

21 Days of Fasting

This is a spiritual choice in response to Christ, who promises, "Seek first the kingdom of God and His righteousness, and all these things shall be added unto you" (Matthew 6:33).

Sunday, January 4th – Sunday, January 25th, 2015

Our Corporate Goal:

This *21 Day Fast* is designed to focus on the Lord, His goodness, grace and attributes. It is a pursuit of God and an aggressive and intentional drawing closer to God involving intimacy. It is not based upon the absence of food. Instead it is feeding upon the goodness and unconditional love of God. It's about building relationship and communion with God. The Fast teaches us to deny our "selves" and instead put our spirit in control over our flesh. It is not about only giving up food, but also includes praying during mealtime. Mealtime is a perfect opportunity to pray, a commitment of the heart that when joined with fasting, moves the heart of God.

Personal Objectives:

1. Decide why you are fasting. What is your goal and purpose?
2. Choose the type of fast in which you will engage. Although that may change in the course of the fast. You may start on a Daniel fast, and end up on a liquid or total fast – or the reverse. Don't be legalistic. This is about a relationship. You are on a quest – with God.
3. Remember it is not just in the abstinence of food that makes this a fast. It is the fasting of natural food and the feasting upon the Word of God and prayer.

Types of Fast to choose from:

The Daniel Fast - You may eat anything derived from 'seed.' It involves giving up meats, desserts and sweets, eating only the food that Daniel most likely ate. This includes fruits, vegetables, nuts, and lignums. Also no artificial or processed foods or any chemicals are allowed. Drink water. It is taken from Daniel 1:12.

The Liquid Fast - You can drink fruit or vegetable smoothies, fruit juices, vegetable juices, broths and light soups. Tea and coffee should be kept at a minimum because of the toxins are harsh on the lining of your stomach. You should also be frugal on citrus drinks because of the acid in the oranges. Green tea or any other herbal teas are very refreshing and of course drink plenty of water. Warm water with a hint of honey is very refreshing and gives the sensation of being warm and content. A juicer is wonderful during a liquid fast.

The Partial Fast – No food between the hours of 6:30am – 3:00pm, and then choose from either of the fasts. Used by Elijah in 1Kings 17.

In addition: **Entertainment Fast** (No TV, sports, games, etc.) or **Social Media Fast** (No facebook, twitter, etc.) or **Coffee, Soda, and Caffeine Fast**.

As you plan your meals and eat your food, keep in mind that the definition of a fast is *to deny food (yourself) for a spiritual purpose.*

How to prepare:

Create an approach days before, ease off addictive beverages and food. You may experience withdrawal from caffeine, sugar and sweets. Your body may react rather abruptly. A fast gives your body a chance to cleanse itself of toxins. You may experience headaches – even migraine-like moments. Hunger pangs are natural, but ease up after about three days. At times, they disappear almost completely. Metabolism changes and your body draws on its reserves, so limit strenuous exercise and activities. Take time for extra rest. Drink plenty of water. During a fast, the liver – the body’s filter – is working overtime. And it needs liquids, especially water to function well. Don’t confuse fruit ‘juices’ with fruit ‘punch.’ The fruit “punch” is loaded with sugar, more toxins, and lacking in genuine nutrition. It creates a problem rather than solve one.

A few benefits of fasting:

1. It transforms passivity into passion.
2. It sensitizes us to spiritual things.
3. Fasting is the intentional discipline of “pressing into and drawing near” to the Lord.
4. Fasting sensitizes our ability to hear the voice of the Spirit.
5. Fasting increases our faith level and spiritual power and authority in our lives and the Kingdom of Heaven.