



Our mission is for people to encounter the reality and Presence of God. Prayer and fasting are powerful ways to prepare to receive His presence, and all that he has planned for your life, as well as grow deeper in your walk with Him as you proclaim. Ask yourself, what am I allowing to come between God's presence and me? Imagine the blessings He has for you when you prepare your heart and surrender it all to Him. Join us as we devote ourselves to seek God and His will for your life during the 21-Day Prayer & Fast journey.

WHAT IS FASTING?

"He must increase and [we] must decrease." - John 3:30

Fasting is to voluntarily abstain from eating/drinking for an extended period of time. "Eating" and "drinking" can represent anything that is holding you back. What do you "consume" in terms of social food, intellectual food, spiritual food, and emotional food? Are these things distracting you from your relationship with God? Are you relying on things that have nothing to do with God to get you through your day?

Everyone doing a physical fast should consult a physician first. If you have medical issues, consider fasting TV or media. The point is that there is something God wants you to separate yourself from for three weeks so that you can see Him more clearly.

You may experience many benefits from fasting (cleansing your body, breaking addictions, etc.), but the goal of fasting is to experience God. Right now, your life may be all about you, what you want, and when you want it. Imagine if you separate yourself from your perceived needs (such as food) ...you may see that life is all about Him.

FASTING PREPARATION

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. What are the paths He wants you to walk? How much does He want you to pray and read His Word? Tell God that you surrender your life to Him and that you want more of Him and His way.

Prepare your body:

If you decide to eat only fruits and vegetables for your fast, it will result in cleansing of your physical body. You may feel sick as your body detoxifies but you'll make it! This isn't a mind game to see if you can survive eating less or not watching TV, but about experiencing God. Some people ask, "What does not eating have to do with my relationship with God?" Pastor Miles' response is, "Stop eating and find out."

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.

Fasting Guidelines:

- Explain to your family in advance what you are doing.
- Request privacy from those find out what you are doing.
- Ask them not to discuss it with you until your fast is over.
- Never complain or brag about your fast, and avoid talking about it.
- Establish an accountability partner for prayer & encouragement.
- Stay away from negative people.
- Spend as much time as possible alone in solitude and prayer.
- Acknowledge that your flesh cannot be trained, but must be crucified.
- Journal as you pray and meet with the Lord. Write down the miracles God does in your life!

TYPES OF FASTS

Complete Fast

- Drink only Liquids, including water, juices, and protein drinks

Selective Fast

- Removing certain elements from your diet.
- The Daniel Fast - abstaining from meat, sweets, or bread; include liquid options. Eat a variety of fruits, vegetables, broth and soup

Partial Fast (a.k.a. The Jewish Fast)

- Abstaining from eating any type of food in the morning and afternoon.
- Fast during specific times of the day, e.g. 6AM-3PM, or from sunup to sundown.

Fasting Option

For those new to fasting, and those with health issues that prevent them from fasting food, and for those wanting to refocus specific areas of life that are out of balance. Suggestions: abstain from engaging in social media, watching television, etc.

ENDURING YOUR FAST

To Eat or Not to Eat is Not the Question

As you continue to fast, you will realize that you don't experience hunger pains as often as you thought you would. Without a preoccupation with food, you will be surprised at your ability to

be sustained for a number of days without eating food and how you will take advantage of your time to seek Jesus more diligently. There is no magic in simply missing meals in the name of spirituality. The important thing to remember is to hear God speak and obey what you hear.

Prayer Life During the Fast

There is a question you will need to answer. When you are fasting, will you seek Him, give Him a listening ear and the quality time He deserves? He will constantly separate you from dependence on the world. Consequently, your time alone with Him may become more frequent than you originally planned, and, your prayer life will greatly improve.

Fighting Doubt and Fighting the Good Fight

During your fast, one of your biggest enemies will be your mind and your memory. Eating at certain times each day has been part of your life training. Fasting will make no sense to your mind. There will be times that your mind will realize how far out on a limb your faith has taken you. Galatians 5:24 tells us that the flesh is at war against the Spirit. So, do not give up; keep pressing forward.

SAMPLE MENU 1: FRUITS, VEGETABLES, JUICES & WATER

Breakfast - Fruit smoothie with protein powder

Mid-morning Snack - Fresh fruit or fresh vegetables

Lunch - Raw vegetable salad with light dressing and vegetable broth soup

Mid-afternoon Snack - Fresh fruit or fresh vegetables

Dinner - Fresh salad with light dressing and steamed grilled vegetables

SAMPLE MENU 2: LIQUIDS ONLY

Breakfast - Fruit smoothie with protein

Mid-morning Snack - Herbal tea or vegetable broth soup

Lunch - Raw juiced vegetables

Mid-afternoon Snack - Fresh fruit juice or fruit smoothie with protein

Dinner - Vegetable juice or vegetable broth soup

SAMPLE MENU 3: MODIFIED DANIEL FAST

Breakfast - 1 - 2 servings whole grains with fresh fruit juice

Mid-morning Snack - Fresh fruit or fresh chopped vegetables

Lunch - 1 - 2 servings whole grains; fresh salad with legumes and light dressing

Mid-afternoon Snack - Fresh fruit juice or fruit smoothie with protein

Dinner - 1 - 2 whole grains; fresh salad with legumes and light dressing

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.

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.

AFTER YOUR FAST

Ending your fast properly is just as important as beginning your fast properly. Just as you prepared yourself to begin a fast, you must prepare yourself to stop or break your fast. Here are a few questions you can ask yourself as you end your fast:

- What are the key lessons learned?
- What new habits or disciplines do you want to keep?
- What new dietary rules will you follow?
- What foods will you begin eating and not eat anymore?
- What dreams and visions have you seen pertaining to your personal walk with the Lord or your ministry?

Get in the "Fast Lane"

Before you end your fast and establish a regular eating schedule, consider setting aside time to get in the "Fast Lane" on a regular basis. 1Corinthians 11:24-28 says that Paul "fasted often." But why? You must view fasting as a new way of life, not just a vacation from the old way. Fasting regularly will help you maintain a level of discipline and spirituality that is necessary to hold the ground surrendered by Satan. Regular fasts will keep the flesh in submission and serve as a reminder as to who is in charge of your life. Choose a regular fasting schedule to follow.

There are those who have chosen to fast one twenty-four-hour period per week. Others fast sun up to sun down, one day per week. You must pray and design a format that you feel God wants for you, a system that you can be faithful to and consistent with.

Physically

Controlling your eating habits when you end your fast will be important. After you fast, you will feel good about yourself, that you deserve “a break today,” tomorrow and the next day. Remember, the abuse of food, not food itself, was the root of many evils. If you allow food to take its place back on the throne of your heart, you are allowing bad habits to take root and push God farther from the center of your heart than He was before you began your fast. Once you begin to eat again, if you are not careful, you will feel uncomfortable. Introduce solid food slowly.

DAILY READING AND PRAYE GUIDE

Oh, my dear children! I feel as if I'm going through labor pains for you again, and they will continue until Christ is fully developed in your lives. Galatians 4:19 (NLT)

Day One

Pray for God's PRESENCE

And he said to him, “If your presence will not go with me, do not bring us up from here. For how shall it be known that I have found favor in your sight, I and your people? Is it not in your going with us, so that we are distinct, I and your people, from every other people on the face of the earth?” Exodus 33:15-16 (ESV)

Our lives flourish in God's presence. Pray we will be a place for people to experience Him, through worship and the Word.

Day Two

Pray and Believe for the Impossible

“Is anything too hard for the Lord?” (Genesis 18:14)

Pray that in the midst of impossible circumstances, doubt will be replaced by absolute trust in God's promise to intervene in your need or circumstance.

Day Three

Pray for God to enlarge our VISION

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us...Ephesians 3:20-21 (ESV)

God is big, so we dream big. Pray that we will never insult God with small thinking.

Day Four

Pray that the Lord expands our influence and territory for the Kingdom of God

"Enlarge the place of your tent, And let them stretch out the curtains of your dwellings; Do not spare; Lengthen your cords, and strengthen your stakes. For you shall expand to the right and to the left, and your descendants will inherit the nations...Isaiah 54:2-3 (NKJV)

The Lord is able to expand our capacity, our ability, our possessions, and our areas of influence.

Day Five

Pray for the LOCAL CHURCH

And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it. Matthew 16:18 (ESV)

Pray that we will invest our lives to build the local church. The church is a big deal to God and a big deal to us.

Day Six

Pray and Believe that God will strengthen marriages and families

Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken. Ecclesiastes 4:12 (NKJV)

Pray that the strength needed for marriages and families to stay and stand together will be plentiful.

Day Seven

Pray for financial provision to accomplish the vision and mission of CTC

They still kept bringing him freewill offerings every morning, so that all the craftsmen who were doing every sort of task on the sanctuary came, each from the task that he was doing, and said to Moses, "The people bring much more than enough for doing the work that the LORD has commanded us to do." Exodus 36:3-5 (ESV)

The Lord is able to give us all we need to do all He has purposed for us to do

Day Eight

Pray for CTC to be a place that loves and welcomes the Lost and the Prodigals

Now the tax collectors and sinners were all drawing near to hear him. And the Pharisees and the scribes grumbled, saying, "This man receives sinners and eats with them." Luke 15:1-2 (ESV)

Pray that CTC is like Jesus, receiving the lost to lead to a relationship of love

Day Nine

Pray for the Amazing Favor of God Over All Areas of Life and Church ministries

Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands! Psalm 90:17 (ESV)

Pray that the Lord will favor, and bless all we do at CTC through all ministries for His glory

Day Ten

Pray and Believe in God's Care

"Cast all your anxiety on him because he cares for you" (1 Peter 5:7)

Give thanks that because of God's care, you can be at peace regardless of the circumstances you face.

Day Eleven

Pray for a spirit of GENEROSITY

Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work. 2 Corinthians 9:7-8 (ESV)

Give and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you. Luke 6:38 (ESV)

Pray that we will develop a culture of irrational generosity.

Day Twelve

Pray for strong and healthy relationships and community

And all who believed were together and had all things in common. Acts 2:44 (ESV)

Pray that we will find our significance through relationships, with God and people.

Day Thirteen

Pray the we enjoy the journey

Then our mouth was filled with laughter, and our tongue with shouts of joy; then they said among the nations, "The LORD has done great things for them." Psalm 126:2 (ESV)

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore. Ps. 16:11 (ESV)

Pray the we will laugh hard, loud, and often.

Day Fourteen

Pray the we are committed to spreading the gospel locally and globally

Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you...Matthew 28:19-20 (ESV)

Pray we will live for the bigger picture; the salvation of souls and developing disciples!

Day Fifteen

Pray that we will be committed to EXCELLENCE

Whatever you do, work heartily, as for the Lord and not for men, Colossians 3:23 (ESV)

Pray that we will always bring our best, honoring God and inspiring people.

Day Sixteen

Pray that we will GROW deeper in God's Word

Until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood...so that we may no longer be children, tossed to and from by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Ephesians 4:14

Pray we will be life-long learners; always hearing, reading, going deeper in God's Word.

Day Seventeen

Pray that we develop a heart for OUR CITY

"You are the light of the world. A city set on a hill cannot be hidden...let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. Matthew 5:14-16 (ESV)

Pray that we love our city and will take responsibility for all who live in it.

Day Eighteen

Pray for our elders and pastors to have wisdom to lead

Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God, which he obtained with his own blood. Acts 20:26-28 (ESV)

Pray that they will lead with wisdom, love and care for the flock

Day Nineteen

Pray for our church body to have UNITY

With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. Ephesians 4:2-3 (ESV)

From whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. Eph.4:16 (ESV)

Pray that though we are in many locations that we are unified as a family

Day Twenty

Pray for a Powerful Fresh Anointing Upon the Church for Miracles

And he healed many who were sick with various diseases, and cast out many demons. And he would not permit the demons to speak, because they knew him. Mark 1:33-34 (ESV)

You are the God who performs miracles; you display your power among the peoples. Ps.77:14 (NIV)

Pray to believe for God's anointing to do the supernatural

Day Twenty-One

Pray for Our Nation and Our World to Find Hope in Troubled Times

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. 1 Timothy 2:1-2 (ESV)

Pray for our president, and leaders that God give wisdom and guidance