

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.
- Books on prayer and fasting are available in our bookstore.
- ***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.
- **FRUITS:** Fresh or frozen.
- **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, louhan, etc.).

For more information Google "Daniel Fast"

- No sweets or snacks (junk food). 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) 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 (but no fried meats).
- No sweets or snacks (junk food). *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.



2018 LFCC CHURCH WIDE 21 DAYS OF PRAYER & FASTING

*For we walk by faith; not by sight
living our lives in a manner consistent
with our confident belief in God's
promises. 2 Cor. 5:7 (AMP).*

**Monday, January 8th
through
Sunday, January 28th**

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 its appetites that seek to control us and so 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 goal is 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*)

1) DEVELOPING A GREATER RELATIONSHIP WITH GOD

Matthew 6:33; Psalm 63:1; 2 Chronicles 30:18-20; Romans 8:26

- Seeking God early through reading, prayer, meditation, memorization, etc.
- Praying in the Holy Spirit for at least 30 minutes a day
- Make confessions on the things you are believing from God

2) GUARD YOUR HEART

Proverbs 23:7; Hebrews 4:12; Isaiah 43:19

- Against the past hurts
- Against fear and doubt
- Against wrong things entering in by what we see and hear

3) STRENGTHEN THE FAMILY

Deuteronomy 1:11; 1 Timothy 4:12-16; Ephesians 5:21-23

- God's blessings to overtake our households
- Children and Youth (Peer pressure, good decisions, safe environment, etc.)
- Young Adults (God's divine influence for navigating through life)
- Singles (Pure servants for God)
- Marriages (Continual godly guidance and commitment in the upholding of the marriage vows)

4) INTERCEDE FOR LFCC

Proverbs 11:30; Mark 16:15; 1 Corinthians 12:12-13; 14:1-4

- Pray for Pastor Connie and leaders
- Spiritual growth and commitment of the membership
- Increase of Servant Leaders
- Greater 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 Timothy 2:1-2; Isaiah 60:18; 1 Corinthians 1:10-13

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

PRAYER SCHEDULE & SERVICES

Morning

Corporate Prayer
Saturdays 8:00am—9:00am

Afternoon

Church Open Daily
12:00pm—2:00pm
(Closed Mondays)

Wednesday Midweek Services

(1/10/18, 1/17/18, 1/24/18)
Praise & Prayer Services
7:00pm—8:30pm

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)