

LIVING WATER CHURCH

2019

21

DAYS OF **PRAYER & FASTING**

Starting January 7

*a fasting guide for spiritual
breakthroughs*

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THE DANIEL FAST – January 7TH – 27TH

Guidelines for Effective Prayer and Fasting

The 21 day journey that you and I are about to embark on is a key to discovering what God has in store for 2019. We can settle for the status quo (the way things are or have been) or we can experience the fresh work of the Holy Spirit that God wants to do in us and through us.

Pastor Jentezen Franklin, of Free Chapel in Gainesville, Georgia and author of the book, *Fasting*, defines fasting as “*Opening the door to a deeper, more intimate, more powerful relationship with God.*”

Pastor Ronnie Floyd of Cross Church in Northwest Arkansas - “*Times come when every Christian needs a fresh touch from God. Whether we drift from God, become distracted by competing interests, or become overwhelmed by the struggles of life, we need to reconnect with God. When we feel overpowered by the circumstances of life, intimidated by challenges, or suffer the pain of deep wounds, our need for God becomes glaringly obvious...When the reality of who we are and who He is sets in, it is time to humble ourselves, cry out in desperation, lift our hands, and place our hope in the only One who can save us.*”

The Purpose for the 21 Day Daniel Fast:

I. Spiritual Renewal by the Holy Spirit – It is God’s will that our lives are free from anything that takes our attention away from Him. Revelation 2:4 “But I have this against you, that you have abandoned the love you had at first.” And when you ask God to renew you spiritually, you are asking Him to restore you to your first love – the Lord Jesus Christ.

If you pray this in sincere faith, get ready! He will answer your prayer and show you just how detestable your flesh really is. He will reveal to you your self-centered, self-preserving way of life. He will make known to you your bitterness and unwillingness to forgive. He will display before you your prideful heart, self-righteous, and vindictive ways.

I John 1:9 “If we confess our sins, He is faithful to forgive us and cleanse us from all unrighteousness.”

II Corinthians 7:1 “Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of the Lord.”

James 4:8 “Draw near to God and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts you double-minded”.

Psalms 19:12 “Cleanse me from secret faults.”

Psalms 79:9 “Help us Oh God of our salvation, for the glory of thy Name; and deliver us, and purge away our sins, for thy Name’s sake.”

II Timothy 2:21 “ If a man therefore purge himself...he shall be a vessel of honor, sanctified, useful to the Master, and prepared for every good work.”

II. Understanding of the Will of God for your life and for Living Water Church –

Spiritual renewal will restore us to our first love which is the Lord Jesus Christ and grant to us a genuine desire to know what God wants rather than what we want or what we think He wants. He calls us to make our relationship with Him the priority of life and when we this happens, He will reveal His will to us.

Ephesians 1:16-19 “I do not cease to give thanks for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might.”

Ephesians 5:15-16,17b “Look carefully then how you walk! Live purposefully and worthily and accurately, not as the unwise, but as wise...understanding and firmly grasping what the will of the Lord is.”

Philippians 1:9-10 And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ”

Colossians 1:9-10 ⁹ And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, ¹⁰ so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God;

III. Spiritual Empowerment from the Holy Spirit – We are to be filled with His power to carry out His will, His way, for His glory!

Pastor Jentezen Franklin – *“Our American diets are loaded with sugars, toxins, processed foods, meats, etc. Yet it is possible to for us to be eating large meals, be overweight, and still be malnourished...In that sense, it is easy to see how our physical lives parallel our spiritual lives. We can become over-nourished on a hefty diet of church programs, activities... religious structure, and traditions of men and yet be severely undernourished when it comes to the deeper things of God.”*

I would add to this, that we can be over-nourished on a hefty diet of TV, social media, YouTube, the Internet, texting, recreation, pursuit of material things, personal accomplishments, etc. The Lord has so much more for us than those things which cannot satisfy our spiritual hunger and accomplish His will.

Zechariah 4:6 “Not by might, nor by power, but by My Spirit says the Lord of hosts.”

Luke 4:4 “And Jesus returned in the power of the Spirit unto Galilee.”

John 15:5 “Apart from me you can do nothing.”

Acts 1:8 “And you shall receive power after that the Holy Spirit has come upon you and you shall be witnesses unto me.”

Acts 10:38 “God anointed Jesus of Nazareth with the Holy Ghost and with power; He went about doing good and healing all that were oppressed of the devil; for God was with Him.”

Ephesians 5:18 “And do not get drunk with wine, for that will ruin your life, but be filled with the Spirit....

Jim Cymbala, Pastor of the Brooklyn Tabernacle - *"What stops us today from drawing a line in the sand and setting our hearts toward God in fervent prayer that He will come and revive his work in us as well as in our churches? Soon our lives will be over, and it is better to live a few years full of the Spirit, seeing God work in us and through us, than to go on for decades with little or no experience of the great things God has promised to his people through the person and work of the Spirit."*

IV. Expect Powerful Results - God will bring transform us as we humble ourselves before Him. He will renew our minds. He will give to us a greater love for His Word. He will fill us with the knowledge of His will. We will know His peace regardless of our circumstances. He will work in the lives of those for whom we are praying and He will work in the situations that we bring before Him. He will bring growth to Living Water Church and together we will move forward with confidence in Him, having one desire which is to exalt Jesus Christ.

Jeremiah 33:3 "Call unto me and I will answer you and will tell you great and hidden things that you have not known."

Matthew 6:16-18 "And when you fast, do not look gloomy like the hypocrites...that their fasting may be seen by others...But when you fast (do so)...that your fasting may not be seen by others but your Father who is in secret. And your Father who sees in secret will reward you (openly)"

Matthew 7:7-8, 11 "Ask and it shall be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened...If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven, give good things to those who ask him."

Ephesians 3:20 "Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever."

Pastor Ronnie Floyd, pastor of Cross Church in Northwest Arkansas - *"When God comes, circumstances, situations, things, and people change. When God moves, reality shakes and lives are transformed...The question is not whether God is able and willing to move in the hearts of His people. The question is whether believers are willing to do what it takes to see that it happens. God has chosen a corridor to His presence and power. God's gateway to supernatural power is prayer and fasting."*

Suggested Schedule

Morning

1. Begin your day by giving praise to the Lord before you get out of bed.
2. Have breakfast, then read your Bible and take time to think about what you have read.
3. Ask the Holy Spirit to help you understand and apply what you read from God's Word to your life.
4. Commit your day, your life, your household, your personal needs, and the church to the Lord.
5. Ask the Holy Spirit to do His will in you and through you as you go about your day.

Noon

1. Have lunch then take a few moments to read God's Word.
2. Give thanks to the Lord for His goodness.
3. Pray for others – unsaved family members, co-workers, those in authority over us.

Evening

1. After dinner, spend time in God's Word and in prayer.
2. If you have children at home, include them in scripture reading and prayer. Remember our brothers and sisters around the world who are persecuted because of their faith in Jesus. Here are some ways to pray for them:
 - Pray that whatever their circumstances, God will give persecuted Christians the right words.
 - Pray that persecuted Christians will find peace in the sufficiency of God's grace, even in their weaknesses.
 - Pray that Christians facing hardship will draw strength from the Holy Spirit.
 - Pray their witness would inspire those who seek to harm them.
 - Pray for their loved ones to be strengthened by the Holy Spirit and cared for by fellow believers.
 - Pray for their deliverance

IMPORTANT: This schedule is simply a suggestion. Develop a schedule that works best for you. The goal is to shift your focus from your normal routine to seek the Lord and draw near to Him.

Dietary Suggestions

Whole Grains: Brown Rice, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, 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, Gingerroot, 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: Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

FOODS TO AVOID:

Meat

White Rice

Fried Foods

Caffeine

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar

Sugar Substitutes

White Flour and All Products Using It

Margarine, Shortening, High Fat Products

Practical Advice (www.gtaog.org)

“You will probably need to cook a vast majority of your meals “from scratch.” That’s because so many of the prepared foods include sugar and chemicals, which are not a part of the Daniel Fast.

READ THE LABELS. You will likely be amazed, and maybe even a bit discouraged, as you try to find prepared foods that are sugar-free and chemical-free. This is why I stated that you will likely prepare most of your meals from scratch. But make sure you read the labels.

If fresh vegetables are hard to obtain, feel free to use frozen vegetables. Generally, if a food is a fruit or vegetable and free from sugar or chemicals, it is okay for the Daniel Fast. Make sure you review the Daniel Fast Food List.

Beans, rice and tofu are great sources of protein. The Daniel Fast is a great time to find new recipes that may become family favorites. There are millions of people in the world who eat foods consistent with the Daniel Fast as their core diet. Look for Asian, Latin, and East Indian recipes and you will find many are appropriate for the Daniel Fast with just a few variations.”

Sample Healthy Daniel Fast Recipes

Breakfast - Oat and Apple Porridge Mix

Oat bran is very nutritious, it will keep you through the morning. In addition, Bran is also great for your digestive system. The apples add flavor to the meal and if you choose to serve with almond milk, it is a great complete breakfast with lots of carbohydrate, vitamins and protein. Great for weight loss as well!

Ingredients:

4 cups water
1.5 cups oat bran (not oatmeal)
1 large apple - peeled/cored and chopped into very small pieces
1/3 cup raisins
1/2 teaspoon ground caraway seeds
1/2 teaspoon cinnamon
1/2 teaspoon salt
Almond milk for serving (optional)

Preparation:

1. In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand

until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with the soy milk if desired.

Yield: 4 servings

Baked Oatmeal

Preheat oven to 350 degrees.

Ingredients:

4 cups old fashioned oats (do not use instant or quick cooking).
4 cups water.
1 cup chopped apples.
½ cup chopped walnuts.
½ cup chopped dates
1 teaspoon vanilla.

Preparation:

1. Combine oats, walnuts and a pinch of salt in a bowl, mix well.
2. In a separate container, combine the water and vanilla.
3. Combine all ingredients (except the dates) and stir gently.
4. Pour the mixture into a lightly oiled 8" X 8" dish tray
5. Bake at 350 degrees for 30 to 60min. Keep an eye on this after 30 minutes; depending on variable conditions, they may cook between the 30th to 40th minute.
6. When done, take the baked oatmeal out of oven, stir in the dates, and serve warm. Tip: You can also serve with soy milk or almond milk for this Fast.

Yield: 4 servings

Beautiful Green Salad

This is a basic green salad with a little "zip" to it.

Ingredients:

8 cups baby spinach leaves

1/2 medium red onion, sliced and separated into rings

1 cucumber, seeds removed and cut into ½" chunks

- 1 sweet orange, sliced into sections or triangles
- 1 1/2 cups naturally sweetened dried cranberries
- 1 cup roasted sliced almonds
- 1 cup balsamic vinaigrette salad dressing, or to taste

Preparation:

1. Place servings of spinach onto salad plates. Top with red onion, cucumber chunks, orange slices, cranberries, and sliced almonds in that order.
2. Drizzle dressing over each salad.

Yield: 6 servings

Bean and Rice Casserole

Beans and rice combine to make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast.

Preheat oven to 375

Ingredients:

- 1 medium onion, chopped
- 2 cup uncooked brown rice
- 1 can red kidney beans (15 1/4 - 19 oz), drained and rinsed
- 1 can black beans (15 1/4 - 19 oz), drained and rinsed
- 1 can garbanzo beans (15 1/4 - 19 oz), drained and rinsed
- 1 can stewed tomatoes (14 1/2 - 16 oz), drained
- 1 can chopped mild chilies (4 oz), drained
- 10 ounces frozen green peas, thawed by placing under running water

1 cup frozen corn, thawed by placing under running water

Preparation:

1. In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
2. Add brown rice; cook while stirring until parched and slightly opaque.
3. Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.
4. Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).
5. Add peas and corn, adjust seasonings, and return to oven until heated through.

Yield: four servings

Garden Vegetable Soup - This recipe calls for fresh vegetables, but substitute with frozen varieties if they are not available. Frozen vegetables actually retain more of their vitamins and minerals because they are frozen so soon after harvesting.

Ingredients:

- 4 tablespoons olive oil
- 2 cups chopped leeks, white part only (from approximately 3 medium leeks)
- 2 tablespoons finely minced garlic salt
- 2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
- 2 cups peeled and diced potatoes
- 2 cups fresh green beans, broken or cut into 3/4-inch pieces
- 2 quarts vegetable broth

4 cups peeled, seeded, and chopped tomatoes

2 ears corn, kernels removed

1/2 teaspoon freshly ground black pepper

1/4 cup packed, chopped fresh parsley leaves

1 - 2 teaspoons freshly squeezed lemon juice

Preparation:

1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.

2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.

3. Add the stock, increase the heat to high, and bring to a simmer.

4. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.

5. Remove from heat and add the parsley and lemon juice; season, to taste, with kosher salt. Serve immediately.

Yield: 6 servings

Snacks for the Daniel Fast

To have a successful Daniel Fast, it's a good idea to have several snack foods available for those times when you "need a little something." A good suggestion is to take the snacks in "servings" so you don't over eat on high calorie foods.

Rice cakes, just plain old crunchy patties

Rice cakes with natural peanut butter or almond butter and raisins

Almonds

Dried fruit including apricots

Apples dipped in nut butter

Sliced fruit

Veggies with dip

Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit

Fruit kabobs

Frozen fruit including grapes, blueberries, strawberries and bananas

Whole wheat crackers* with nut butter

Rice cakes, just plain old crunchy patties

For more information, Google “Daniel Fast”. Have fun with the various healthy ways to prepare food.

One last recommendation – Don't waste time focusing on what you can't eat instead of the purpose of the fast or you will miss the spiritual benefits that you will experience as you draw near to the Lord.

THE BEST IS YET TO COME IN 2019!