

# 21 DAYS

OF PRAYER AND FASTING

CHURCH OF THE **HARVEST**

### **What is Fasting?**

It is the voluntary and deliberate abstinence from food for the purpose of concentrated prayer.

### **Why do most Christians no longer fast?**

**Hosea 4:6** says, “**My people are destroyed for a lack of knowledge.**” Many Christians have abandoned the custom of prayer and fasting for all so far, but many simply have not been taught, especially new converts. Older Christians know about prayer and fasting because it was more commonly taught and practiced years ago. Today it is a neglected doctrine of the church.

### **What is the Purpose of Prayer and Fasting?** (Read Isaiah 58:5-9)

#### **A. The Need to Crucify the Flesh** (Read Hebrews 12:11 and Romans 8:6)

If you can get your flesh out of the way, you will have more clarity and a greater sensitivity in the spirit what to ask for and you will receive answers. When we are dominated by the flesh, we don't know what to pray for. One of the worst aspects of the flesh is pride. Pride will take you straight into the arms of Satan. Fasting destroys the pride, something that all of us struggle with. Fasting produces HUMILITY.

#### **B. The Need to Hear the Voice of God** (Read Acts 13:2-3)

Prayer and fasting give directions. It makes you sensitive to God's voice. It enables you to hear His voice above the other voices around you. What could be more important?  
See Acts 13:1-3, 14:21-23, Matthew 7:7, Matthew. 6:33.

#### **C. The Need for Power** (Read Luke 4:14)

It causes more power. The Church of the Lord Jesus Christ is being called back to the basics, to apply itself and the power of God that enables us to stand against the enemy.  
See Luke 4:1-2; Matthew 14:14, 15:32, 20: 34.

#### **D. The Need for More Faith** (Read Romans 1:17, Matthew 21:22, 1 Samuel 1:5-20)

When the Word of God is not combined with faith, there can be no results. God's blessings are not automatic. The story of Hannah offers a biblical example of faith mixed with prayer and fasting.

#### **E. The Need for Preparation** (Read Matthew 7:24-27)

To prepare means the process of making something ready beforehand for use. Preparation means getting something ready for a project. We want to be blessed but we don't want to do what is necessary to get the blessing. So we serve God when we feel like it or when we need Him. When we are unprepared, our life is in danger. Let's get prepared.

#### **F. F. The Need for a Healthy Lifestyle** (Read Isaiah 58:8)

It disciplines our spirit and physical body. While we bring the flesh into subjection to the Spirit of God and develop a deeper relationship with our heavenly Father, we get the “side benefit” of a more healthy body. When we fast, our system is cleansed from toxins. Uncontrolled eating gradually damages the body. Periods of fasting bring the body into balance and help regulate the systems so that things run more smoothly.

*Remember, if you are not eating and not praying, then you are just on a diet. It is so important to fast and pray.*

**DIFFERENT TYPES OF FASTS:**

- A. Twenty-four hour fast:** This fast lasts from sunset to sunset. Abstain from solids.
- B. Partial fast:** Abstain from pleasant foods. Partake only of clear soup, fruit juice, cereals or grain, or give up one meal a day for prayer. (See Daniel 1:8-16; 10: 2,3.)
- C. Three-day fast:** Total abstinence of food for three days (See Esther 4:16).
- D. Extended fast:** Has two methods: both require preparation. Before an extended fast, it is recommended that you omit caffeine and rich foods from your diet.
- E. Total fast:** Excludes all food but does include water. Fast should be broken slowly. Only diluted juices for a day or two. Next, gradually proceed to fruit, vegetables and grains, adding meats last.
- F. Non-total fast:** No food intake. Only diluted fruit juices, water and hot herbal teas are taken.

*Remember, fasting is more than just abstaining from food; it is an act of self-denial for higher purposes, therefore, it is important to CHECK YOUR MOTIVES and HEART attitudes with the Lord before you determine to fast- Read Matthew 6:16-18.*

**NOTE:** If you are on medication, consult your physician before commencing an extended fast. You may need to consider a partial fast. Fast when directed by the Holy Spirit and to your disciplined prayer life (Isaiah 58:6, I Corinthians 9:26-27).

**HOW TO PRAY & FAST MORE EFFECTIVELY**

**A. Make a Personal Commitment to Prayer and Fasting.**

The first step to successful prayer and fasting is to make a COMMITMENT to do it. That commitment is finalized by making a proclamation, by making it known of your intentions. If you are not committed to fasting, any excuse will do to avoid it.

Read James 1:6-8.

**B. Prepare Yourself for Prayer and Fasting.**

I Corinthians 9:27 - You have to prepare mentally, physically, emotionally and spiritually for a fast. Tell your body what to expect. Say this confession: I will bring my spirit, my body, my emotions and my mind all under subjection to the Word of God by giving myself to prayer and fasting.

**C. Stop Making Excuses.**

Read Luke 14:18: "And they all with one consent began to make excuse." You may say, "I'm too busy!" "I'm too old!" "I'm too young!" Read the example of an elderly woman in Luke 2:36-38.

**Church of the Harvest** will participate in corporate prayer and fasting beginning, Jan 8, 2018 and ending Jan 28, 2018. Prayer and fasting is a spiritual activity and biblical pattern that all believers are encouraged to engage in. Prayer and fasting enhances every believer's Christian experience through spending additional time on developing their relationship with God. Fasting is more than just not eating food. Fasting is putting the flesh under so that you can hear from God. If you are not eating but are always on the computer or watching TV then you are not concentrating on the Lord. Let's spend some extra time with God, get direction for our lives and be vessels for God's glory in 2018.

Pastor Carver

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## Corporate Prayer Schedule

During our time of prayer and fasting, we will be participating in daily corporate prayer during the last week of fasting. We will gather together to seek God's direction, empowerment, and will for our church, families, and the city. In the book of Acts, corporate prayer is in close proximity to some of the greatest challenges and impact the Church of Jesus Christ has ever experienced. Follow the schedule below to get involved.

Monday, January 22nd	7pm
Tuesday, January 23rd	7pm
Wednesday, January 24 <sup>th</sup> (During Bible Study)	7pm
Thursday, Jan 25th	7pm
Friday, January 26th	7pm

## FASTING GUIDELINE:

### Week 1// Refrain from:

All sweeteners: including sugar, raw sugar, honey, syrups, molasses, and cane juice

Beverages: including, but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks.

### Week 2// Refrain from items in week 1 and the following:

All leavened bread: including Ezekiel Bread (it contains yeast and honey) and baked goods.

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.

### Week 3// Complete Daniel Fast:

Daniel Fast Food List

*In those days I Daniel was mourning three full weeks. I ate no pleasant surprise bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled* (Daniel 10:2-3).

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of foods you can eat. The Daniel Fast is limited to fruits, vegetables and water. Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

*Please remember that the Daniel Fast is a "water only" beverage fast. The exception is 100% juice since it is merely pulp with water.*

## Foods to Eat During the Daniel Fast

**All fruits:** These can be fresh, frozen, dried 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, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

**All vegetables:** These can be fresh, frozen, dried or canned. Vegetables include, but are not limited to artichokes, asparagus, beets, broccoli, Brussel 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 butter.

**All legumes:** These can be either 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, 100% all-natural fruit juices, 100% all-natural vegetable juices. You may drink protein drinks and smoothies if they are sugar-free, dairy-free and chemical-free.

**Other:** tofu, olives, vinegar, seasonings, salt, herbs and spices. Soy and rice milk are acceptable for cooking and with cereal. However, they should not be used as a beverage since the Daniel Fast is a “water-only” beverage fast with the exception of 100% fruit or vegetable juice, since that is merely pulp with water.

## Foods to Avoid During 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 sugar, raw sugar, honey, syrups, molasses, and cane juice.

**All leavened bread:** including Ezekiel Bread (it contains yeast and honey) and baked goods.

**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. Please remember that the Daniel Fast is a “water only” beverage fast. The exception is 100% juice since it is merely pulp with water.

21 DAYS OF INTENTIONAL PRAYER

Day 1	Personal Dedication and Commitment
Day 2	Our Nation
Day 3	Our Local Community
Day 4	Lost Family/Friends
Day 5	The Christian Community
Day 6	International Affairs
Day 7	Our Pastors (Pastor Bill & Paula Carver)
Day 8	Church of the Harvest
Day 9	Our Services
Day 10	Spiritual Growth
Day 11	Church Influence

**21 DAYS OF PRAYER AND FASTING**  
**CHURCH OF THE HARVEST**

<b>Day 12</b>	Outreach
<b>Day 13</b>	Church Members
<b>Day 14</b>	Wisdom
<b>Day 15</b>	Direction
<b>Day 17</b>	Family
<b>Day 18</b>	Finances
<b>Day 19</b>	Protection
<b>Day 20</b>	Personal Interest
<b>Day 21</b>	Praise and Thanksgiving

## **Church of the Harvest Confession:**

My church is prospering in every area.  
(Joshua 1:8)

Church of the Harvest is a soul winning church.  
(Proverbs 11:30)

Our members are excited, witnessing, sharing the gospel, and inviting people to church on a regular basis.  
(Proverbs 11:30)

The members of Church of the Harvest are tithers and givers  
(Malachi 3:10-11)

Revival is breaking out in Church of the Harvest.  
(Psalms 85:6)

The Lord is sending His harvest from the North, South, East and West. God is sending the help that we need to fulfill the vision of the church.  
(Isaiah 43:4-6)

The power, anointing, and gifts of the Holy Spirit are moving and operating in Church of the Harvest.  
(1 Corinthians 2:4; Isaiah 10:27; 1 Corinthians 12:1)

God gives us wisdom in all that we do.  
(James 1:5)

God is building Church of the Harvest.  
(Psalms 127:1)

Our members are faithful and possess servant's hearts.  
(Luke 16:12; Matthew 25: 23)

They are active in every phase of ministry.  
(1 Corinthians 12:28)

We always keep a surplus of financial resources in our Church Accounts  
(Phil 4:19, Eph 3:20)

We claim 120 members in 2018.  
(Acts 6:7)

God is continually adding leaders to Church of the Harvest.  
(1 Chron 22:15)

We claim a supernatural deal on the land needed to build our new facility.  
(Mark 11:23)



**Bible Reading Assignment: Reading Through the Book of Acts**

Join us as we read through the book of Acts in 21 days. Use the table below to read through the book of Acts and spending intentional time with God. The birth of the early church is *our* story and the book of Acts shares how we are called to reach out, and how we are called to come together.

<p>Week 1 (January 8 - 12<sup>th</sup>)</p>	<p><b>The Book of Acts, Chapters 1-10</b></p> <p>Chapters 1 &amp; 2 - Monday Chapters 3 &amp; 4 - Tuesday Chapters 5 &amp; 6 - Wednesday Chapter 7 &amp; 8 - Thursday Chapter 9 &amp; 10 - Friday</p>
<p>Week 2 (January 15 - 19<sup>th</sup>)</p>	<p><b>The Book of Acts, Chapters 11-20</b></p> <p>Chapters 11 &amp; 12 - Monday Chapters 13 &amp; 14 - Tuesday Chapters 15 &amp; 16 - Wednesday Chapter 17 &amp; 18 - Thursday Chapter 19 &amp; 20 - Friday</p>
<p>Week 3 (January 22 - 26<sup>th</sup>)</p>	<p><b>The Book of Acts, Chapters 21-28</b></p> <p>Chapters 21 &amp; 22 - Monday Chapters 23 &amp; 24 - Tuesday Chapters 25 &amp; 26 - Wednesday Chapter 27- Thursday Chapter 28 - Friday</p>

“However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God’s grace.”

**- THE APOSTLE PAUL**



