

21 Day Fast

New Mount Calvary The Evolution Church

DAY 1
MONDAY
JAN 9

MORE of You
& **LESS** of Me

Daniel Fast 2023

DAY 21
SUNDAY
JAN 29

CONSECRATION | CONFESSIONS | CORPORATE PRAYER



DAILY FERVENT PRAYER TIMES:
9AM ~ 12PM ~ 3PM

Please choose one of the above-listed Fervent Prayer Times to read a consecration verse, make a daily confession, and have a brief time of personal prayer.

21 Day Daniel Fast



Why the Daniel Fast?

It's one thing to know about God— it's a different thing to be known by God. Your main focus while on the Daniel Fast is to spend time in daily prayer. Prayer and fasting are powerful ways to prepare to receive His presence and all that He has planned for your life, as well as grow deeper in your walk with Him as you proclaim, More of You and Less of Me in 2023.

What Is Fasting?

Fasting ALWAYS involves FOOD! The Hebrew word for fast means "to cover the mouth." The Greek word for fast means "to abstain from food." While we do need to get away from everyday distractions of our lives and spend time alone with God, away from people, fasting is always about restricting food! Everything else is self-discipline and dying to our flesh. So, to truly benefit from the fast, one would have to restrict/change their normal food intake.

Get Quiet Before Him

Fasting is a spiritual discipline. It is done **not** so we can change God's mind but rather to get quiet before Him, so we can hear what He is speaking. When we satisfy our flesh with everything it demands, we tend to drown out God's voice because we become very preoccupied with self-gratification. During fasting, we take charge of our flesh, making it a servant to our spirit, and thus we are able to get in tune with what the Holy Spirit is speaking to us.

Fast with a Purpose

Before you begin, decide on the purpose of your fast. Without a purpose, you will be merely dieting. So prayerfully consider the focus of your fast.

For example, what is your greatest need at this time? Do you want to learn to trust God more deeply and consistently? Could your marriage be stronger? Do you have financial pressures? Do you have family members who don't know or have walked away from the Lord?

Invest in quality prayer time and decide on a purpose for your fast. Then make a plan for prayer and study time to help feed your spirit and guide your quiet time.

During the Fast

In the Body:

Our bodies are most definitely going to be affected as we change our diet for 21 days. For some, the change is going to be very dramatic. You might experience detuning from food addictions, such as caffeine, processed or unnatural foods, chemicals, and sugar.

The symptoms that accompany detox process might be light or more pronounced: headaches, leg cramps, fatigue, nausea, and even light depression. As the body detoxes, the symptoms will alleviate, and you will experience more energy, better sleep, a clearer and sharper mind, and many other benefits. So, take the time to ride it out. If you need support, ask others for prayer.



Soul:

The soul is central to our emotions, intellect, and will. It is the place where we make decisions, and experience anger, fear, love, frustration, and cravings. The soul is frequently referred to as “the flesh” in the Bible.

During the fast, your soul may rebel against the change in your diet. You will get an opportunity to experience and win this battle over the flesh, which might prove to be one of the most powerful lessons of the fast.

Spirit:

Our spirit is the part of us that was born again when we gave our lives over to Christ. It should be the part that surrenders to God. Our spirit is filled with the Holy Spirit if we yield to Him. When fully surrendered, we can genuinely abide with the Father and the Son.

The purpose of the fast is to place our spirit in control of the other two parts of us: soul and body. When our flesh acts out with a craving, we take control of it with our spirit (just imagine, as parents would take control of a rebellious child).

Prepare for the Fast



Heart, Mind, and Body

Fasting, in any form, is challenging because you're doing battle physically and spiritually. However, you can take steps to strengthen yourself for the fight. Following are ways you can prepare your heart, mind, and body for your 21-day Daniel Fast journey.

Spiritual Preparation

- Pray
- Read verses on fasting
- Buy a journal
- Write down prayer requests
- Find a prayer partner

Physical Preparation

- Begin easing off caffeine and sugar in advance
- Start to drink at least 1/2 gallon of water a day
- Plan your fasting meals
- Prepare meals in advance

Begin praying for your Daniel Fast even before it begins. Ask the Lord to reveal any unconfessed sin. When God reveals it to you, confess your sin quickly and repent. Take time to get your heart ready for what God wants to do in and through you on the fast.

Take time to study passages in the Bible that have to do with fasting. It will help you gain insight into how God responded to their prayers and what God requires of His people on a fast. Suggested passages are Isaiah 58, 2 Chron. 20:1-4, Ezra 8:21-23, Neh. 1:1-4, Est. 4:15-17, and Matt. 4:1-11.

Use a journal or notebook for prayer requests, praises, and answers to prayer. Record what the Lord shows you through his Word.

Take time to identify your primary motivations for fasting. Record your prayer requests in your journal. Make sure you include requests for others and not just your own requests.

It's essential to have a trusted prayer partner during your fast. Ideally, someone who is doing the fast with you but it's certainly not a requirement. The key is to ask someone who will lift you up and keep you accountable.

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COMPLETING THE FAST

Ending Your Fast

Ending your fast properly is just as important as beginning your fast properly. Just as you prepared yourself to begin a fast, you must prepare yourself to stop or break your fast.

Here are a few questions you can ask yourself as you end your fast:

- What are the key lessons learned?
- What new habits or disciplines do you want to keep?
- What new dietary rules will you follow?
- What foods will you begin eating and not eat anymore?
- What dreams and visions have you seen pertaining to your personal walk with the Lord or your ministry?

Get In The “Fast Lane”

Before you end your fast and establish a regular eating schedule, it will be important to set aside time to get in the “Fast Lane” on a regular basis. This is vital if you are going to apply and live out the lessons learned during your fast. 1 Corinthians 11:24–28 says that Paul “fasted often.” But why? You must view fasting as a new way of life, not just a vacation from the old way. According to 2 Corinthians 5:17, “The old is gone and the new has come.”

John 3:30: “He must increase, and I must decrease.”

In 2023, ask the Lord to help you make the following changes:

MORE thanksgiving LESS complaining	MORE contentment LESS dissatisfaction	MORE encouragement LESS negativity	MORE grace LESS judgment
MORE praise LESS asking	MORE peace LESS anxiety	MORE love LESS anger	MORE trust LESS doubt
MORE humility LESS pride	MORE listening LESS talking	MORE joy LESS sadness	MORE rest LESS busyness

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Prayer Requests

