

21 DAYS OF
PRAYER AND FASTING

PRAYER IS NOT
OUR LAST RESORT,
IT IS OUR FIRST
RESPONSE.

FASTING

JANUARY 8-28

PRAYER
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RESPONSE.**

FASTING

Fasting can take your spiritual, physical, and emotional health to a whole new level.

Matthew 6:16-18 NIV

When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Fasting is a natural discipline that can bring supernatural results. There are many testimonies of how fasting works when nothing else does. Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul, even Jesus...they all fasted.

In fact, not only did they fast for a day or two, but both Jesus and Moses fasted for 40 days! The Bible is filled with over 70 references to fasting.

WHAT IS FASTING?

Fasting is abstaining from something such as food, drinks, or entertainment for a period of time to create some kind of benefit in the body, mind or spirit.

Fasting for the Christian is a spiritual discipline that the Bible teaches. Fasting, according to the Bible, must be for a specific purpose. Fasting without a spiritual purpose malnourishes you.

TYPES OF FASTING

There are many types of fasts, including: a standard (*water only*) fast; an absolute fast (*without water or food*); a partial fast (*restricting certain categories of food and drink*); or an intermittent fast (*eating only during a small daily window, for example: 1:00-4:00*).

1. STANDARD FAST

You abstain from all food, and drink only water for a period of time.

2. TOTAL FAST

Abstain from all food and drink for a period of time.

3. PARTIAL FAST

You abstain from certain foods and drinks during certain times of the day.

4. INTERMITTENT FAST

You eat only during a small window of the day.

5. DANIEL FAST

You consume only water, vegetables and fruits for a period of time.

The Daniel Fast or Daniel Diet is based on the dietary and spiritual experiences of the prophet Daniel as recorded in the Book of Daniel in the Bible. It's a type of partial fast that focuses heavily on vegetables and other healthy whole foods, but leaves out any animal sources of protein.

Many users of this Bible-based fasting method follow it for 21 consecutive days.

The Daniel Fast is specifically mentioned in the Bible in two sections of the Book of Daniel:

Daniel 1:12 NTV

y le dijo: Por favor, pruébanos durante diez días con una dieta de vegetales y agua.

Daniel 10: 2-3

2 Cuando recibí esta visión, yo, Daniel, había estado de luto durante tres semanas enteras. 3 En todo ese tiempo no comí nada pesado. No probé carne ni vino, ni me puse lociones perfumadas hasta que pasaron esas tres semanas.

According to the Hebrew definition of the word that is translated as “vegetables,” it can mean a variety of foods. Here is the broad list of foods included in the Daniel Fast. Consider it a stricter version of a vegan but overall plant-based diet.

DRINKS

- Water only — preferably purified/filtered; spring or distilled water is best.
- Homemade almond milk, coconut water, coconut kefir and vegetable juice.

VEGESTABLES

- They should be the basis of the diet.
- Fresh or cooked.
- They can be frozen and cooked, but not canned.

FRUITS

- Consume in moderation 1 to 3 servings a day.
- Fresh or cooked.
- Preferably low glycemic index fruits such as fruits with bones, apples, berries, cherries and citrus fruits.
- They can be dry, but they must not contain sulphites, added oils or sweeteners.
- They can be frozen but not canned.

NUTS AND SEEDS

- The sprouts are the best
- Raw, sprouted, or dry roasted with no salt added

WHOLE GRAINS

- Consume in moderation and ideally sprouted
- Brown rice, oats, quinoa, millet, amaranth, buckwheat, barley cooked in water

BEANS AND LEGUMES

- Consume in moderation
- Dried or cooked in water
- It can be consumed from a can as long as they do not contain salt or other additives and the only ingredients are legumes or beans and water

Avoid iodized salt, sweeteners, meat, seafood, dairy products, processed foods, breads, pasta, flour, crackers (unless made from sprouted ancient grains), cookies and other baked goods, oils, juices, coffee, energy drinks, chewing gum, sweets and candies.

RECOMMENDATION:

If you find it difficult to think of what to eat or how, there are Daniel fast or Daniel diet recipes on many internet pages that you can search and execute.

Find ideas here:



www.ultimatedanielfast.com/recipes

WHY FAST?

1. FASTING PROVIDES SPIRITUAL BENEFITS

- Fasting shows your devotion to God.

Fasting serves to warn the body, stomach and appetite that our spirit dominates our life, not meat.

- Fasting brings you closer to God.

Fasting is refusing physical pleasures in search of a deeper communion with God. Fasting gives you more time to commune with God. You can use the time you would normally spend eating with a time of Bible reading and prayer.

In addition to food, during fasting, it is recommended to avoid activities that steal God's time or distract from being in communion with Him.

- Fasting causes spiritual growth.

Spiritual growth is one of the main reasons for fasting. The more time you spend with God, the more like Him you become. In other words, you develop the character of Christ that leads to spiritual maturity.

- Fasting makes you more sensitive to the voice of God.

If you are sensitive to the voice of God, you will know what his will is and you hurt less in your daily walk.

- Fasting channels you to depend on God.

Fasting shows us our weakness and allows us to trust in the divine force, the only one hundred percent effective, reliable and lasting force.

- Fasting helps break bad habits or even addictions.

This happens because fasting teaches you discipline, but above all because fasting is a preamble to the manifestation of God's power, helping you to overcome what you cannot otherwise.

- Fasting opens doors to blessing.

Often in the Bible, God's people fasted before a great victory, miracle, or answered prayer. He was preparing them for a blessing!

Usually fasting has a specific request. Fasting shows that you are serious enough about your petition to pay a price. God honors that deep desire and faith and answers the request. Not that God is obligated to respond, but fasting sets the stage for God to work.

Joel 1:14 NIV

Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord.

Joel 2:12 NIV

"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning.

Whenever we invest to be in the presence of God we can receive powerful spiritual benefits. (Matthew 17:21)

Fasting unleashes the supernatural power of God. It is a tool that we can use when defeating Satan and all that opposes God's will. Prayer coupled with fasting has always been used by God to send a final attack on the enemy!

Ezra 8:23 NLT

So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.

God says this about fasting:

Isaiah 58:6 NLT

No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people.

- ☺ Moses fasted before receiving the Ten Commandments. *Exodus 34:28*
- ☺ The Israelites fasted before a miraculous victory. *2 Chronicles 20:2-3*
- ☺ Daniel prayed for direction from God. *Daniel 9:3, 21-22*
- ☺ Nehemiah fasted before starting a large construction project. *Nehemiah 1:4*
- ☺ Jesus fasted during His victory over temptation. *Luke 4:2*
- ☺ The early Christians fasted during times of decision making. *Acts 13:2-3*
- Fasting prepares you for divine assignments.

Fasting is often the preamble to the great things that God desires do in you or through you.

Acts 13:2-3 NLT

2 One day as these men were worshiping the Lord and fasting, the Holy Spirit said, "Appoint Barnabas and Saul for the special work to which I have called them." 3 So after more fasting and prayer, the men laid their hands on them and sent them on their way.

2. FASTING PROVIDES PHYSICAL BENEFITS

Some benefits to the physical body include:

- Fasting helps break sugar addictions.
- Fasting supports the detoxification of the body.
- The burning of stored calories eliminates the toxic substances stored in the body.
- Fasting helps to lose weight.
- Fasting promotes healthy energy levels.

During a fast, many body systems take a break from the hard work of digesting food that you normally have to handle. The additional energy that the body wins gives the body a chance to restore itself.

- Fasting improves skin health.
- Fasting promotes healthy digestion and elimination.
- Fasting supports healthy inflammatory response and promotes comfort of the joints.

- Fasting promotes a healthy hormonal balance.
- Dietary fiber, vitamins, minerals, and antioxidants from fruits and vegetables included in the Daniel Fast help revitalize your health. It's known that a diet rich in vegetables and fruits stops inflammation and oxidation of the body, two main processes that can lead to health problems. No wonder Daniel and his friends looked better than everyone else!

3. FASTING PROVIDES MENTAL AND EMOTIONAL BENEFITS

The benefits of fasting are different from person to person, but the following are known to occur:

- Fasting relieves anxiety and nervousness
- Fasting can increase peace
- Fasting clears your mind of negative thoughts and feelings.
- Fasting can help heal relationships in your life that have been stressful.
- Fasting decreases brain fog.
- Fasting helps increase the ability to trust God.
- Fasting removes toxins that can make you feel sluggish or depressed.

DO WE REALLY HAVE TO FAST?

Jesus expected his followers to fast and He said that God rewards fasting.

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In Matthew 6:16-18, Jesus assumes that his followers will fast from time to time. It says "when you fast," not "if you fast." Fasting is something that is found in the lives of believers from the first days.

RECOMMENDATIONS FOR FASTING

1. Reduce food intake a few days before and start drinking 3 liters of purified or distilled water daily.
2. Stay hydrated by drinking plenty of water while fasting. The body can go a long time without food, but not without water.
3. Doctors recommend it for detoxification of the body. Headache at first is normal. It is a sign that the body is releasing toxins.
4. After fasting, start eating lightly, gradually returning to normal eating.
5. If you have a medical condition or are under medical treatment or pregnant, consult your doctor before fasting.

ADDITIONAL RECOMMENDATIONS

1. Avoid distractions such as television, social media, etc., during the fast.
2. During the fast, try to keep yourself busy in activities that promote a healthy spiritual environment where God is glorified.
3. Read and study the Bible.
4. Pray.
5. Pray the scriptures.
6. Have a pen and notebook handy in case God speaks to you.
7. Congregate at Church.
8. Listen to Christian music or messages.
9. Set specific purposes for which to pray.
 - Make a list of personal purposes for which you will pray.
 - Make a list of community purposes to pray for.
10. If it is absolutely necessary for you to go to work, try to spend your meal time or free time in prayer and Bible study.
11. Attend community prayer times promoted by the church.
12. Visit the link **comunidadcristianaemanuel.org/21dias** for more resources and information about the 21 DAYS OF PRAYER AND FASTING campaign promoted by our church.

**For more resources
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*[www.comunidadcristiana
emanuel.org/21dias](http://www.comunidadcristianaemanuel.org/21dias)*



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