

TIPS & RECOMMENDATIONS

- Fasting “THINGS” can be substituted for individuals with medical concerns.
- If you are pregnant or have any medical condition, consult your physician before participating in this fast.
- Make sure you drink plenty of water.
- **Do not enforce this fast on children.**

WHAT I'M BELIEVING GOD FOR:

TWO WAYS TO BE INVOLVED

OPTION 1:

DANIEL FAST (*You may eat the following*):

- **ALL VEGETABLES:** Fresh, frozen, dried, juiced or canned.
- **WHOLE GRAINS:** Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, and rice cakes.
- **LEGUMES:** 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 BEANS**
- **FRUITS:** Fresh, frozen, dried, juiced (*all natural*)
- **ALL NUTS AND SEEDS:** Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also, nut butters including peanut butter.
- **ALL QUALITY OILS** including but not limited to olive, canola, grape seed, peanut, sesame, coconut and palm oil.
- **BEVERAGES:** Spring, distilled or other pure waters, herbal teas.
- **OTHER:** Tofu, soy products, vinegar, seasonings, sea salt, herbs and spices; honey and natural sweeteners (i.e. stevia, xylitol, etc.). **NO PROCESSED SUGARS or DAIRY.**
For more information Google “Daniel Fast”
- No sweets or snacks (*no junk foods*).
- Abstain from all caffeinated drinks (coffee, soda, energy drinks, etc.) *Herbal teas are allowed.
- Limit TV (including Christian and Sports TV), Movies, Telephone, Internet Use, Email, (*except for work*) etc. to 2 hours or less per day.

OPTION 2:

GIVE UP ONE OR TWO MEALS EACH DAY

- Fast one or two meals of choice per day.
- You may eat whatever foods you choose, including meats (*no fried meats*).
- No sweets or snacks (*no junk foods*). *Fruit is allowed.
- Abstain from all caffeinated drinks (coffee, soda, energy drinks, etc.) *Herbal teas allowed.
- Limit TV (including Christian and Sports TV), Movies, Telephone, Internet Use, Email (*except for work*) to 2 hours or less per day.



2020 LFCC CHURCH WIDE 21 DAYS OF PRAYER & FASTING

Therefore also now, says the Lord, turn and keep on coming to Me with all your heart, with fasting, with weeping, and with mourning [until every hindrance is removed and the broken fellowship is restored]. Joel 2:12 (AMPC)

Be unceasing in prayer [praying perseveringly] 1 Thess. 5:17 (AMPC)

Monday, January 6th through Sunday, January 26th

Living Faith Christian Center

Pastor Constance McLean

2323 Route 73

Pennsauken, NJ 08110

856-661-8110

www.lfccnj.com

PRAYER AND FASTING

LFCC's 21 Day Prayer and Fasting is a special time that we, as a church purpose to seek the face of God. It is a time when we train our flesh by denying it's appetites that seek to control us. This will allows our spirit man to take control as we develop a deeper relationship with our Heavenly Father.

Even though our flesh does not want to submit to prayer and fasting, our spirit man desires to be closer to God. Fasting sets us free to worship God, free to hear God and free to obey God. *"The spirit is willing but the flesh is weak."* Matthew 26:41b

As we commit to this special time of prayer and fasting, our goals are to experience God more intimately, tear down mental and physical strongholds with the word of God and renew our minds.

2 Corinthians 10:3-5 (AMP)

For we walk by faith (as mortal men), we are not carrying on our (spiritual) warfare according to the flesh and using the weapons of man. The weapons of our warfare are not physical (weapons of flesh and blood). Our weapons are divinely powerful for the destruction of fortresses. We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the (true) knowledge of God, and we are taking every thought and purpose captive to obedience of Christ.

PRAYER POINTS

*(Make it personal to you)
Suggested Scriptures in NIV Version*

1. DEVELOPING A GREATER RELATIONSHIP WITH GOD

Matthew 6:33; Psalm 5:3; 63:1; Romans 8:26; Jude 20

- Seeking God early through reading His Word, meditating (i.e. talking/praying to Him); and memorization of His Word.
- Praying in the Holy Spirit from 30 minutes, up to an hour a day
- Make confessions on the things you are believing from God

2. GUARDING YOUR HEART

Proverbs 4:20-23; 23:7; Isaiah 43:18-19; Matt. 12:33-37

- Against the past hurts
- Against fear and doubt
- Against wrong things entering in by what we see and hear; for it determines the course of your life.

3. STRENGTHENING THE FAMILY

*Deut. 28:1-14; 1 Cor. 7:32-34; Eph. 5:22-33; 1 Tim. 4:12-16;
2 Tim. 2:22*

- God's blessings to overtake our households
- Children and Youth (Resisting peer pressures, making good decisions, safe environment, discovering who they are IN CHRIST)
- Young Adults (Seeking God's divine influence for navigating through life)
- Singles (Pure servants for God; single and satisfied)
- Marriages (Continual godly guidance and commitment in the upholding of the marriage vows, to building stronger marriages, and to each other)

4. INTERCEDE FOR LFCC

*1 Chron. 22:15; Prov. 11:30; Mark 16:15-16; 1 Cor. 12:12-13; 14:1-4;
Eph. 4:11-16; Heb. 10:24-25*

- Pray for Pastor Connie and leaders
- Spiritual growth and commitment of the membership
- Increase of Servant Leaders (members who help)
- Greater personal desire to win the lost for Christ
- Manifestation of the move of the Holy Spirit in our services
- Clear prophetic word and confirmation of the same

5. PRAY FOR PEACE & RIGHTEOUSNESS IN AMERICA AND THE WORLD

1 Tim. 2:1-2; Isaiah 60:18; 1 Cor. 1:10-13; Rom. 15:5-7

- Leaders (Spiritual, World, National, and Local)
- Racism, division, hate crimes, terrorism, acts of violence, etc.
- Unity in the Body of Christ

PRAYER SCHEDULE & SERVICES

Saturday Morning

Corporate Prayer
8:00 am –9:00 am

Tuesdays—Fridays

Church Open Daily
12:00 pm—2:00 pm

(Closed Mondays)

Wednesday Midweek Services

(1/8, 1/15, 1/22)
Praise & Prayer Services
7:00 pm—8:30 pm

Ephesians 6:18

*Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.
(NLT)*

James 5:16b

The earnest prayer of a righteous person has great power and produces wonderful results. (NLT)