

Community Worship Center of SDA

21 Days of Prayer & Fasting

Biblical Foundation for Fasting:

- Mark 9:29 - “And He said unto them, this kind can come forth by nothing, but by prayer and fasting.”
- Ezra 8: 21-23 - “Then I proclaimed a fast there, at the river of Ahaha, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance. For I was ashamed to require of the king a band of soldiers and horsemen to help us against the enemy in the way: because we had spoken unto the king, saying, the hand of our God is upon all them for good that seek him; but his power and his wrath is against all them that forsake him. So we fasted and besought our God for this: and he was intreated to us.”

What is a fast?

A fast is a period of time where you abstain from something; deny self from a desire. From a biblical standpoint it means to voluntarily reduce or eliminate your intake of food for a specific time and purpose.

How Should We Prepare for a Fast?

Spiritual Preparation

- Pray before you fast. Ensure that you communicate with God and seek His guidance regarding your fast. • Ask God to help you to examine your heart, detect and repent any unconfessed sins.

Physical Preparation

- Consult a doctor before fasting, in order to ensure that all of your vitals are stable.
- If you have severe medical maladies you should definitely have professional supervision while fasting.
- Decrease the amount of food that you eat a couple of days prior to the fast starting in order to prepare your mind, stomach, and appetite for less food.

THE MOST IMPORTANT TOOL IN PRAYER IS LISTENING FOR GOD'S DIRECTIONS FOR OUR LIVES!

God has unique relationships with all of us and therefore our prayer lives are unique as well. Sometimes we put unnecessary pressures on ourselves to pray like someone we have heard, when the most important thing that God wants from us, is for us to Seek His Face (Psalm 27:8), to look to Him, to love on Him, and continuously build a relationship with Him (John 15:14-15). A relationship with God is similar in one way to relationships with others, the more we communicate the stronger the relationship becomes. The communication is in fact our relationship. Prayer is the central component to our relationship with God.

Schedule

Begins Jan. 6th at Sunrise (7:19am)

Ends Jan. 27th at Sunrise (7:10am)

Daily Schedule:

- A. Devotion each morning on Zoom at 6am (Elders)
- B. Midday prayer service 12pm (Seniors)
- C. Read daily chapter in 21 Days of Prayer
- D. Discussion/Prayer with prayer partner
- E. Write in prayer journal

Foods to include in your meal plans during the Fast

- All fruits. These can be 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. These can be 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 and zucchini.
- 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, pistachios. Also nut butters including peanut butter.
- 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.

Foods to avoid during the fast

- All meat and animal products including but not limited to beef, lamb, goat, 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, date honey, agave, stevia and cane juice.
- 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, and foods high in fat. Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages and energy drinks.

Remember, READ THE LABEL!!!