

# Carmel Friendship Church

## Fasting and Prayer Guide

Carefully read over the information in this guide and allow the Holy Spirit to lead and guide you on this journey as you commit to seeking God first!



**What:** 21 Day Daniel Fast. Related Scriptures, Daniel 1 and 10

**When:** Sunday, January 7, 2018 – Saturday, January 27, 2018

**Why:** The goal of fasting is to draw closer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out! Fasting enables us to celebrate the goodness and mercy of God, and prepares our hearts for all of the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your own body, know your options and most importantly, seek God in prayer, biblical study and follow what the Holy Spirit leads you to do.

In addition, at CFC we encourage fasting corporately for 21 days each year in the month of January as a part of a season of focus and high intensity prayer as a church family.

### **Examples of Corporate Fasting in the Bible:**

- ✝ **1 Samuel 7:5-6** And Samuel said, Gather all Israel to Mizpeh, and I will pray for you unto the LORD. <sup>6</sup> And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, and fasted on that day, and said there, we have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh.
- ✝ **Ezra 8:21-23** - I proclaimed a fast by the Ahava River, so that we might humble ourselves before our God and ask Him for a safe journey for us, our children, and all our possessions. <sup>22</sup> I did this because I was ashamed to ask the king for infantry and cavalry to protect us from enemies during the journey, since we had told him, "The hand of our God is gracious to all who seek Him, but His great anger is against all who abandon Him." <sup>23</sup> So we fasted and pleaded with our God about this, and He granted our request.
- ✝ **Nehemiah 9:1-3** - On the twenty-fourth day of this month the Israelites assembled; they were fasting, wearing sackcloth, and had put dust on their heads. <sup>2</sup> Those of Israelite descent separated themselves from all foreigners, and they stood and confessed their sins and the guilt of their fathers. <sup>3</sup> While they stood in their places, they read from the book of the law of the Lord their God for a fourth of the day and spent another fourth of the day in confession and worship of the Lord their God.

**Connection between Prayer and Fasting:** Fasting and prayer is one of the most powerful spiritual combinations on earth. True fasting brings humility and alignment with God. It breaks the power of flesh and demons. It kills unbelief and brings answers to prayers when nothing else works. Fasting, prayer and worship puts us in harmony with an All Powerful God who demands humility from those who wish to be close to Him. Fasting humbles the flesh. When it is done for that purpose, it pleases the Spirit of God.

**What is the Daniel Fast:** A biblically based partial fast based on two accounts of the Prophet Daniel’s fasting experiences (see Daniel 1 and 10) and typical Jewish fasting principles. Daniel 1 states that he only ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no meat or wine. So based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast.

The Daniel Fast eating plan is similar to a vegan diet with additional restrictions. See the Daniel Fast Food List below or online at [daniel-fast.com](http://daniel-fast.com) for a more complete outline of foods to include and foods to avoid.

**How:** Use this guide to assist you in your fast. This guide provides information to help you easily navigate and remain successful throughout the 21 days.

Fasting is a personal event: “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth; they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” (**Matthew 6:16-18**)

**Options for Fasting:** Start where you are and experience what God has in store for you in a powerful way. If you have any type of health condition and or, pregnant you should consult with your physician prior to beginning the Daniel Fast. This guide contains information and ideas on the Daniel Fast. There are other types of fasts that can be done. Don’t let what you eat or do not eat become the focus of your fast. Keep focused on the purpose of the Fast – to draw closer to God. If you have never fasted before, start slowly. Following the complete Daniel Fast for 21 days may be too much to ask.

#### **Suggestions for other fasting options:**

- ✂ 2 meals a day for 21 days
- ✂ 1 meal a day for 21 days
- ✂ All meals 3 days a week for 3 weeks
- ✂ All meals 1 day a week for 3 weeks
- ✂ Television for 21 days
- ✂ Limit or eliminate your Coffee or Caffeine intake for 21 days
- ✂ Video Games for 21 days
- ✂ Facebook, Twitter or other social media for 21 days
- ✂ Desserts, Sweets, Soft Drinks, or Chocolate for 21 days
- ✂ Liquid fast – Juice or smoothies only
- ✂ Come up with your own routine



**REMEMBER!** The goal is to have a successful fast, select a fast that works best for your lifestyle that will allow you to reach your goal!

#### **What should I expect as I fast?**

- ✂ You can expect it to be challenging and difficult. This will take discipline and focus on your part. Disciples are known by their discipline and commitment.
- ✂ If you’ll stick to your commitment to the Lord you should see a great increase in your faith and your personal spiritual transformation.
- ✂ God may answer your request during this 21 days but he may not. There is no way for people to know exactly what God is going to do. We do know that during this time we will draw closer to the Lord and that is our goal.

- ✘ You will be more sensitive to God’s Holy Spirit in your life. Removing some of the necessities and distractions of life will add a new sense of clarity to the voice of God.
- ✘ You will have an increased fellowship with God and have a greater understanding of what it means to depend upon Him to meet your needs. The biblical word for this is “supplication.”
- ✘ You should find yourself praying more small direct prayers throughout the day.
- ✘ You should expect an increase in spiritual tension and resistance from the Devil. The Bible doesn’t speak at all on the physical dangers of fasting. However, on several occasions it mentions the spiritual danger of fasting, specifically the pride and acknowledgement of being a devoted, zealous and admirable disciple.

### **Fasting Plan**

(1-2 weeks prior to fast)

- ✘ Prepare physically and mentally
- ✘ Identify your motivation for fasting. What area of your life do you need God’s guidance
- ✘ Review Isaiah 58 and other verses on fasting in the bible
- ✘ Begin to modify your diet, cut back on meat, dairy, caffeine and sugar
- ✘ Plan your meals and prepare a grocery list for the first week
- ✘ Select a prayer partner
- ✘ Decide on a Bible reading plan. Consider choosing one book of the bible or a specific topic to study for the entire 21 days.

### **During the Fast**

- ✘ Pray. Meditate and reflect every day
- ✘ Read the Bible daily
- ✘ Connect with prayer partner or others and pray
- ✘ Drink plenty of water daily
- ✘ Plan meals in advance
- ✘ Focus on foods you can eat, not foods you cannot
- ✘ Consider juicing
- ✘ Maintain an active but light exercise regimen
- ✘ Keep a journal as God reveals things to you and document your reflections from day to day. This can serve as encouragement for you and as a testimony later for others.

### **After the Fast**

- ✘ Slowly ease out of the fast, resist the temptation to go overboard with your eating
- ✘ Continue to spend time in the Word each day
- ✘ Continue to pray
- ✘ Continue to drink water
- ✘ Continue to thank God for his Greatness

### **Foods to Avoid on the Daniel Fast**

- ✘ All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.
- ✘ All dairy products including but not limited to milk, cheese, cream, butter, and eggs.
- ✘ All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.
- ✘ All leavened bread and baked goods. If you must have bread eat Ezekiel Bread found in the freezer section of the grocery store.
- ✘ All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.
- ✘ All deep fried foods including but not limited to potato chips, French fries, corn chips.
- ✘ All solid fats including shortening, margarine, lard and foods high in fat.
- ✘ Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

## **Foods to Eat**

- ✂ All fruits. Fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.
- ✂ All vegetables. Fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, 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, veggie burgers are an option if you are not allergic to soy.
- ✂ All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.
- ✂ All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut and almond butter, watch for sugars and choose a natural brand without additives.
- ✂ All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.
- ✂ All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.
- ✂ Beverages: spring water, distilled water or other pure waters.
- ✂ Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

## **Frequently Asked Questions:**

### **1. What about gum and breathe mints?**

Gum or breath mints typically are flavored with sweeteners or chemicals. Alternatives like mint leaves, parsley, whole cloves and cinnamon sticks can be used. Also, adding lemon slices to your water will freshen your mouth.

### **2. Why aren't herbal teas allowed?**

The only beverage on the Daniel Fast is water (see Daniel 1). This is based on the prophet's fasting practice in Daniel 1 where he and his companions ate only pulse (food grown from seed) and drank only water. Tea is not water and therefore is not allowed on the Daniel Fast.

### **3. Can I take medications, while fasting?**

If you have health issues, you should always talk with your health professional before starting the Daniel Fast or any other major change in your diet. Fasting should never bring harm to the body, so medications should be continued.

### **4. How much food can I have?**

The Scriptures don't really state an amount of food that can be consumed. However, keep in mind that this is a fast (restricting food for a spiritual purpose). With that in mind, eating no more than three moderate meals and two small snacks would be appropriate.

### **5. Can I eat out a restaurant?**

Maybe. Most of the prepared foods found in grocery stores and or restaurants include sweeteners, chemicals or other ingredients that are not allowed on Daniel Fast. Plan and ask questions accordingly.

### **6. Do I need to eat organic foods while on the fast?**

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

**7. What about popcorn?**

Corn is listed in the vegetables to eat list. You can use a pot on the stove to prepare. Here is a simple recipe.

1) Put two tbsp. of grape seed oil in the bottom of a large pot. 2) Add enough popcorn to cover the bottom of the pan. 3) Turn heat to medium high. Look for the first popcorn kernel to pop. 4) Put the lid on the pot. Using potholders shake the pot over the burner. 5) Continue shaking until you no longer hear kernels popping.

**8. What about salad dressing?**

Olive oil, lemon or, lime are options. Store bought brands have sweeteners and additives.

**9. Do I have to follow the 21 Day Daniel Fast?**

No. Remember the goal of fasting is to find a fast that works for you and your lifestyle. You can choose a modified version of the Daniel Fast or some other kind of fast. In the Bible all fasts related to the giving up of food.

**10. Where can I find recipes?**

Recipes for the Daniel fast can easily be found on the web. Some suggested sites are:

- ✂ [daniel-fast.com/myrecipes](http://daniel-fast.com/myrecipes)
- ✂ [dish.allrecipes.com/recipes](http://dish.allrecipes.com/recipes)
- ✂ [www.ultimatedanielfast.com](http://www.ultimatedanielfast.com)

**11. I have other questions or prayer needs, where can I go for assistance.**

- ✂ Contact the church via the church app or via email at [carmelfriendship@gmail.com](mailto:carmelfriendship@gmail.com)
- ✂ Contact the church office at 813-991-1300
- ✂ Join the CFC prayer call at 6:30 am daily during the Fast by calling:  
218-862-9667 access code 728282# or via Pasto Quincy Stratford Facebook page.
- ✂ Read other resources online
  - [www.daniel-fast.com](http://www.daniel-fast.com)
  - [www.fastingchurches.com/downloads.html](http://www.fastingchurches.com/downloads.html)
  - [www.ultimatedanielfast.com](http://www.ultimatedanielfast.com)

**12. Other books on prayer.**

- ✂ "Spirit Rising," by Jim Cymbala
- ✂ "When Couples Pray," by Cheri Fuller
- ✂ "The Prayer of Jabez," by Bruce Wilkerson
- ✂ "Secrets of the Vine," by Bruce Wilkerson

# Daily Prayer and Scripture

Day/Date	Prayer of the Day	Quote & Scripture of the Day
Sun., Jan. 7 <sup>th</sup>	Lord, I want to sharpen my spiritual sensitivity so I may hear Your voice more clearly as I become closer to you. As I begin this fast give me the ability to abstain from food, pray and seek your face. Help me not to fast to be seen or exalted by others as your Word warns against. You have declared that your chosen fast will loose the bonds of wickedness, undo the heavy burdens, free the oppressed and break every yoke of bondage. I know that some problems and conditions can only be eliminated by prayer <i>and</i> fasting. Lord, I will give you all the glory for every miracle and ever answered prayer. In your glorious son Jesus name I pray, AMEN!	Daniel 10:3 <b>“A closer walk with Thee”</b>  I didn’t eat any rich food, no meat or wine entered my mouth, and I didn’t put any oil on my body until the three weeks were over.
Mon., Jan 8 <sup>th</sup>	Father, we have read in your word that Jesus came to seek and save the lost. You wish all people to be saved and to know your truth. Therefore, Lord, we ask that you give us as a body of believers the wisdom and knowledge on how to seek out those that don’t know you and help them to discover a relationship with you. Thank you for calling us to be intercessors as we commit to pray for those that you send across our paths that don’t have a relationship with you. Teach us how to lead others to you so that they can experience your forgiveness, and one day spend eternity with you in Jesus name. AMEN!	Romans 10:9 <b>“Victory is Mine”</b>  If you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised Him from the dead, you will be saved.
Tues., Jan. 9 <sup>th</sup>	Dear glorious Father, I pray that I will stay focused on you today. Strengthen me physically during this fast. Help me to focus on what I can eat rather than what I cannot eat. I pray that you will constantly remind me to be content in all of my circumstances. I pray that You will fill me up that I may be joyful all day, even when stress, confusion and chaos creeps in. I know through my contentment you will be glorified. I praise your Holy name, AMEN!	Psalms 23:1 <b>“He is my Everything”</b>  The Lord is my shepherd; I shall not want.
Wed., Jan. 10 <sup>th</sup>	Father, I thank you for the Holy Spirit who brings all things to my remembrance. Help me to speak of excellent things and say things that are pleasing to you. Help me to spare my words and recognize that life and death is in the power of my tongue. Help me to be careful not to speak bad about anyone; especially other Christians. You created my ears so that I could hear words of peace. Forgive me for the times that I have listened to or participated in gossip about a brother or sister in Christ or anyone else. Lead me to talk in a way that would be pleasing to you, in Jesus name. AMEN!	Psalms 34:13 <b>“Speak words of Love.”</b>  Keep your tongue from evil and your lips from deceitful speech.
Thurs., Jan 11 <sup>th</sup>	Father, I want to thank you for Your loving kindness and faithfulness to me. You are my shield. You have heard all of my petitions, seen my tears and have answered my prayers according to your divine purpose. Thank you for your mercy and for never reneging on your Word. I exalt your name above every name on this earth. In your wonderful name we pray, AMEN.	Psalms 3:3 <b>“He has done great things”</b>  But You, Lord, are a shield around me, my glory, and the One who lifts up my head.

Fri., Jan.  
12<sup>th</sup>

Father I ask that you reveal how best to pray for and to extend your love to our community. I ask Father that you would draw hearts and minds to you. Teach me how to love your people more. Use me to draw others closer to you. I pray that our community would know and receive salvation and eternal life through Jesus. I pray for your provision, protection, guidance and direction for our community. I pray that you would raise up leaders for our community who love you and your Word. I ask for all this in Jesus mighty name. AMEN!

Philippians 2:4  
**"I am my Brother's Keeper"**

Everyone should look out not only for his own interests, but also for the interests of others.

Sat., Jan  
13<sup>th</sup>

Father, your word declares that you take pleasure in the prosperity of your servants. You promised that if I gave my attention to what you are doing right now, you would take care of whatever difficulties and needs I would face. Because I have made you my cause, and because I have made your house my house, I thank you that the windows of heaven that are being opened to me and that you are protecting me from every assault of the enemy. Because You have given me the ability to create wealth, and I have purposed in my heart not to give sparingly or begrudgingly, but faithfully, generously and with a cheerful heart. You will not abandon me in my time of need. All grace will come into my life, so that in every situation I will have more than I need, with resources left over to be a blessing to others. You are El Shaddai, God Almighty, the All-Sufficient One, and the God of plenty. You are the source of more than enough and I thank you for meeting each and every need that I have In Jesus, name, AMEN!

Matthew 6:33  
**"We serve a faithful God"**

But seek first the kingdom of God and His righteousness, and all these things will be provided for you.

Sun., Jan.  
14<sup>th</sup>

Lord help me set aside time each day to meet with You alone. As I come before you, teach me to pray in the way you want me to. Help me to learn more about You. You have said, "If anyone thirsts, let him come to Me and drink." I thirst for more of you, because I am in a dry place without you. I come to you this day and drink deeply of Your Spirit. I know you are everywhere, but I also know there are deeper manifestations of your presence that I long to experience. Draw me close as I draw near to you, so that I may dwell in your presence like never before. In Jesus name, AMEN!

1 John 2:6  
**"Live in me Lord"**

The one who says he remains in Him should walk just as He walked.

Mon.  
Jan., 15<sup>th</sup>

Heavenly Father, we love you and know that your promises in the Bible are true. Please keep our Pastor as he continually walk by faith, knowing that you will provide for his every need as well as the needs of his family. Please help him to remember what Jesus said about your generosity and loving kindness. Please keep him humble and always relying upon You to give him the perfect wisdom and direction that he needs.

Philippians 4:19  
**"God is so Good"**

And my God will supply all your needs according to His riches in glory in Christ Jesus.

Help us to remember that we can be a blessing to our Pastor by offering to volunteer our time and talents to do the things that God has gifted us to do. Remind us to let him know how much we appreciate the time and energy that he puts into each and every thing that he does for the kingdom. Give him the physical and spiritual stamina so that he may remain healthy for Your work. I pray this prayer in the name of Your Son, Jesus, Amen!

Tues., Jan 16 <sup>th</sup>	Dear Lord, your word says many things about faithfulness. I pray now for the leaders and volunteers of our church. I pray we will continue to be faithful to You and to Your church. Help us to always seek Your direction in our lives and the life of Your church. I pray that we are faithful in all deeds, faithful in our commitments, faithful to our family, but most of all I pray that we are always faithful to You in what you would have for us to do. Lord help us to be faithful to proclaim your name in all the earth. I thank you for this time so I may offer up a prayer of faithfulness. Lord I ask that you grant these prayers in the name of Jesus, Amen!	Psalm 89:1 <b>“Keep the Faith”</b>  I will sing of the mercies of the LORD forever: with my mouth will I make known thy faithfulness to all generations.
Wed., Jan 17 <sup>th</sup>	Holy Spirit, cause me to be spiritually and mentally alert in this time of meditation and prayer. It is written in your word that Jesus came to seek and save the lost. You wish all people to be saved and to know your divine truth. Therefore, Father I bring (person) ____ before you this day. Father, I ask that you will send someone to tell them about Jesus, and I thank you now that they will not be lost. I believe that they will come to their senses and come out of the snare of the devil that had led them captive and make Jesus the Lord of their life. AMEN!	1 Timothy 2:4 <b>“No greater Love”</b>  Who wants everyone to be saved and to come to the knowledge of the truth.
Thurs., Jan. 18 <sup>th</sup>	Father, I come to you in the name of Jesus, to find rest for my weary soul. Thank you for easing, relieving and refreshing me. Your yoke is wholesome—not harsh, hard, sharp or pressing, but comfortable, gracious and pleasant; your burden is light and easy to bear. I cast my burdens on you [releasing the weight of them] and you sustain me. You will never allow me to be moved—made to slip or fail, in the name of Jesus. AMEN!	1 Peter 5:9 <b>“Jesus is my Hero”</b>  Resist him and be firm in the faith, knowing that the same sufferings are being experienced by your fellow believers throughout the world.
Fri., Jan 19 <sup>th</sup>	Lord God Almighty, you have brought us safely to this day. Keep us with your Holy Spirit that in this day we may not fall into sin, but that all of our thoughts, words and deeds align with you will and your way. As we continue in this season of fasting, we give it all to you. In Your mighty name we pray, AMEN.	James 4: 7 <b>“Lord I give myself to You”</b>  Therefore, submit to God. But resist the devil, and he will flee from you.
Sat., Jan. 20 <sup>th</sup>	Dear Heavenly Father, You know the times I have been ungrateful, held ill thoughts toward others and strayed from your Word. You know the times I complain and grumble about life and its circumstances, about suffering, going through what seem like endless trials and tribulations. Yet God You are always there with me, offering forgiveness even when it seems like I am forever in the wilderness, running further and further from You. Nevertheless, as my God you remain right by my side guiding me back to Your loving arms time and time again. Lord, words cannot express my gratitude for Your mighty power that is at work in me, transforming me, renewing my mind. You are so worthy! Thank you Lord, in your wonderful name I pray, Amen.	1 Thessalonians 5:16-18 <b>“He is worthy to be praised”</b>  Rejoice always! Pray constantly. Give thanks in everything, for this is God's will for you in Christ Jesus.
Sun., Jan. 21 <sup>st</sup>	Father, thank You for instructing me and teaching me in the way I should go and for guiding me with your eye. Thank You for Your guidance and leadership concerning Your will, Your plan and Your purpose for my life. I hear the voice of the Good Shepherd, for I	Psalm 32:8 <b>“I will trust in the Lord”</b>

know you and follow you. You lead me in paths of righteousness of your name's sake. In the name of Jesus, I refuse to be conformed to this world, but I submit to the transformation by the renewal of my mind. Thank you, Father, that confusion is not a part of my life. I trust in you and lean not unto my own understanding. I believe that as I trust in you completely, you will show me the path of life. Thank You, father, in Jesus name. AMEN!

I will instruct you and show you the way to go; with My eye on you, I will give counsel.

Mon.,  
Jan. 22<sup>nd</sup>

Heavenly Father, bless our families with your love. Guard us from all danger and harm; deliver us from anger that leads to division; empower us to forgive as we have been forgiven; and send us into the world to witness to your love and grace. Reveal Yourself to us and let us come into agreement with You. Lead us in Your ways. Grant us compassionate hearts, fill us with Your love that does not keep records of wrong, and bring joy to our hearts when we think of one another. Let us be a source of encouragement and support to one another through our words and deeds. Bring Your perfect peace and unity into our family. In Jesus name I pray, Amen!

Ephesians 4:2  
**"Above all things, Love"**

Be completely humble and gentle; be patient, bearing with one another in love.

Tues.,  
Jan. 23<sup>rd</sup>

Our Loving Father, We believe that the Church is the body of Christ founded on the rock and that Jesus Christ is the Son of the living God. The Scripture says that neither he who plants nor he who waters is anything, but only God who increases. Relying on this promise, Father, we enter into your presence, for the growth of our Church. As your word says, "Unless the Lord builds the house, they labor in vain who build it", we are totally helpless. Apart from you, we can do nothing. We ask Lord that you bring about a total revival in the Church. Purge away everything from our church that is not like you. Let your ears be open towards all the prayers that come to you from Carmel Friendship. Help us to be steadfast, immovable, always abounding in the work of the Lord. Father, let Your grace always abide. In Jesus most precious name, we pray. AMEN!

Acts 2:47  
**"Praise Break Time"**

Praising God and having favor with all the people. And every day the Lord added to them those who were being saved.

Wed.,  
Jan. 24<sup>th</sup>

Father, I come before you rejoicing, for this is the day which you have made and I will be glad in it. To obey is better than sacrifice, so I am making a decision to submit to your will today that my plans and purposes may be conducted in a manner that will bring honor and glory to you. Cause me to be spiritually and mentally alert in this time of meditation and prayer. It is into your keeping that I place my family, friends, neighbors and my church knowing that you are able to keep that which I commit to you today. Thank you for the angels that you have commanded concerning us to guard us in all our ways. Thank you for your faithfulness to us day by day and for helping us to become all that you desire us to be. In Jesus, name, AMEN!

1 Samuel 15:22  
**"Walk in obedience"**

Does the LORD take pleasure in burnt offerings and sacrifices as much as in obeying the LORD? Look: to obey is better than sacrifice, to pay attention is better than the fat of rams.

Thurs.,  
Jan 25<sup>th</sup>

Father, God, you are the One I turn to for help in moments of weakness and times of need for myself and for others. Right now, I lift up \_\_\_ (insert name) to you. You already know what she/he is dealing with in their body so I ask you to heal them right now in the name of Jesus. Because you love us Lord and I know it is not your desire to see us hurting, I say thank you in advance for sending your healing word and driving out all infirmity and sickness from their bodies. Please restore them to full health and remove all fear and doubt from their heart by your power in Jesus name. AMEN!

Psalms 107:20  
**“YAHWEH-RAPHA”**

He sent His word and healed them; He rescued them from the Pit.

Fri., Jan.  
26<sup>th</sup>

Father we pray today in accordance to your Word for our nation and its leaders. I bring the needs of our nation and all government officials before thee and ask that You would have mercy on us. Bless our leaders with your Godly wisdom and understanding so that they may act and lead in obedience to that wisdom. Father I ask that you would give them a special discernment so that they may make decisions that would strengthen and prosper our country. That they may pass laws that are just and equitable for all. May they be motivated by your Hand and not their own personal concerns.  
Lord in spite of the uncertainties of this world and what is to come, we will continue to look to You and none other as our Savior. We will pray for Your kingdom to come and Your will to be done on earth as it is in heaven. We will be faithful to the sacred trust you've given to us. It's both a privilege and an awesome responsibility. AMEN!

1 Timothy 2:1-2  
**“Prayer changes things”**

First of all, then, I urge that petitions, prayers, intercessions, and thanksgivings be made for everyone, 2 for kings and all those who are in authority, so that we may lead a tranquil and quiet life in all goodness and dignity.

Sat., Jan  
27<sup>th</sup>

Father, I will continually give You unrestrained praise. I thank You that I am alive to serve You today; I praise Your name because You have counted me as Your own. Though Satan has attempted to destroy me, You have protected me and delivered me from his evil hands. I bless You because Your promises are forever with me. And Your presence is above me, beneath me, and on all sides. There is no circumstance that I must endure alone; by Your grace I will give thanks in all things.  
Lord as we end this fast we say thank you for the burdens that have been lifted, for the strongholds that have been broken, for the increased faith, for healed bodies and the renewed hearts and minds. You have heard and answered our prayers and given us the desires of our heart according to Your will. Lord we take refuge in your Word, awaiting the manifestation of all that we asked of you. Lord our blessings are many and our hearts are filled with gratefulness for all you have done and for the loving-kindness you show us daily. We will continue to lift you up and bless your heavenly name all the days of our life. We love you and we thank you, in Jesus name we pray, Amen!

Hebrew 13:15  
**“He has done great things for Me”**

Therefore, through Him let us continually offer up to God a sacrifice of praise, that is, the fruit of our lips that confess His name.