



21 DAY CORPORATE PRAYER AND FAST

2021 – THE YEAR OF THE LOCAL CHURCH

faith

INTRODUCTION

Fasting is a discipline that God’s people have practiced in both the Old and New Testaments and throughout church history. Mentioned in the Bible more than 70 times, the first example of fasting in Scripture is in Exodus 34 – *“Moses was on Mount Sinai with the Lord for 40 days and 40 nights. He didn’t eat any food or drink any water. The Lord wrote on the tablets the words of the covenant. Those words are the Ten Commandments.”* Why did Moses go without food and water? Was it to humble himself before God? Was it to prepare his heart to hear from God? Was it that He was so caught up in God’s presence that he forgot to eat? Probably all of the above. Although we are not specifically told why he went without food and water, it is significant that during this time God revealed Himself and His will to Moses for His people.

The Bible tells of many other powerful times of spiritual fasting:

- Elijah fasted when he was in physical danger from Jezebel (1 Kings 19:4-8)
- Esther fasted for the safety of the Jews (Esther 4:15-17)
- Daniel fasted when he needed revelation and an answer to prayer (Daniel 10:1-3)
- Jesus fasted before embarking on His earthly ministry (Matthew 4:1-2).

When it came to fasting, Jesus did not waver whether or not his church would fast. In Matthew 16:16-17, He said, “When you fast,” — not “if”. In Matthew 9:15, He promised, “They will fast”. In the original languages the word fasting means to “shut, refrain and/or abstain”. Biblical fasting involves abstaining from food, liquids, or both for a particular period of time, which varied.

You have an option to opt for either a “Dry Fast” (6am to 6pm daily) or the “Daniel Fast”, over the next 21 days. Typically, the only groups of people exempted from fasting are 1) the elderly 2) children and 3) nursing mothers – however, no person is ever exempted from prayer.

Regardless of what type of fast you opt for, here are some important truths and definitions on what fasting is actually all about:

- Fasting is turning my attention from the pleasures (cuisines) of this world so that I might more fully focus my attention on Christ and find my greatest pleasure in Him.
- Fasting is sacrificing something I enjoy (food) to pursue something God values for and/or through me.
- Fasting is denying myself what I desire as a way of putting my desire for God first.
- Fasting is setting aside less important things to seek the most important.
- Fasting is the discipline of putting God's eternal purposes before my temporal desires.

HOW TO APPROACH THE FAST

We are going to fast corporately for 21 days, so once you have committed to fasting with us for 21 days, do not stop or give up after only 3 days. **Matthew 5:27** *"But let your 'Yes' be 'Yes,' and your 'No,' 'No.'"*

Although you can opt for either the "Dry Fast", or "Daniel Fast", we highly recommend the Dry Fast (6am to 6pm daily). **Judges 20:26** *"Then all the Israelites, the whole army, went up to Bethel, and there they sat weeping before the Lord. **They fasted that day until evening and presented burnt offerings and fellowship offerings to the Lord.**"*

FOOD GUIDELINES FOR A DANIEL FAST

FOODS YOU MAY EAT:

Whole Grains, Brown Rice, Oats, Barley

Legumes:

Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits:

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables:

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, 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 not allergic to soy.

Liquids:

Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetable Juices. You may also drink protein drinks.

Others:

Seeds, Nuts, Sprouts

FOODS TO AVOID:

Red and White Meats

White Rice
Fried Foods and food prepared in oil
Caffeine related drinks
Carbonated Beverages or any other sugar-added juices
Foods Containing Preservatives or Additives
Refined Sugar and Sugar Substitutes
White Flour and All Products Using It (bread, rolls, cake, donuts)
Margarine, Shortening, High Fat Products

OUR DREAMS

Written in 1998

- We dream of a continually anointed ministry, whose faith level facilitates the daily occurrence of signs, wonders and miracles.
- We dream of a ministry that will impact the greater East London area, from which a national network of ministries will be established.
- We dream of a ministry that truly desires to worship God, and through praise take His Presence to the people of the greater East London area and beyond.
- We dream of a ministry where people from all walks of life will find unconditional love and acceptance, being developed to spiritual maturity, ministering to the whole man (spirit, soul and body).
- We dream of a ministry that is continually active in equipping every person for significant ministry, helping them discover their Godly gifts and talents; reaching and touching lives seven days a week, drawing people from all over South Africa to receive and experience the power of God to the benefit of their own communities.
- We dream of a ministry with 20 000 partners and a leadership strong and united in the power of the Holy Spirit shepherding the flock efficiently and effectively.
- We dream of a church in which 1000 cell groups are united in their purpose for reaching the lost, feeding the poor, clothing the naked, taking care of the orphans and widows, and spreading revival wherever they go.
- We dream of a facility that will house the needs of the full Ministry - encompassing a Worship Auditorium seating thousands, Bible School, Christian School, Old Age Home, Conference Centre, Television and Recording Studios, Radio Station, and Administration Facilities.
- We dream of a unity among the Pastors of the city that will lead to a communal harvesting - spiritual, emotional and financial - for the advancing of the Kingdom of God.
- We dream of a city saved, and a nation changed.