Salad

Ingredients: 1 cup Frozen artichoke hearts (thawed)..... 1 tbsp red wine vinegar..... 1/4 tsp dried mustard... 2 cups torn red lettuce..... 2 cups torn green lettuce..... 1 cup cherry tomatoes (halved)..... 1/2 red onion (sliced and separated into rings)

Preparation: Place artichoke hearts in a plastic bag (set it in a measuring cup so it stays upright). Combine salad dressing (see separate recipe), vinegar and mustard in a small bowl whisking until well blended. Pour two table spoons of mixture over artichoke hearts in sealed bag. Place artichokes in refrigerator for at least one hour to marinate. Set remaining dressing aside. Just before serving time, drain artichokes and discard the dressing. Combine artichokes, lettuce, tomatoes and onions in a bowl. Whisk the reserve salad dressing and drizzle over salad.

Yields: 4 servings.

Recipe taken from the Daniel Fast Cookbook, Version 2 by Susan Gregory

## Basic Salad Dressing

Ingredients: 1/2 cup olive oil..... 1 lemon (juiced)..... 1 tbsp finely chopped parsley..... 1 tsp paprika..... salt and pepper to taste.

Preparation: Chill for at least 30 minutes, whisk before serving.

Yields: 4 servings.

Recipe taken from the Daniel Fast Cookbook, Version 2 by Susan Gregory

## Southwest Bean and Pasta Salad

Ingredients: 8 oz whole wheat uncooked pasta..... 1 cup frozen corn (thawed)..... 1/2 cup red bell pepper..... 1/2 cup cilantro (minced)..... 16 oz can dark red kidney beans (drained and rinsed)..... 4.5 oz can chopped green chiles..... 3/4 cup soyannaise..... 2tbsp cider vinegar..... 2 tsp chili powder..... 1 tsp ground cumin..... 1 large clove garlic (minced)..... salt and pepper

Preparation: Cook pasta using package directions, do not add salt. Drain and rinse with cold water. Place pasta in large bowl, add corn, red pepper, green chiles, cilantro and kidney beans. Toss until well mixed. Using a small bowl, combine soyannaise, vinegar, chili powder, cumin and garlic. Pour this mixture over the pasta and toss. Season to taste with salt and pepper tossing to mix. Serve as a main or side dish.

Yields: 4 servings as main course

Yields: 8 servings as side dish

Recipe taken from the Daniel Fast Cookbook, Version 2 by Susan Gregory

## Fresh Tomato Salsa

Ingredients: 1 onion (chopped)..... 6 large Roma tomatoes (chopped)..... 1 tbsp olive oil..... 1/2 tsp salt..... 1/4 tsp cumin..... 1/4 tsp oregano..... 1 pinch of cayenne pepper

Preparation: Mix seasonings together in small bowl and then combine with onions and tomatoes. Chill for up to 3 hours before serving.

Yields: 4 servings.

## Homemade Veggie Burgers

Ingredients: 1 cup canned black beans (drained)..... 1 cup carrots (grated)..... 1/2 cup onion (diced)..... 3 medium potatoes (grated)..... 4 scallions (chopped)..... 1 cup frozen corn (thawed)..... salt and pepper to taste.

Preparation: Place beans in large bowl and mash with potato masher. Add remaining ingredients and mix well until well combined. Shape mixture into 4 patties, heat about 2 tbsp olive oil and cook each patty until veggie burgers are done (about 3 min on each side).

Yields: 4 servings.

Recipe taken from the Daniel Fast Cookbook, Version 2 by Susan Gregory

## Tostadas

Ingredients: 8 corn tortillas (can be purchased and baked in oven until crisp or can purchase already baked)..... 2 cups black beans (canned, drained and mashed)..... 1 cup lettuce (chopped)..... 1 cup tomato (chopped)..... 1 avocado (sliced)..... salt and pepper to taste.

Preparation: Spread heated black beans on tostada shell, sprinkle lettuce and tomato on top of black beans. Garnish with avocado slice and add fresh tomato salsa.

Yields: 4 servings.



# Caution when you fast

Do not fast if you are pregnant or nursing.

Do not fast if you are extremely debilitated or malnourished, which would include patients with cancer, AIDS, severe anemia, or any severe wasting conditions.

Do not fast before or after surgery, since it may interfere with your ability to heal after surgery

Do not fast if you suffer from cardiac arrhythmia or congestive heart failure.

Do not fast if you are struggling with mental illness, including schizophrenia, bipolar disorder, major depression and severe anxiety.

Do not fast if you suffer from severe liver and kidney disease.

Do not fast if you are a Type 1 diabetic.

Do not fast if you are taking anti-inflammatory medications, aspirin, antidepressants, narcotics, chemotherapy or diuretics. (Medications such as thyroid hormones and hormone replacement therapy are safe to take during a fast. Always consult your physician before fasting if you are taking any medication).

Do not fast if you are taking prednisone. You will need to first wean off this medication slowly under doctor's supervision. (You may continue to take low doses of hypertension medications during a fast as long as you are monitored by a physician. However, this does not include diuretics).



## Fasting Calendar

WE ARE ON A 21 DAY FAST AND PRAYING FOR THE FOLLOWING BREAKTHROUGHS

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

1. FOR OUR COUNTRY - 2 Chronicles 7:14 (NIV), If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and will heal their land.
2. FOR THE CHURCH - Fast and pray for the pastors and for the leadership of the church. Pray for revival and for new souls to come into the church. Pray for boldness to go and reap the harvest.
3. FOR PERSONAL REASONS -