



T W O T H O U S A N D

nineteen
PRAYER + FAST

JANUARY 9-29

**I AM COMMITTING
TO THE 2019 21-DAY
DANIEL FAST**

NAME

DATE

ISAIAH 64:3-4

...you did awesome things
beyond our highest expectations...
since the world began no one has seen
or heard of such a God as ours,
who works for those who wait for Him!

DANIEL FAST

*"Please test your servants for ten days, and let them give us vegetables to eat and water to drink."
Daniel 1:2*

1. BE SPECIFIC

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

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

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).

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 are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors:

- 1 Your food choices.
- 2 The level of your spiritual commitment as reflected in constant prayer during the fast.
- 3 Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 21 days, don't stop on Day 20.
- 4 Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Daniel Fast.

4. PRAY TO SEE SIN'S ROLE IN POOR HEALTH

Notice James 5:13-16:

- 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, i.e. 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:
 - 1 Medicine for healing,
 - 2 Symbolic of the Holy Spirit, or
 - 3 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."

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.

FAST FOCUS

Fasting is a spiritual discipline designed to better connect us with God. It's all about aligning ourselves with God and what He really wants to do.

As a church, we are fasting together in order to deepen our relationship with God as well as get in step with His plan and purpose for us during this coming year.

Over the next 21 days, we will substitute our regular food intake with those disciplines that help us better connect with God - reading the Bible, praying and journaling.

The overall goal is to experience a genuine hunger for spending time with God. Remember, the idea is to be realistic, not legalistic. Focus more on the details of connecting with God than the details of the menu, and you will discover the blessings of fasting.

FAST FOODS

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.

If you have any 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.

FAST FORWARD

Whenever a fast is recorded in Scripture, it is followed by a season of growth and blessing. And as you will discover over the next few weeks, your commitment to fast will usher in some of the greatest opportunities to take hold of the blessings of God. That is what we are most excited about. And we look forward with anticipation to all of the great things God is going to do in the life of our church and in your life as well.

As we join together as a church family, let's take the next 21 days to prepare ourselves for what God has prepared for all of us in 2019!

FAST FRAMEWORK

Wednesday January 9

24 Hour Liquid Fast - Drink water, natural fruit juice, and herbal tea

Thursday January 10

Begin the Daniel Fast - Introduce meals with pure fruits and vegetables

Wednesday January 30

Break the fast

PRAYER

How do we make prayer a part of our everyday life?
We can learn from three things that Jesus did...

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. -Mark 1:35

A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

A CERTAIN PLAN

Go into your prayer time with a plan. If it changes that's fine.

THE LORD'S PRAYER

One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, "Lord, teach us to pray..." - Luke 11:1

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever" - Matthew 6:9-13

our Father in Heaven

1. CONNECT WITH GOD RELATIONALLY

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father" (Romans 8:15 NLT).

God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

Hallowed be Your Name

2. WORSHIP HIS NAME

God's name is a place of protection—the righteous can run there and be safe (Proverbs 18:10 MSG).

What are His Names? **Righteousness** - He makes me clean **Healer** - He heals all my diseases **Sanctifier** - He has called me and set me apart **Banner of Victory** - He has defeated my enemy **Shepherd** - He speaks to me and leads me **Peace** - He is my peace in every storm **Provider** - He supplies all of my needs

Your Kingdom come, Your Will be done

3. PRAY HIS AGENDA FIRST

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern (Luke 12:31 TLB).

God's priorities:

Saving the Lost

Guiding those in authority - parental, spiritual, governmental, workplace

His will in us

give us this day our daily bread

4. DEPEND ON HIM FOR EVERYTHING

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! (Psalm 121:1-2 NLT).

Ask God for what you want and need and then trust Him for the answer.

forgive us our debts as we forgive our debtors

5. GET YOUR HEART RIGHT WITH GOD AND PEOPLE

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (1 John 1:9).

Ask God to check your heart and motives. Receive His forgiveness for any area that He brings to mind. Forgive anyone who has offended you in any way. You can even forgive people in advance.

and do not lead us into temptation
but deliver us from evil

6. ENGAGE IN SPIRITUAL WARFARE

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms (Ephesians 6:12).

Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God's Word.

for Yours is the kingdom and the
power and the glory forever

7. EXPRESS FAITH IN GOD'S ABILITY

"Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you" (Jeremiah 32:17).

End your prayer time by reminding yourself of God's ability.
Return to praise and make your faith declarations.

"Yours is the Kingdom" - all rule belongs to You

"Yours is the Power" - all mightiness flows from You

"Yours is the Glory" - Your victory shall be complete

COMMITMENT

F A S T

Use this area to write down the things you are fasting from.

I will fast from

BEGIN DATE _____ END DATE _____

P R A Y E R

During the fast I will specifically pray for:

GROCERY LIST

- ANY FRESH, FROZEN, DRIED, OR CANNED FRUITS WHICH HAVE NO ADDED SUGARS.
- FRESH, FROZEN, DRIED, OR CANNED VEGETABLES.
- VEGGIE BURGERS (OPTIONAL)
- BROWN RICE
- STEEL-CUT OATS
- NATURAL RICE CAKES
- NATURAL POPCORN
- ANY NUTS AND SEEDS WITH NO SUGARS ADDED
- NATURAL NUT BUTTERS WITH NO ADDED SUGARS
- ANY CANNED OR DRIED BEANS
- OLIVE, CANOLA, PEANUT, SESAME, OR GRAPE-SEED OIL
- HERBS AND SPICES
- UNSWEETENED ALMOND, RICE, OR SOY MILK
- SPRING WATER/BOTTLED WATER

****READ FOOD LABELS ON ALL PREPACKAGED PRODUCTS YOU USE. AVOID THOSE WITH ARTIFICIAL FLAVORS, ADDITIVES, AND PRESERVATIVES. ****

SAMPLE MENU PLANNER

BREAKFAST:

- FRUIT SMOOTHIE
- STEEL-CUT OATS
- FRESH FRUIT SALAD

QUICK SNACKS:

- POPCORN
- RICE CAKES WITH NUT BUTTERS
- A PIECE OF FRUIT
- DRIED FRUITS

LUNCH:

- RAW VEGETABLE SALAD FLAVORED WITH OIL/VINEGAR DRESSING
- SLICED FRUIT
- SELECTION OF NUTS
- BOWL OF LEGUME SOUP

DINNER:

- VEGETABLE SOUPS AND STEWS
- SELECTION OF COOKED VEGETABLES OR

STIR-FRY

- BROWN RICE
- VEGGIE BURGER (OPTIONAL)