



WORD OF LIFE SANTA BARBARA

FASTING & PRAYER

9 - 29 SEPTEMBER

WHAT IS FASTING? Fasting is to voluntarily abstain from eating/drinking for an season. Biblical fasting is setting yourself apart from the normal routines of daily life by abstaining from food for a specific period of time for a spiritual purpose—the purpose of communication, revelation, and a deeper relationship with the Lord. It is a discipline that has the power to release the anointing, favor, and blessing of God in the life of a Christian. For example, if you “have to have” coffee every day, and you are not willing to give it up, you are addicted. Maybe your fast needs to just be about coffee. Ask God and He will show you. **Everyone doing a physical fast should consult a physician first.** Remember, there is something God wants you to separate yourself from for three weeks so that you can see Him more clearly. Don’t cheat yourself by removing yourself from the fast entirely.

FASTING GOAL: Ask yourself, What am I allowing to come between me and God’s presence? Imagine the blessings He has for you when you prepare your heart and surrender it all to Him.

PREPARE YOUR HEART: In 2 Chronicles 7:14, God appears to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. Then, He will hear their prayers and heal them. Be willing to hear what God says needs to change and be willing to change.

PREPARE YOUR MOTIVES: Ephesians 1:3 says that there are spiritual blessings assigned to us. We can never exhaust them! Be open, he is able to show you things about your life that you never knew.

PREPARE YOUR BODY: The Daniel Fast will result in cleansing of your physical body. You may feel sick as your body detoxes, but you’ll make it!

PREPARE YOUR SCHEDULE: Decide where you will meet with God, what and when you will eat, and how you will spend your time differently. Remember, the fast is about communing with God, so don’t fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord. Never complain or brag about your fast and avoid talking about it. Spend as much time as possible alone in solitude and prayer.

THE DANIEL FAST FOODS

TO INCLUDE:

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, zucchini, veggie burgers (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, e.g. peanut butter and almond 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:

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, 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.

DURING THIS TIME PRAY FOR ...

FASTING IS A ...

1. TIME OF CONSECRATION!
2. TIME OF DEVOTION!
3. TIME OF LONGING SPIRITUAL THINGS!
4. TIME OF SEPARATION!
5. TIME TO FEED YOUR SPIRIT ABOVE ALL ELSE!

FOCUSED PRAYER ...

1. PRAY FOR PEOPLE – SOULS - PRAYER OF 3 – SOME SPIRITS ONLY RESPOND TO FASTING & PRAYER.
2. PRAY FOR OUR CITIES! –SB, GOLETA, CARP, LOMPOC & VENTURA.
3. PRAY FOR OUR CHURCH! – PASTORS, LEADERS, FACILITIES.
4. PRAY FOR GOD 2 INCREASE YOUR CAPACITY! – “DESTROY THE BREAK-EVEN MINDSET.”
5. PRAY FOR GOD 2 GIVE YOU A SUPERNATURAL EXPECTANCY!