

AWAKENING

Jan 13- Feb 2, 2013

Fasting for **REVIVAL**

Giving people the most fantastic experience with
Jesus as possible.

Northside Passionate Follower 3 R's

Reach Up To God By Loving God and Loving Others.

Reach Out To The Unchurched By Bringing Them to Church.

Reach In By Identifying Your Gift and Serving in a Ministry.

I am extremely excited about this New Year. Especially because of what I believe will happen in us and through us as a result of fasting. The time of fasting and prayer was so powerful in 2009 that we made this an annual event for our church. The results that we have seen and will see from fasting for spiritual breakthroughs will be so amazing that our lives will be changed. This year, 2013, we are fasting for revival! I know from personal experience that fasting draws me close to God. James 4:8 reveals that if we make steps towards God He will make steps towards us. That's a promise from God.

During these desperate times in our world, nation and even in our community, we need God to move in a mighty way. (2 Chr 7:14 NIV) *“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”* We literally have the power to change the destiny of our nation through fasting and praying. I believe fasting is a major act of humbling ourselves before God, therefore God says He will hear our prayers and heal our land, spiritually, economically and even politically. On a personal level fasting adds supernatural power to our prayers. So as you fast and pray expect God to do something amazing in your life, such as never before.

This guide will help you on your spiritual journey. If you are not able to fast from food for medical reasons we have alternative types of fast for you. God is not legalistic; He's interested in your heart. Anything we do in an attempt to be closer to God is honored by God.

Blessings,
PJ

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” -
Matthew 6:33 (NLT)

What Is Fasting?

Fasting is going without food to pursue and/or focus on something more important i.e. God.

1. Fasting helps subject our bodies to our spirits (I Corinthians 9:27)
2. Fasting is disciplining the body, mind, and spirit (Proverbs 25:28)
3. Fasting is subordinating our flesh-desires to our spirit-desires (Galatians 5:17)
4. Fasting helps set the priorities in our lives (Matthew 6:33)
5. Fasting is longing after God (Psalm 63:1-2)

10 Encouraging Reasons to Fast

1. For a mate (Genesis 24)
2. Honor God (Matthew 6:16-18, Luke 2:37, Acts 13:2, Matthew 5:6)
3. Humble Yourself (2 Chronicles 7:14-15)
4. Healing (I Corinthians 11:30, James 5:13-18, Isaiah 58 6-9)
5. Deliverance from Bondage (Matthew 17:21, Isaiah 58:6-9 (loose bands of wickedness))
6. Revelation - God's vision and will (Daniel 9:3, 20-21, Daniel 10:2-10, 12-13)
7. Revival - personal and corporate (Acts 1:4, 14 / 2:16-21, Joel 2:12-18)
8. Repentance - personal failures (Psalm 51: Jeremiah 29:11-14, James 4:8-10)
9. **For God to meet a great need** (Esther 4:16, Joel 2:12-14; 25-28)
10. **For elevation.** (James 4:10)

17 Biblical Reasons to Fast

1. To worship, love and glorify God (Luke 2:37; Zechariah 7:5; Isaiah 58:2)
2. To intensify the effectiveness of our prayer (Ezra 8:23; Isaiah 58:9 Judges 20)
3. To seek wisdom and guidance (Jeremiah 29:13; Daniel 10:1-3; Acts 13:3, 14:23)
4. To express repentance (Leviticus 16:29-31; Jonah 3:5-8; I Samuel 7:6; Acts 9:9)
5. To teach ourselves humility and deepen our dependence upon God (Psalms 35:13, 69:10)
6. To rededicate our lives to the Lord (Joel 2:12)
7. To intercede for and help spiritual captives (Isaiah 58:6; Daniel 9:1-21; Matthew 17:21; Mark 9:28-29)
8. To train our bodies to yield to our spirits (I Cor. 9:27)
9. To wage spiritual warfare with God's Holy power (Matthew 17:9-11)
10. To hasten physical healing (Isaiah 58:8)
11. To overcome strong temptations and strengthen obedience to God (Luke 4:1-2)
12. To enhance personal devotions (Matthew 6:16-18)
13. To respond to times of great crisis and seek deliverance (II Chronicles 20:3-4; Esther 4:16)
14. To express grief (Judges 20:26; I Samuel 31:13)
15. To express concern for the work of God (Nehemiah 1:1-4)
16. To devote time to witnessing and soul winning (John 4:4-34)
17. To share our abundance with others (Isaiah 58:6-7)

Twelve Great Results of Fasting:

1. Fasting draws you closer to God.
2. Fasting helps you feel closer to God.
3. Fasting adds power to your prayers.
4. Fasting enables you to receive unexpected results.
5. Fasting increases your health.
6. Fasting strengthens your spirit and soul.
7. Fasting increases God's favor on your life.
8. Fasting strengthens your faith.
9. Fasting is an act of faith that pleases God.
10. Fasting is a powerful weapon in spiritual warfare.
11. Fasting give you the edge.
12. Fasting positions yourself for increase.

"Now, therefore," says the LORD, "Turn to Me with all your heart, With fasting, with weeping, and with mourning." So rend your heart, and not your garments; Return to the LORD your God, For He is gracious and merciful, Slow to anger, and of great kindness; And He relents from doing harm. Who knows if He will turn and relent, And leave a blessing behind Him. Joel 2:12-

The greater the problem, the greater dedication you have to make to get an answer from God. The longer lasting a problem, the longer you have to fast and pray for an answer. When the problem becomes life threatening to you or to your ministry, you must make a greater sacrifice of physical pleasure or even physical well-being until you get an answer from God.

You can make a difference by fasting, because when you make a vow to seek God and pray, you can turn around circumstances. *“So we fasted and petitioned our God about this, and he answered our prayer.”*—Ezra 8:23

Spiritual Fasting

Fasting is the laying aside of food for a period of time when the believer is seeking to know God in a deeper experience. It is to be done as an act before God, in private or in public, of one’s own or faith community’s pursuit of God. Read Exodus 34:28, 1 Samuel 7:6, and Mark 9:29. Fasting should be with the object of seeking to know God in a deeper experience (Isaiah 58:3-9 and Zechariah 7:5). Fasting relates to a time of confession (Psalm 69:10).

Fasting can be a time of seeking a deeper prayer experience and drawing near to God in prevailing prayer (Ezra 8:23 and Joel 2:12). The early church often fasted in seeking God’s will for leadership in the local church (Acts 13:2). When the early church wanted to know the mind of God there was a time of prayer and fasting. God is not “legalistic” when it comes to fasting. He honors different types of fasts.

There are no “hard and fast rules” for fasting. God is more concerned with the attitude of our hearts than He is with the content of our stomachs. For all Christians, regardless of what God has gifted you and called you to do for Him, fasting can be part of our regular spiritual discipline. Fasting

can sanctify us and restore us to God as we humble ourselves before Him through repentance. Fasting will assist us into being conformed to the likeness and image of Jesus.

Fasting isn’t easy for most people

Fasting is not the easiest godly discipline. For those unaccustomed to it, going without food can be a struggle. The mental and emotional battles that may break out when we fast can sometimes be unsettling. Veteran fasters say this is a sure sign of the need to abstain from food and draw close to God. According to Paul in Galatians 5:17, “We naturally love to do evil things that are opposite from the things that the Holy Spirit tells us to do; and the good things we want to do when the Spirit has his way with us are just the opposite of our natural desires. These two forces within us are constantly fighting each other to win control over us, and our wishes are never free from their pressure.”

Four Basic Types of Fasts

(Choose your fast according to your health- pray about it and see what God will have you do but do something)

Normal Fast: This fast is going without food for a definite period, drinking liquids (water and/or juice). Warning: Only attempt after medical advice from physician if opting this and if on medication or for an extended period of time.

Absolute Fast: The abstinence from food and fluids for no longer than three days. This should be short. Moses fasted for 40 days; but this could kill someone without supernatural intervention and shouldn’t be attempted today without medical supervision. This fast is often used for spiritual emergencies.

Partial Fast: This fast omits certain foods and is on a schedule that includes limited eating. It may consist of one

meal a day. This includes living on one type of food for the duration of the fast, omitting a certain meal each day, or drinking juices only. Read Daniel 10:1-6. Eating only fresh vegetables is also a good partial fast. John Wesley ate only bread (whole grain) and water for many days. Elijah practiced partial fasts at least twice. John the Baptist and Daniel with his three friends are other examples of those who participated in partial fasts. People who have hypoglycemia and other diseases might consider this kind of fast. Partial fasts offer value where the situation makes it impossible to undertake a normal fast.

Rotational Fast: This fast consists of eating or omitting certain families of foods for designated periods. For example, grains may be eaten only every fourth day. The various food families are rotated so that some food is available each day.

Various Lengths of Fasts

1. One day fasts (Judges 20:26, 1 Samuel 7:5-6, 20:34, and Ezra 9:5)
2. Three day fasts (Acts 9:8-9)
3. Seven day fasts (1 Samuel 31:11-13 and 2 Samuel 12:16)
4. Twenty-one day fasts (Daniel 10:2-3)
5. Forty day fasts (Exodus 34:28, 1 King 19:8, and Luke 4:1-2)

Various Fasting Objectives

- Fasting enables us to have a closer spiritual relationship with God. It empowers us to walk from victory to victory.
- During a prolonged fast, the body is living on surplus fat

and at the same time it is acting like an internal incinerator, burning the waste and decaying tissues of the body.

- When you fast, your system has time to heal itself. Fasting gives your internal organs the time to rest and recuperate.
- God called on His people to fast on the Day of Atonement (Leviticus 16:29-30 and Acts 27:9)
- Jesus said his followers would fast (Matthew 9:15)
- Prophets and teachers fasted in Antioch (Acts 13:2)
- Paul fasted often (2 Corinthians 11:27)
- Fasting is associated with weeping and other acts of humility before God (Joel 2:12-13, Psalm 35:13 and Psalm 69:10)

Biblical Fasts

The Disciple's Fast: Freeing ourselves and others from addictions to sin. Scripture reference, "This kind goeth not out but by prayer and fasting." (Matthew 17:21, KJV)

The Ezra Fast: To solve problems, inviting the Holy Spirit's aid in lifting loads and overcoming barriers that keep ourselves and our loved ones from walking joyfully with the Lord. Consider: "So we fasted and entreated our God for this, and He answered prayer." (Ezra 8:23)

The Samuel Fast: For revival and soul winning, to identify with people everywhere enslaved literally or by sin and to pray to be used of God to bring people out of the kingdom of darkness and into God's marvelous light. "So they gathered together at Mizpah, drew water, and poured it out before the Lord. And they fasted day, and said there, 'We

have sinned against the Lord.” (1 Sam 7:6)

The Elijah Fast: To conquer the mental and emotional problems that would control our lives, and returning control to the Lord. “He himself went a day’s journey into the wilderness... He arose and ate and drank; and he went in the strength of that food forty days and forty nights.” (1 Kings 19:4, 8)

The Widow’s Fast: To care for the poor; to meet the humanitarian needs of others. “The jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the Lord spoken by Elijah.” (1 Kings 17:16)

The Apostle Paul Fast: To bring clearer perspective and insight as we make crucial decisions. “And he (Saul or Paul) was three days without sight, and neither ate nor drank.” (Acts 9:9)

The Daniel Fast: To gain a healthier life or for healing. “Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank.” (Daniel 1:8)

The John the Baptist Fast: That our testimonies and influence for Jesus will be enhanced before others. “He shall be great in the sight of the Lord, and shall drink neither wine nor strong drink.” (Luke 1:15)

The Esther Fast: To meet a great need and to protect us from the evil one. “Fast for me...[and] my maids and I will fast... [and] I will go to the king... [and] she found favor in his sight.” (Esther 4:16, 5:2)

The Power of Fasting

Great Christian Leaders throughout History practiced Prayer with fasting.

- a. Down through the years, godly people who have done mighty things for God have testified to the necessity of prayer with fasting. John Wesley, who shook the world for God during the Great Awakening that gave rise to Methodist Church toward the end of the 18th century, so strongly believed in the power of fasting and prayer that he urged early Methodists to fast every Wednesday and Friday. In fact, he refused to ordain anyone in Methodism unless they agreed to do it.

Our Need to Fast.

- a. It is a way to humble ourselves before God (Psalm 35:13, Ezra 8:21)
- b. It brings revelation of our spiritual condition resulting in brokenness and change.
- c. It brings personal revival through the powerful moving of the Holy Spirit in our lives.
- d. It helps us better understand the Bible by making it more vital and practical.
- e. It transforms prayer into a richer and more personal experience.

Fasting to Humble Ourselves Before God.

- a. Fasting has always been a primary way of humbling ourselves before God in both the Old and New

Testament. (Isaiah 58:5; Psalm 69:10; Matthew 23:12; I Peter 5:6 and James 4:8-10).

- b. Humility is an attitude of the heart. “A broken and a contrite heart, O God, you will not despise (Psalm 51:17)
- c. God will hear us and respond to our cry when we come before Him in humility and brokenness – acknowledging and repenting of our sins, and asking Him to cleanse us by the blood of Jesus and to fill us with His Holy Spirit.

Fasting Brings Power

- a. Since Pentecost, the church has grown from a room full of Jesus’ followers to hundreds of millions of Christians. The discipline of fasting was apparently a common practice in the Early Church (Acts 13:1-2 and Acts 14:21-23).
- b. Throughout the Bible, we have many examples of great releases and victories through fasting and prayer that changed the course of history:

Moses twice fasted forty days (Deuteronomy 9:9, 18) till his face shone with the glory of God.

In the time of judges (Judges 20:26) and in the time of Samuel (1 Samuel 7:6), all Israel fasted.

David fasted before he was crowned, when his child was ill, when his enemies were ill (Psalm 35:13) and because of the sins of his people (Psalm 69:9,10).

Elijah, Ezra, Nehemiah, Esther, Daniel– all fasted in time of great need.

How to Begin Your Fast

How you begin and conduct your fast will largely greatly impact your experience. By following these seven basic steps to fasting, you will make your time with the Lord more meaningful and spiritually rewarding.

STEP 1: Set Your Objective

Why are you fasting? What are you fasting for? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically. Through fasting and prayer we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

STEP 2: Make Your Commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16- 18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

How long you will fast – one meal, one day, one week, several weeks, forty days (Beginners should start slowly, building up to longer fasts)

The type of fast God wants you to undertake (such as water only, or water and juices; what kinds of juices you will drink and how often)

What physical or social activities you will restrict

How much time each day you will devote to prayer and God’s Word

What specifically are you fasting for

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

STEP 3: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin can hinder your prayers. Here are several things you can do to prepare your heart:

- Remember that God is your Father and He loves you and is for you.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9)
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4)
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14,15
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13)
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6)
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17)

STEP 4: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- Do not rush into your fast
- Prepare your body.
- Eat smaller meals before starting a fast.
- Avoid high-fat and sugary foods
- Eat raw fruit and vegetables for two days before starting a fast

While you fast:

Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider:

- Avoid drugs, even natural herbal drugs and homeopathic remedies. Medication should be withdrawn only with your physician's supervision.
- Limit your activity.
- Exercise only moderately. Walk one to three miles each day if convenient and comfortable.
- Rest as much as your schedule will permit.
- Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
- Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

STEP 5: Put Yourself on a Schedule

For maximum spiritual benefit set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

Morning

- Begin your day in praise and worship.
- Read and meditate on God's Word.
- Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13
- Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.
- Pray for His vision for your life and empowerment to do His will.

Noon

- Return to prayer and God's Word.
- Take a short prayer walk.
- Spend time in intercessory prayer for your community's and nation's leaders, for the world's unreached millions, for your family or special needs.

Evening

- Get alone for an unhurried time of "seeking His face."
- If others are fasting with you, meet together for prayer.
- Avoid television or any other distraction that may dampen your spiritual focus

When possible, begin and end each day with your spouse for a brief time of praise and thanksgiving to God. Longer periods of time with our Lord in prayer and study of His Word are often better spent alone.

A dietary routine is vital as well. Dr. Julio C. Ruibal - a nutritionist, pastor, and specialist in fasting and prayer - suggests a daily schedule and list of juices you may find useful and satisfying. Modify this schedule and the drinks you take to suit your circumstances and tastes.

5:00—8:00 a.m.

Fruit juices, preferably freshly squeezed or blended and diluted in 50 percent distilled water if the fruit is acid. Apple, pear, grapefruit, papaya, watermelon, or other fruit juices are generally preferred. If you cannot do your own juicing, buy juices without sugar or additives.

10:30—noon

Fresh vegetable juice made from lettuce, celery, and carrots in three equal parts.

2:30—4:00 p.m.

Herb tea with a drop of honey.

6:00—8:30 p.m.

Broth made from boiling potatoes, celery, and carrots with no salt. After boiling about half an hour, pour the water into a container and drink it.

Tips on Juice Fasting

Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue.

The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. In cold weather, you may enjoy a warm vegetable broth.

Mix acidic juices (orange and tomato) with water for your stomach's sake.

Avoid caffeinated drinks. And avoid chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach.

Breaking Your Fast

When your designated time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

STEP 6: End Your Fast Gradually

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

Break an extended water fast with fruit such as watermelon.

While continuing to drink fruit or vegetable juices, add the following:

First day: Add a raw salad.

Second day: Add baked or boiled potato, no butter or seasoning.

Third day: Add a steamed vegetable.

Thereafter: Begin to reintroduce your normal diet.

Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

STEP 7: Expect Results (Faith is expectation)

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

A single fast, however, is not a spiritual cure-all. Just as we need fresh infillings of the Holy Spirit daily, we also need new

times of fasting before God. A 24-hour fast each week has been greatly rewarding to many Christians.

It takes time to build your spiritual fasting muscles. If you fail to make it through your first fast, do not be discouraged. You may have tried to fast too long the first time out, or you may need to strengthen your understanding and resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness. I encourage you to join me in fasting and prayer again and again until we truly experience revival in our homes, our churches, our beloved nation, and throughout the world.

Acknowledgments: Bill Bright, Campus Crusade For Christ International

<http://www.ccci.org/training-and-growth.aspx>

How to Experience and Maintain Personal Renewal

1. Ask the Holy Spirit to reveal any unconfessed sin in your life.
2. Seek forgiveness from all whom you have offended, and forgive all who have hurt you. Make restitution where God leads.
3. Invite the Holy Spirit to search your heart and receive God's mercy towards you. (Psalm 66:18-20)
4. Ask the Holy Spirit to guard your walk against complacency and mediocrity.
5. Praise and give thanks to God continually in all ways on all days, regardless of your circumstances.
6. Refuse to obey your carnal (worldly) nature (Galatians 5:16,17)
7. Surrender your life to Jesus Christ as your Savior and Lord. Develop utter dependence on Him with total submission and humility.
8. Study the attributes of God.

9. Hunger and thirst after righteousness (Matthew 5:6).
10. Love God with all of your heart, soul, and mind (Matthew 22:37).
11. Appropriate the continual fullness and control of the Holy Spirit by faith on the basis of God's command (Ephesians 5:18) and promise (1 John 5:14,15).
12. Read, study, meditate on, and memorize God's holy, inspired, inerrant Word daily (Colossians 3:16).
13. Pray without ceasing (1 Thessalonians 5:17).
14. Fast and pray one 24-hour period each week.
15. Seek to share Christ daily as a way of life.
16. Determine to live a holy, godly life of obedience and faith.
17. Start or join a home or church Bible study group that emphasizes revival and a holy life.

Write out specifically what you are fasting for? (Fast for 1, 2 or at most 3 things.)

My family _____

My personal/spiritual life _____

My finances _____

My church _____

My city _____

My nation _____

Other _____

Write A Prayer _____

A 21 Day Devotional

Relax

Be still and quiet! Slow down! Prepare your heart. Take a few deep breaths and wait on God.

Read

Begin reading where you left off the day before. Read until you feel God has told you something. Then stop and think about it.

Reflect

Think about what the passage means to your life. Write down your thoughts. Part of reflecting is *memorizing* verses that speak to you in a special way.

Record

Write out a personal application statement that is practical, passable, and measurable.

Request

Conclude your Daily Time with God by talking to God about what He has shown you and making your requests from your prayer list.

Day 1

Date:

Relax: Focus on the word “peace” which has been given to you by God the Father and Jesus Christ.

Read: Daniel 10

Reflect: This passage is a source for the idea of a 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.

Record: 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.

Request: Spend time praying for God to speak to you and give you strength.

Day 2

Date:

Relax: Focus on the “affection” of Christ Jesus and how much He loves you.

Read: 1 Chronicles 21:18-27

Reflect: 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.

Record: 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.

Request: Pray for God to show you what He wants you to sacrifice.

Day 3

Date:

Relax: Focus on the security we have in Christ.

Read: Daniel 1

Reflect: 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 getting 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.

Record: Record your thoughts about how you want to trust God for joy in all your circumstances.

Request: 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

Date:

Relax: Think about how great God is!

Read: Psalm 119

Reflect: This 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.

Record: 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?

Request: Pray today that God will increase that fire in your heart during this time.

Day 5

Date:

Read: Matthew 6:5-18

Reflect: 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.

Record: 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.

Request: 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

Date:

Read: Isaiah 58

Reflect: 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.

Record:

Request: 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

Date:

Relax: Think about God's faithful provision in your life for your needs.

Read: Mark 14:1-26

Reflect: 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.

Record: How can your life be a living memorial to Christ?

Request: Talk to God about things in your life that need to be broken and poured out like that vase of perfume.

Day 8

Date:

Relax: Think about where God is currently working in your life

Read: Psalm 100

Reflect: 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.

Record: Write down some things that bring you joy today. Sing a song of praise to Him.

Request: Pray that God will stir an urgency to press in and see what God has for you beyond His gates.

Day 9

Date:

Relax: Think about God's patience for a few moments.

Read: Romans 12

Reflect: 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.

Record: In what ways has your fast been helping you experience true worship in new ways?

Request: Pray today and ask God to continue to reveal His will for you during this time of sacrifice and worship.

Day 10

Date:

Read: Luke 4

Reflect: 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.

Record: How is your fast strengthening you? Do you feel like you're floundering? Maybe you're not experiencing the outcomes you expected.

Request: Ask God to lead you into the same kind of preparation, power, and purpose that Jesus gained from His time of fasting.

Day 11

Date:

Read: James 1

Reflect: 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.

Record: Would your fast be characterized more by listening or doing?

Request: Ask God for wisdom about where He wants to lead you during this second half of your fast.

Day 12

Date:

Read: 2 Corinthians 1

Reflect: 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.

Record: 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.

Request: 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

Date:

Relax: Tell God how you would like to put your life in His hands today!

Read: 1 Peter 2

Reflect: 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.

Record: Write down the ways He has brought you from darkness into light.

Request: 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

Date:

Relax: Think about how God has been generous to you this month.

Read: Matthew 5:1-14

Reflect: 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.

Record: Keep a journal with you all day to write down the blessings that God brings to your mind.

Request: Pray to thank Him for the blessings, even the ones that come as a result of enduring hardships or trials.

Day 15

Date:

Relax:

Read: Psalm 51

Reflect: 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.

Record: What have been your experiences during the fast?

Request: 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

Date:

Read: Psalm 27

Reflect: 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.

Record: Are you seeking things from God or seeking God? What needs to change in order for you to fully seek God?

Request: Pray today that you will seek God's face and get closer to Him than you ever have before.

Day 17

Date:

Read: Daniel 3

Reflect: 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.

Record: What facts are you facing that defy God's truth?

Request: Take the facts to God in prayer today and believe with boldness that your God will be with you in the fire.

Day 18

Date:

Read: Joel 2:12-32

Reflect: 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.

Record: Tell God today that you are baring your heart before His mercy, compassion, and unfailing love.

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

Day 19

Date:

Read: Psalm 84

Reflect: 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.

Record: Praise Him for the ways you are growing and seeking Him more.

Request: Praise God today!

Day 20

Date:

Read: Zechariah 7

Reflect: 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.

Record: Take time to allow God to speak to you about your fasting experience.

Request: Ask God to help you reflect on the ways your fast has softened your heart and influenced you to treat others differently.

Day 21

Date:

Relax: Think about what things in your life you may need to trust God with right now.

Read: Ezekiel 47:1-12

Reflect: 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.

Record: 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.

Request: 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.

Recipes

The Breaker's Granola

5 cups raw oatmeal
1 cup finely chopped walnuts
1 cup slivered raw almonds
1 cup finely chopped cashews
1 cup unsalted sunflower seeds
1/2 cup flax seed
1 cup finely chopped dry figs
1 cup finely chopped apricots (unsweetened if possible)
1/4 cup chopped coconut
2 cups unsweetened raisins
2 Tablespoons cinnamon

Mix together in a large bowl. Keep in tightly sealed container such as tupperware in the pantry. To serve cold, soak 1/2 cup granola in unsweetened plain soy milk for a few minutes. To serve warm, you can prepare with water or unsweetened soy milk in the microwave. Use 1 cup liquid to 1/2 cup granola. Warm for a minute on high or more if desired.

Note: Chop the nuts and fruits in a food processor individually and then add them to the oats.

Brown Rice with Edamame and Vegetables

2 cups brown rice
4 cups water or vegetable broth
1 cup fresh squeezed orange juice
1 package frozen, shelled edamame
1 cup shredded carrots
1 cup sliced white mushrooms
1/2 teaspoon cumin
1 clove garlic minced
1/2 cup chopped green onion

Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside.

While rice is cooking, prepare edamame according to package directions but without salt. Drain in a sieve. Saute garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion.

Servings: 4 - 6 entree size

Serve with orange slices and celery sticks.

Cuban Black Beans & Rice with Tomato Salsa

1 package dried black beans
Vegetable broth (1- 32oz. box)
Chili powder
Chipotle powder
2 cloves garlic

Soak beans overnight in water (cover w/2 inches above beans). Drain and rinse beans. Place beans in sauce pan and add vegetable broth. Add water to cover if needed. Add spices and boil for 1 hour and then simmer until tender (follow package direction if available). Prepare brown rice according to package directions.

Salsa

Roma Tomatoes quartered
Lime
Cilantro
Green onion (1 bunch)
Chili powder
Cumin
Garlic

In a food processor, chop tomato, cilantro, green onion with chili powder, garlic, cumin and lime juice by pulsing the blade several times to desired texture. We prefer chunky.

Place rice on individual dishes and top with beans and salsa.

Serves: 6 entree size

Serve with sliced mango and papaya and lime juice.

Ed Young Jr.

Roasted Tomato Bisque

3 lb roma tomatoes
Olive Oil
Salt
1 head of garlic
1 can vegetable broth
1 tsp liquid smoke
Water
½ cup soy creamer

Slice 3 lbs of roma tomatoes lengthwise and place sliced side down in a very large roasting pan. Drizzle with olive oil and season with salt. Also put on the pan a whole, unpeeled head of garlic. Roast at 450 for 30 - 45 minutes, or until skins are charred. Take out and let cool. Take off charred tomato skins and toss (I leave them on, but I like a very smoky flavor). Put the tomatoes in blender, and squeeze the garlic in also — all of it. Then add a can of vegetable broth, some liquid smoke (about a tsp.) some water, and about 1/2 cup of soy creamer. Blend till smooth. Reheat on stove. Thin as desired with soy creamer and veggie broth and keep adjusting the seasoning till you get it right.

Kerri Weems

Thick and Creamy Corn-Potato Soup

6 ears corn (cut off the cob)
6 medium large red potatoes (chopped in 1/2 inch pieces)
6 carrots (finely chopped)
1 medium large onion (finely chopped)
2 green peppers (finely chopped)
2 bay leaves
3 teaspoons thyme
2 teaspoons marjoram
3 teaspoons cumin
2 teaspoons sea salt
2 teaspoons pepper
3 32oz. boxes of vegetable broth
Water

Put vegetables and spices in a large soup pot. Cook on medium heat, stirring occasionally for 15 minutes. Add broth and maintain a light boil. Cook 45 minutes to 1 hour. Remove from heat. Blend 3/4 of the soup mixture in a blender in batches. Put blended soup in a large bowl or container until the blending process is complete. Pour the blended soup back into the pot. Add water to thin and obtain the desired consistency. Heat through and serve. Serves 8 - 10 generously.

Ed Young Jr.

Kiwi Pineapple Banana Smoothie

3 fresh kiwi fruit, peeled
1 cup frozen pineapple
1 frozen sliced banana
1 cup soy vanilla milk
Protein
Ice

Combine fruit and milk in blender, add ice if necessary to reach proper consistency. Once blended, add protein and blend until just combined.

The information in this guide was taken from various sources, Awake21.org, Bill Bright, Jentezen Franklin and Elmer Towns.

“How To Fast Forty Days” - Bill Bright

“The Fast God Chooses”

“7 Basic Steps To Successful Fasting and Prayer” - Bill Bright

“Fasting For Spiritual Breakthrough” - Elmer Towns

“Fasting” - Jentezen Franklin

For more fasting resources check out:

www.awake21.org

Log in: Northside City Church

Password: Northside

For a great local resource on healthy eating and recipes check out:

<http://www.hacres.com/home>