

***21 DAYS OF  
PRAYER & FASTING***

**JANUARY 4<sup>TH</sup> - 24<sup>TH</sup>, 2021**

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# THE CENTRAL IDEA OF FASTING IS THE **VOLUNTARY DENIAL** OF A NORMAL FUNCTION FOR THE SAKE OF INTENSE SPIRITUAL ACTIVITY.

## **CORPORATELY:**

We are fasting and praying while digesting the scriptures regarding walking in bold faith & living in freedom from fear.

## **GUIDELINES:**

Fasting begins at **12 a.m.** on **Monday, January 4th** and will end at **11:59 p.m.** on **Sunday, January 24th.**

We will observe the biblical Daniel fast by eating only fruits and vegetables.

Review the scriptures in the reading schedule each day and reflect on ways you can begin to walk in faith. This will empower you to turn the page on fears that have stopped you from stepping into all that God has for you.

## **FOR YOUR MEALS:**

No meats (For example: red meats, fish, turkey, chicken, and seafood)

No sodas or caffeinated drinks. These may be replaced with water and herbal tea.

No cakes, pies, sweets, etc.

# HOW TO BEGIN YOUR FAST

## STEP ONE: SET YOUR OBJECTIVE

What fears have become so normal for you that you have accepted them as a regular part of how you experience life? Ask the Holy Spirit to help you see the areas He would like to help you break free from.

## STEP TWO: MAKE YOUR COMMITMENT

How much time each day will you devote to prayer and studying God's Word?

## STEP THREE: PREPARE YOURSELF SPIRITUALLY

The very foundation of fasting and prayer is repentance. Christ commanded us not to fear, so commit to shifting your focus toward that goal.

## STEP FOUR: PREPARE YOURSELF PHYSICALLY

Consult your physician first, if you take prescription medication or have a chronic ailment.



## STEP FIVE: PUT YOURSELF ON A SCHEDULE

For maximum spiritual benefit, set aside ample time to be alone with the LORD. Perhaps meditating during your morning commute, sitting in your car a few minutes before you go into work, or laying in bed before you call it a night.

## STEP SIX: END YOUR FAST GRADUALLY

Begin eating gradually. Do not eat solid food immediately after your fast.

## STEP SEVEN: EXPECT RESULTS

Isaiah 26:3-4 shares that, “You will keep in perfect peace him whose mind is steadfast, because he trusts in you.” As you shift your focus from what has you afraid to the awesome power of God, fear will lose its grip and give way to faith.



# THE DANIEL FAST

(Excerpt from “Toxic Relief” by Don Colbert, M.D.)

**D**aniel and three other Hebrew youths, Shadrach, Meshack, and Abednego, were Jews in captivity, in the kingdom of Babylon. They were greatly favored for their purity, and they were well educated and extremely gifted both mentally and spiritually.

When these four young men were captured and taken into the king's palace to educate them in the ways of the Chaldeans, Daniel 1:5 states, “The king assigned them a daily amount of food and wine from the king's table” (NIV). He planned to keep them on his own rich diet of meats, fats, sugary pastries and wine for three years. At the end of the three years they would be presented to the king.

However, verse 8 says, “But Daniel resolved not to defile himself with the royal food and wine” (NIV). In other words, Daniel rejected the rich, temptingly delicious meats, wine and pastries of the royal court, perhaps because they did not meet the requirements of Jewish dietary laws or because these youths may have taken vows against drinking alcohol.



So Daniel made a request of the prince of the eunuchs. Verse 12 says, "Please test your servants for ten days: give us nothing but vegetables to eat and water to drink" (NIV). The King James Version uses the word pulse. "Pulse" consisted of vegetables and grain, wheat, barley, rye, peas, beans and lentils. God tremendously favored their decision to fast and granted them favor, wisdom and insight far above anyone around them. In verses 18 through 20 (NIV) we read:

At the end of the time set by the king to bring them in, the chief official presented them to Nebuchadnezzar. The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king's service. In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom.

Daniel knew what was healthy to eat, and he purposed in his heart that he would not defile himself. The Daniel fast eliminates rich foods such as meats, pastries, cakes, pies, cookies, alcohol and any other food that is tempting to the flesh.

Today, people are so bound to their flesh that they often cannot go one meal without eating some form of meat, something sweet, fatty, or some other type of rich food. We must crucify our flesh daily and take up our cross and follow Christ. (See Matthew 16:24.) What better way to crucify our flesh than to follow Daniel's fasted lifestyle?



# FOOD 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 suitable 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, 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

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)

Pure olive oil, peanut oil (in moderation)

Natural herbs and spices

**\*\* Honey is a natural sweetener which may be used in moderation**

# FOOD 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.),  
Non-sweet green/herbal teas are okay

Refined bread, grains, and rice

Meats, poultry, dairy products, eggs

## PRINCIPLES OF PRAYER AND FASTING:

Your goal in fasting is to develop a closer relationship with God by voluntarily denying your flesh. Fasting is a time of consecration from the things of the world to the things of God.

First, fasting allows you to improve your communication with God through prayer. As your communication improves your relationship with God is strengthened. Thus, to effectively communicate with God you must have a strong 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.

A second and powerful way to develop a closer relationship with God is to 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.

# *DAILY PRAYER FOCUS*

## **JANUARY 04: PSALM 34:4**

Make a list of at least 3 things you were afraid of in the past that God brought you safely through.

## **JANUARY 05: 1 PETER 5:7**

Take a few moments to share with God the fears you have been carrying.

## **JANUARY 06: JOSHUA 1:6-9**

Consider who is counting on you to be bold and full of faith.

## **JANUARY 07: PSALM 4:8**

Trust that God is able to handle the situations that are too great for you.

## **JANUARY 08: PHILIPPIANS 4:13**

Know that Christ gives you enough power to walk confidently each day.

## **JANUARY 09: DEUTERONOMY 31:8**

Embrace the fact that God goes ahead of you and will be with you. He will never leave you alone to handle matters by yourself.

# *DAILY PRAYER FOCUS*

## **JANUARY 10: ISAIAH 41:10**

Believe that God will not only be with you, He will also step in to help you.

## **JANUARY 11: PSALM 73:23-24**

Take a moment after reading the text to ask the Holy Spirit to give you directions on how to address what you have been afraid of.

## **JANUARY 12: ISAIAH 43:18-19**

Challenge yourself to forget about the things from the past that have been giving you anxiety. Embrace the new things God wants to do through you.

## **JANUARY 13: PHILIPPIANS 3:13-14**

Write a list of 3 faith-filled steps you can take forward immediately.

## **JANUARY 14: PROVERBS 3:5-6**

Trust that God has a strategy to get you to your destiny.

## **JANUARY 15: LAMENTATIONS 3:21-23**

Remind yourself of the LORD's love and mercy that go with you every where, every day.

# *DAILY PRAYER FOCUS*

## **JANUARY 16: 1 JOHN 4:18**

Combat your fears by looking at your life through the lens of God's love.

## **JANUARY 17: PHILIPPIANS 4:19**

Remind yourself that, as a generous follower of Christ, God is committed to ensuring you have what you need.

## **JANUARY 18: MATTHEW 6:31-33**

Think about ways you can make a difference with Christ instead of concentrating on what makes you afraid.

## **JANUARY 19: ROMANS 8:31**

Who can stop you if Christ is for you?

## **JANUARY 20: PSALM 27:1-3**

Why fear when you have an all powerful God in you?

## **JANUARY 21: PSALM 56:11**

When you are tempted to fear the actions of other people, remember that God's actions matter more.

# *DAILY PRAYER FOCUS*

## **JANUARY 22: PSALM 91:4**

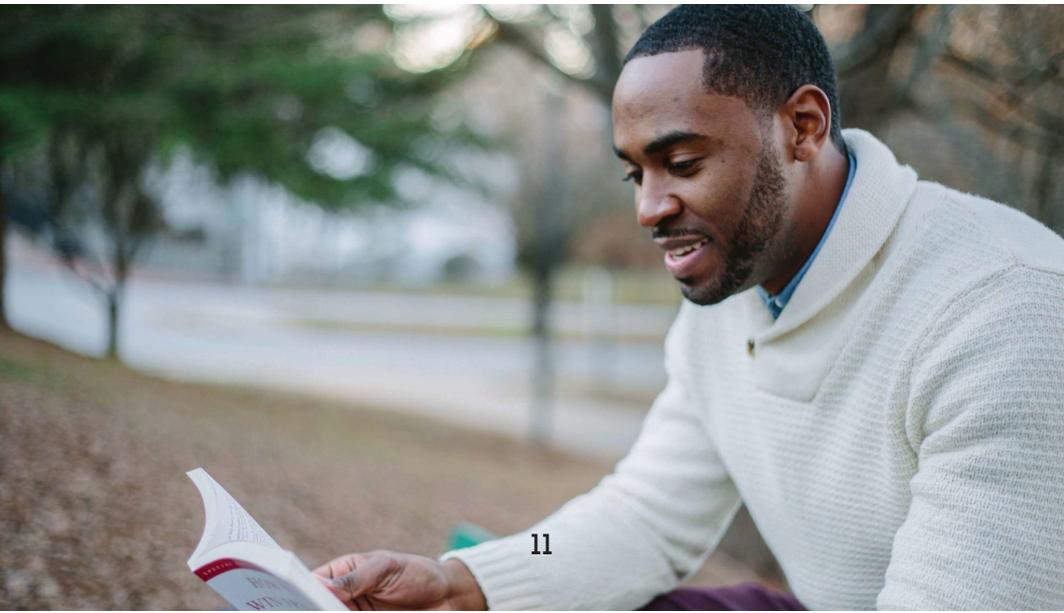
Confess over yourself throughout the day that God will protect and defend you.

## **JANUARY 23: HABAKKUK 3:16-19**

Rest in the thought that, even if everything is not the way you want it to be, God can help you keep moving forward.

## **JANUARY 24: ROMANS 8:28**

Trust that God is able to work through every situation you'll ever face, and the end result will be for the good.



Join us as we go on a 21-DAY JOURNEY to break free from the habits and mindsets that have been holding us back from experiencing all that God has in store for our lives.

Each day is an opportunity to study the scriptures, reflect on their liberating power, and move forward in faith.

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