



21 Day Corporate Fast

Fasting for Corporate Blessings and Breakthroughs

*“You can pray for anything, and if you have faith,
you will receive it.”*

~Matthew 21:22

MONDAY, JANUARY 16, 2012
THROUGH
SUNDAY, FEBRUARY 5, 2012

Dr. Gina M. Stewart, Senior Pastor

The central idea in fasting is the voluntary denial of a normal function for the sake of intense spiritual activity, discipline and growth. Fasting releases the anointing, the favor and blessing of God upon a Christian's life. Your goal in fasting is to develop a closer relationship with God by voluntarily denying your flesh. Fasting is not an end in itself, it is a means by which we can worship the Lord and submit ourselves in humility to Him. We don't make God love us more than He does by fasting and afflicting ourselves. One of the greatest spiritual benefits of fasting is becoming more attentive to God and more disciplined in our relationship with God.

Fasting allows us to improve our communication with God through prayer and as our communication improves, our relationship with God is strengthened. Through fasting we become aware of our own inadequacies and God's adequacy. The ultimate purpose of all fasting is to change us in ways that have social and interpersonal impact.

With this in mind, the following will make your fast more fruitful:

Increase your prayer life- It is critical to increase your prayer time during a fast. Pray as often as possible, or do as the Scripture says and pray without ceasing. Carry yourself in a posture of prayer not only to ask of God, but to hear from Him as well. Set aside certain specific times for prayer and journaling.

Study the scriptures- The scripture is the very Word of God. To know God, you have to know His Word. In addition to prayer, during a fast, you should increase your time of studying His Word. Listen to sermon tapes and bible teaching tapes, etc. while you're driving, at work or at home to help you stay focused on God's Word. Try to saturate your atmosphere with the Word of God. When the fast is over, you should be spiritually renewed and

strengthened because you have more control over your flesh and have intensified your commitment to God through prayer and study.

Accountability

Accountability is a powerful tool for success. You will probably be most successful with this fast if you make yourself accountable to at least one other person during this fast. Encourage one another. If someone falls and eats the wrong foods, do not condemn them. Help them start again. Walk in love and mercy. During this period, as you continually place your flesh under submission to your spirit, you will find increasing opportunities to reflect the character of God in your daily walk.

Fast Focuses

During your prayer time, please lift the following up to the Lord:

1)Repentance, 2)Holy Boldness, 3)CMBC to pay for the house, 4)Revival with an outpouring of God's glory and worship, 5) Restoration, 6)Growth: spiritually, emotionally, physically, and financially, 7) Financial stability for both services, 8)A 100% tithing church, 9) The opening of the balcony, 10) Household salvation, 11) Fruit of Spirit operative in the lives of God people, 12)Jubilee, 13) Giving hearts, 14) Healing and deliverance, 15) Sanctification & holiness 16)Believers will have a heart for prayer & fasting, 17) Pray for Pastor, that God will strengthen, bless, and cover her in every area of her life and the life of her family, 18) Believers will know, accept and obey the word of God , 19)Spiritual understanding and discernment among the believers, 20)Unity and humility among the body of believers, 21) Employment for God's people, 22) Long-life (Bind premature death), 23) A healthy congregation, 24) Debt cancellation, 25) To be filled with a knowledge of God's will

Guidelines...

- Fasting begins at 12:00 a.m. on Monday, January 16, 2012 through Sunday, February 5, at 6:00pm

Fasting Schedule: 21 Days

We will observe A Modified Daniel Fast by eating only vegetables, fruit, water and juice for each meal. We will also abstain from Fried Foods. You may have 1 serving of meat per day (no red meat-see appendix)

NOTE: If you are an insulin dependent diabetic, please do not jeopardize your health by participating in the fast. In lieu of abstaining from food, pray three times a day for 15-30 minutes.

If you cannot partake in the food fast, you may elect to abstain from other elements of life that are pleasurable. (example: TV, cell phones, shopping etc.) The objective is to make a sacrifice of our personal pleasure (s) and focus on the Lord

Note: Fasting detoxifies your body by eliminating toxins from your system. You may experience mild discomfort such as headaches and irritability during withdrawal from caffeine and sugar. Naturally, you will have hunger pangs. Limit your activity as much as possible, and exercise moderately. Take time to rest and listen to God speak.

Spiritual Preparation

In preparation for the fast please read the following passages of Scripture:

Philippians 2:1-15 Humility

Acts 16:31 Household Salvation

II Corinthians 13:14 Intimacy w/God

Joel 2:12-13 Fasting

Psalm 35:13 Fasting

Galatians 5:22 Fruit of the Spirit

Ezra 8:21 God's protection

Mark 16:16-20 Signs Following the Believers

John 10:9-16 Guard our Pastor's heart

Isaiah 58:5 Fasting

John 13:34-35 Love one another

Daniel 10 Fasting

Acts 4: 8-13 Pray for boldness

Philippians 4:19 God will supply every need

Psalm 90:10 :91:16 Long life

Mal. 3:9-10; 2 Cor.9:6-8 Giving

Joel 2:25 Restoration

1 Peter 1:16 Holiness and sanctification

Ephesians 4:9-13 Ministry Effectiveness

II Chronicles 7:14 Repentance

Ephesians 6:10-19 Whole Armor of God

II Chronicles 5-15, Act 2 Outpouring of God's Spirit

Isaiah 43:19 God will do a new thing

II Kings 4:26b It is well

Isaiah 61:1-4 Repairers of the Breach

PERSONAL PREPARATION

1. Confess sins to God (1 Jn. 1:8-9).
2. Forgive all who have offended you and ask forgiveness of those you may have offended (Mk. 11:25, Luke 11:4; 17:3-4).
3. Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).
4. Ask God to reveal activities in your life that should be laid aside during this time of seeking Him.

5. Spend time daily reading and meditating in God's word (Ps. 1:1-3).
6. Pray as often as you can during the fast.

Benefits of fasting with expectation:

1. Allows us to receive guidance, wisdom, instruction, and knowledge from God (Dan. 9:20- 23 & Is. 58:10-11)...Expect Revelation From God!
2. Enables us to receive the fullness of God's power for ministry (Matt. 17:21). A fast will ignite the power of the Spirit within you...Expect Spiritual Empowerment!
3. Brings breakthroughs in difficult circumstances or in the lives of those who are resistant to the Gospel...Expect Deliverance & Breakthrough!
4. Increases our spiritual capacity by exerting discipline over our physical appetites and bringing the body under subjection to what the Spirit desires (Matt. 5:6)...Expect A Hunger & Thirst For Righteousness!
5. A fast is a conscious, intentional decision to abstain for a time from the pleasure of eating in order to gain vital spiritual benefits.

Background of the Daniel Fast

The Hebrew, Daniel had been taken into captivity by the Babylonian army as a young man, and transported to the city of Babylon. He and his three friends from Judea were being trained as diplomats/bureaucrats to serve in the Babylonian government. It was probably King Nebuchadnezzar's plan to have them carry

out his administration policies over the Jewish remnant.

The plan included immersing Daniel and his friends into Babylonian culture by giving them the finest delicacies and wine from the king's own provisions (see Dan. 1:5). Daniel proposed to the king's servants that they be allowed to "fast" from the king's sumptuous fare, and to eat only vegetables and drink only water (v. 12). If, after 10 days, they were not in better health than their Babylonian counterparts, Daniel promised that they could be dealt with as the Babylonian guards wished.

At the end of the 10-day test period, Daniel and his friends were healthier in body and mind than the men who were served food from the royal palace (vs. 19-20). As a result of his faithfulness, Daniel lived a long and useful life.

The Daniel Fast consists of more than just a diet adjustment or the withholding of food. It involves a spiritual commitment to God. "Daniel purposed in his heart that he would not defile himself" (Dan. 1:8). Although he bargained with his overseer, the whole process began with a spiritual commitment to God. The Daniel Fast requires a spiritual equation, not just a physical solution. Your participation in a Daniel Fast is a statement of faith to God that you are committed to seeking "the kingdom of God and His righteousness." Daniel's objection to the Babylonian diet was an act that had social and political implications and may well have cost him his life. The exact reason Daniel refused to eat the king's meat is not clear, but it is evident that "Daniel purposed in his heart that he would not defile himself" with Babylonian culture (v. 8).

STEPS IN FASTING

STEP ONE: BE SPECIFIC: Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

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

STEP TWO: FAST AS A SPIRITUAL COMMITMENT: The Daniel Fast involves a spiritual commitment to God. "Daniel purposed in his heart that he would not defile himself" (Dan. 1:8).

STEP THREE: 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 may be linked to any of the following factors:

1. Your food choices – see the section "Guidelines for the Daniel Fast."
2. The level of your spiritual commitment as reflected in constant prayer during the fast.
3. Time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9 – for this fast we are committing to 21 days.
4. Testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body.

Faith is foundational to the Daniel Fast.

STEP FOUR: PRAY TO PERCEIVE SIN'S ROLE IN POOR HEALTH - Notice James 5:13-16:

Sin is sometimes 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 or 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.

STEP FIVE: 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.

STEP SIX: LEARN THE EFFECTS OF THE FOOD YOU EAT:

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

STEP SEVEN: YIELD ALL RESULTS TO GOD:

Daniel said, "As you see fit, deal with your servants" (Dan. 1:13).

REMEMBER:

- The Daniel Fast will lead to spiritual insight. "To those four young men God gave knowledge."
- The Daniel Fast is longer than one day. These young men fasted for ten days.
- The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- The Daniel Fast requires abstinence from party or junk foods.
- There is no indication that they ever began to eat the king's food.

Daily Devotional for Fast

Prayer

To guarantee our continual personal growth as Christians, we must have a regular devotional life. There are many reasons why we should pray daily. It is our belief and experience that prayer changes our world, beginning, first of all, with the one who prays. God yearns for all of us to pray. A meaningful prayer life grows naturally out of a healthy spiritual life. Our day must begin in prayer, for then God responds (Proverbs

8:17). God loves to move in our hearts early, “There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the Most High God is in the midst of her: she shall not be moved: God shall help her, and that right early.” (Hebrew meaning during the dawn) – Psalms 46:4-5

Every morning during the fast begin your day by setting apart 10-15 minutes to prepare your heart for prayer. God will speak to us when He has our undivided attention. Through the consecration fast we develop such a powerful relationship with God. The soul learns to depend on its own faith, rather than continually needing support and bolstering from others.

- Begin by quieting your heart before the Lord.
- Meditate on the verse of the scripture given for the day.
- Be still and know that He is God. ☞
- Worship Him.

God will speak to us from the scripture if we give Him the opportunity. The morning hours find our minds clear from all the conflicts of the day: therefore we are capable of receiving the directions and instruction that can come from His Holy Word.

Daily Scriptures

Please pray in your closets (isolation) and/or with a partner for 20 minutes twice each day, but maintain a posture of prayer throughout the day and meditate on the following scriptures daily throughout the fast:

Day 1

Bible Verse: Daniel 10

This passage is a source for the idea of the 21-day fast. As you set apart these three weeks to seek God, know that God has already heard your prayer. He is already at work on your behalf. What specific clarity of vision are you seeking from God during this time? Write down your prayer so you can reflect on it at the end of the 21 days. Spend time praying for God to speak to you and give you strength.

Day 2

Bible Verse: 1 Chronicles 21:18-27

During this fast, build an altar and lay a sacrifice on it that honors God. It will cost your convenience, your comfort, and it will also take some serious willpower and commitment. What will your sacrifice be during this fast? Make sure it's a sacrifice that will cost you something. Make your commitment in writing and share it with a friend who will hold you accountable to your commitment. Pray for God to show you what He wants you to sacrifice.

Day 3

Bible Verse: Daniel 1

Nothing but vegetables and water. And not just for three weeks, but more likely for the duration of their training in Babylon! This response from these four young men didn't come from a fear of being caught. It came from a devotion to God's commands already formed in them before being taken from their homeland. During this fast, you'll have many opportunities to deviate from your commitment—especially if you're fasting alone or if no one will find out. Pray that God will give you the resolve and courage to stick to the standards you've set and honor Him no matter what.

Day 4

Bible Verse: Psalm 119

The longest Psalm in the Bible is primarily about a passion for God's Word. These 21 days you've set apart will be much richer by combining Bible reading with your fasting and prayer. You may want to make plans to start a reading plan that takes you all the way through the Bible. How would you describe your passion for God's Word at this moment? Pray today that God will increase that fire in your heart during this time.

Day 5

Bible Verse: Matthew 6:5-18

Isn't fasting supposed to be a secret? You may have started this journey with a group that is fasting along with you. Many fasts in the Bible were corporate fasts called by authority figures for a whole group to participate in together. Reflect on the heart of what Jesus is saying in this passage. What has been the motive behind any conversations you've had about fasting? Is it to encourage others or receive support? Is there some secret wish to be seen as holy or spiritual? Only two know the answer to those questions—you and God. Pray today asking God to uncover your motives for fasting and ask for ways you can seek the encouragement you need without clouding your heart with pride.

Day 6

Bible Verse: Isaiah 58

This is a message from God to His people who were frustrated with His lack of response to their fasting. It's easy to confuse fasting with a hunger strike to get God to do what you want. But this chapter says what He wants. Pray that God will use your experience with hunger and discomfort to permanently alter how you see those in the world who are lost and needy. Pray that God will empty you of all that is you and fill you with all that is Him.

Day 7

Bible Verse: Mark 14:1-26

Broken and poured out. You see those words in both the story of the woman and the last supper. Since bread and wine are likely not options for you to remember Jesus during these 21 days, do what the woman did. Do what Jesus did. Live your life broken and poured out in remembrance of what He has done for you. How can your life be a living memorial to Christ? Talk to God about things in your life that need to be broken and poured out like that vase of perfume.

Day 8

Bible Verse: Psalm 100

You are entering week two of your fast! This psalm talks about entering God's presence with thankfulness, gladness, joy, and praise in your heart. If you've become focused on the physical hardships you're facing or the burdens you're bringing to God in prayer, then spend today just being joyful in the Lord. Write down some things that bring you joy today. Sing a song of praise to Him. Pray that God will stir an urgency to press in and see what God has for you beyond His gates.

Day 9

Bible Verse: Romans 12

This is a great time to explore how you can present your body as a living sacrifice to God. This passage starts with that challenge and offers many ways to express it. In what ways has your fast been helping you experience true worship in new ways? Pray today and ask God to continue to reveal His will for you during this time of sacrifice and worship.

Day 10

Bible Verse: Luke 4

Forty days of nothing? Not hardly. Even though Jesus fasted for forty days, He clearly came out stronger than ever based on the events following it. How is your fast strengthening you? Do you feel like you're floundering? Maybe you're not experiencing the outcomes you expected. Ask God to lead you into the same kind of preparation, power, and purpose that Jesus gained from His time of fasting.

Day 11

Bible Verse: James 1

This chapter has many convicting challenges—one being for you to match your faith with action. Don't just contemplate God's Word—do what it says. You are now beginning the second half of your fast. Reflect on whether your fast would be characterized more by listening or doing. Ask God for wisdom about where He wants to lead you during this second half of your fast.

Day 12

Bible Verse: 2 Corinthians 1

Food is a source of comfort for many. Reflect on how much your thoughts have been overtaken with craving certain foods, missing the things you're fasting from, or even how much weight you could lose. Is it often? If it were alcohol or a harmful drug, would you consider yourself addicted if you were this consumed with your desire for them? For many, this fast can begin an awareness of a harmful place food may have in your life. It can reveal an addiction. Pray that the God of compassion and all comfort will become your primary source of comfort. Ask Him to use this experience with suffering to remove anything in your life that has taken the Holy Spirit's place as your Comforter.

Day 13

Bible Verse: 1 Peter 2

You are chosen, holy, set apart, a royal priest—you are a child of God. You may be in need of an anchor right now. Set Christ as your cornerstone today. Write down the ways He has brought you from darkness into light. Spend time in prayer today thanking God for beginning a work in you with His Son set as the foundation for Him to build upon.

Day 14

Bible Verse: Matthew 5:1-14

Blessed are those who hunger... If you can relate to that, spend time meditating on this passage called the Beatitudes or Blessings. Make a point today to count your blessings. Keep a journal with you all day to write down the blessings that God brings to your mind. Pray to thank Him for the blessings, even the ones that come as a result of enduring hardships or trials.

Day 15

Bible Verse: Psalm 51

You're starting the third and final week of your fast. If you're fasting with a group, take time to reflect together and celebrate what God has begun. If you've been fasting alone, be sure to write down your experiences. Even though you may feel like you're in a groove now, for many this final week will be harder than the others. Ask God to search you and begin to shine a

light on all the dark corners of your heart. Ask Him to use this last week to refine you and cleanse you.

Day 16

Bible Verse: Psalm 27

The title of today's reading is A Psalm of Fearless Trust in God. It talks about seeking one thing. During this time of seeking, it's easy to focus on seeking things from God instead of just seeking God—to seek His hand and not His face. Think of the difference between approaching a king to kiss his hand and approaching a loving father to kiss his face. God is both our King and Father. He is capable of meeting your needs and answering your prayers. But He also loves you more deeply than you can ever know. When you seek His face, you end up in a much closer posture to Him. Pray today that you will seek God's face and get closer to Him than you ever have before.

Day 17

Bible Verse: Daniel 3

This is one of the most dazzling stories in the Bible. You can surely relate to the situation these three young men faced—when facts fly in the face of truth. The facts were that they had broken the law, the punishment was death, Nebuchadnezzar was the most powerful man in the world, the fire was hot enough to kill a nearby guard, there were plenty more guards to throw them in, and they were either going to bow or burn. Period. But the truth opposed those facts, and truth was what the three men stood upon. The truth was that either their God was going to deliver them or they would willingly die in His service. The truth is that the Son of God walked with them through the flames. What facts are you facing that defy God's truth? Take the facts to God in prayer today and believe with boldness that your God will be with you in the fire.

Day 18

Bible Verse: Joel 2:12-32

Tear your hearts instead. You can finish strong by making sure you are weeping and mourning and tearing your heart open wide to allow God's power and presence to sweep across the landscape of your life. Tell God today that you are baring your heart before His mercy, compassion, and

unfailing love. Ask Him to give you the courage to join His advancing army. Ask Him to open your eyes to dreams and visions.

Day 19

Bible Verse: Psalm 84

Do your heart and flesh feel faint? As you near the end of your fast, think of the marvelous joy of spending this one day in His courts. Praise Him for the ways you are growing and seeking Him more. No matter where you are, read this psalm out loud today as your prayer to God. Personalize it or add to it. Sing it loudly or just whisper.

Day 20

Bible Verse: Zechariah 7

Are you considering continuing your fast or maybe beginning new habits of regular fasting? In this chapter people are wondering if they should continue the fasting calendar they had kept and the Lord answers through Zechariah. Since Moses' time, God instituted a whole calendar of fasts and feasts. Both were designed to draw His people closer to Him. If drawing closer to God is your goal every day, both times of fasting and feasting can be holy to the Lord. Take time to allow God to speak to you about your fasting experience. Ask God to help you reflect on the ways your fast has softened your heart and influenced you to treat others differently.

Day 21

Bible Verse: Ezekiel 47:1-12

No matter how deep you are now, wade in deeper still. Don't worry about what's going to get wet. Don't stop at the point where you can keep your feet underneath you. Get swept away. What are you holding on to? What are your hesitations to living a more Spirit-led life of faith? What illusion of control are you clinging to? Go all in. Pray today that this fast will be just the beginning of a deeper relationship with God. Pray that He will continue to beckon you to dive in and let Him take complete control of your life.

APPENDIX

Guidelines for Daniel Fast

Foods to Eat

Whole Grains: Brown Rice, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Split Beans, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables: 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, Yams, Zucchini

Seeds, Nuts, Sprouts & Raw Sugar

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetable Juices

Foods to Avoid

Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives

Refined Sugar, Sugar Substitutes, White Flour and all products using it
Margarine, Shortening, High Fat Products

Examples of Types of Foods ALLOWED

Whole Grains, whole wheat and brown or wild rice (be sure there is no white rice in the wild rice), wheat/spinach wraps are ok but should be used in moderation

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables: 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, Yams, Zucchini

Seeds, Nuts, Sprouts

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices (no sweetened drinks or sweetened fruit juice), Honey is a natural sweetener which may be used in moderation, Pure olive oil, peanut oil (in moderation), Natural herbs and spices

Foods NOT ALLOWED

Sugar and sugar products, refined sugar products (desserts, soft drinks, diet soda etc.), Wines, Alcoholic beverages, Drinks including caffeine (coffee, dark teas, etc.), Refined Bread, grains, and rice, Meats, poultry, dairy products, eggs