

FASTING GUIDELINES 2016

**As a church we will be participating in 21 days of fasting. The fast will start on Monday January 18, 2016 ending on Sunday February 7, 2016. The duration of the fast will be from 6am-6pm. After 6pm you may eat regular foods.**

**What is Fasting?**

Biblical fasting is giving up specific foods and drink for a specified number of days for the purpose of giving God our best and our first; while fasting prayer and reading God’s Word goes hand in hand. When you fast, pray for God’s purpose and plan for your life to be revealed. Fast and pray about every major decision in your life. Simply put, fasting is a way to conquer the physical and open the door to the supernatural in your life. When you deny your body, you feed your spirit and grow closer to the Lord.

**The Type of Fast will be a Daniel Fast:**

In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”

**Daniel 10:2, 3**

**Foods to include in your diet during the Daniel Fast**

**All Fruits**. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

**All vegetables**. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

**All whole grains**, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

**All nuts and seeds**, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

**All legumes.** These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

**All quality oils** including but not limited to olive, canola, grape seed, peanut, and sesame.

**Beverages:** spring water, distilled water or other pure waters.

**Other:** tofu, soy products, vinegar, seasonings, salt, herbs and spices.

**Foods to avoid on the Daniel Fast**

**All meat and animal products** including but not limited to beef, lamb, pork, poultry, and fish.

**All dairy products** including but not limited to milk, cheese, cream, butter, and eggs.

**All sweeteners** including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

**All leavened bread** including Ezekiel Bread (it contains yeast and honey) and baked goods.

**All refined and processed food products** including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep fried foods** including but not limited to potato chips, French fries, corn chips.

**All solid fats** including shortening, margarine, lard and foods high in fat.

**Beverages** including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

**Special Note:** if you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast.

**Fasting Scriptures**

*(All Bible verses are from the NIV84 unless indicated otherwise.)*

“One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple… My heart says of you, ‘Seek his face!’  Your face, Lord, I will seek” **(Psalm 27:4, 8).**

“As the deer pants for streams of water, so my soul pants for you, O God. My soul thirsts for God, for the living God. When can I go and meet with God?” **(Psalm 42:1-2).**

“Awake, my soul! Awake, harp and lyre! I will awaken the dawn. I will praise you, O Lord, among the nations; I will sing of you among the peoples. For great is your love, reaching to the heavens; your faithfulness reaches to the skies**” (Psalm 57:8-10).**

“Find rest, O my soul, in God alone; my hope comes from him.  He alone is my rock and my salvation; he is my fortress, I will not be shaken.  My salvation and my honor depend on God; he is my mighty rock, my refuge.  Trust in him at all times, O people; pour out your hearts to him, for God is our refuge” **(Psalm 62:5-8).**

“O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you. On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings.  My soul clings to you; your right hand upholds me**” (Psalm 63:1-8).**

“Whom have I in heaven but you?  And earth has nothing I desire besides you.  My flesh and my heart may fail, but God is the strength of my heart and my portion forever” **(Psalm 73:26-26).**

“How lovely is your dwelling place, O Lord Almighty!  My soul yearns, even faints, for the courts of the LORD; my heart and my flesh cry out for the living God.  Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young — a place near your altar, O LORD Almighty, my King and my God.  Blessed are those who dwell in your house; they are ever praising you… Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked”

**(Psalm 84:1-4, 10).**

“My soul is consumed with longing for your laws at all times… My soul faints with longing for your salvation” **(Psalm 119:20, 81).**

# Fasting Prayer Points:

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Week One: Prayers of Confession; repentance and forgiveness; Ask the Lord to forgive all sins, known and unknown (Anger, Lust, Gossip, Greed, Fears) allow the Holy Spirit to guide you.

Week Two: Prayers of Healing; of sickness, mind body and soul, family and friends that need healing, for God to restore all thinks broken in your life.

Week Three: Prayer of Elevation and Blessings; for doors of opportunity to be open, financial blessings and advancement, no lack, favor with God and with man.   
  
**Please Note:**

**The church will be open from 7pm - 9pm Monday - Friday during the fast.**

**Our First Prayer meeting of 2016 will be on Friday February 5, 2016 from 8pm-11pm. Friends and Family are all invited.**

If you have any questions or concerns please send an email to **Pastor Jermaine jspence@kclcministries.org.**