

30 DAYS OF PRAYER AND FASTING SCHEDULE

Most of us initiate our prayers with OUR goals in mind. What do WE want out of this? When we start off in such a way, we have already blocked out possibly 90% of what God has to say to us. Give us. Because we only want to hear and receive what WE want, we limit the blessings far beyond our imaginations because we refuse to let God reign over our vessels, which we claim to be part of His Kingdom. The message from God that appears the smallest to you may indeed become much bigger than you can presently understand.

THE MOST IMPORTANT TOOL IN PRAYER IS LISTENING FOR GOD'S DIRECTIONS FOR OUR LIVES!

God has unique relationships with all of us and therefore our prayer lives are unique as well. Some of us put unnecessary pressures on ourselves to pray like someone we have heard, when the most important thing that God wants from us, is for us to Seek His Face (Psalm 27:8), to look for Him, the All Knowing for guidance, to love on Him, and continuously build a relationship with Him (John 15:14-15). A relationship with God is similar in one way to relationships with others, the more we communicate the stronger the relationship becomes; the communication is in fact our relationship. Prayer IS our relationship with God.

No prayer = no relationship with God More prayer = BIGGER relationship with God

A humble heart and a mind open to Jesus is what He expects, and the Holy Spirit will do the rest (Romans 8:26,27).

Why Should I Fast?

WHY SHOULD WE PRAY?

- We pray because we love God.
- We pray to worship God for who He is. • We pray to say thanks to our Father.
- We pray to God to praise Him.
- We pray to petition God.
- We pray to confess our sins.

- We pray to intercede for others.
- We pray against the enemies of God. • We pray to listen to God.
- We pray to resist temptation.
- We pray because He directs us to pray.

Fasting and Prayer combined can bring about a transformational revival- in you, the nation, the world.. It can be a very powerful tool in seeking God. The ultimate purpose of the fast is not you and what you seek, but God. Fasting is a true way to sacrifice for God and humble oneself to Him (Psalm 35:13; Ezra 8:21). Fasting is an act of worship and honoring.

What is a fast?

A fast is a period of abstaining from something; denying self from a desire. There are multiple types of fasts, which we will address.

How Should We Prepare for a Fast?

Spiritual Preparation

- Pray before you fast. Ensure that you communicate with God and seek His guidance regarding your fast. • Ask God to help you to examine your heart, detect and repent any unconfessed sins.

Physical Preparation

- Consult a doctor before fasting, in order to ensure that all of your vitals are stable.
- If you have severe medical maladies you should definitely have professional supervision while fasting.
- Decrease the amount of food that you eat a couple of days prior to the fast starting in order to prepare your mind, stomach, and appetite

for less food.

Types of Fasts

The best way to choose the appropriate fast is to follow the lead of the Holy Spirit. Pray purposefully in identifying God's purpose and direction in your fast. His direction is the only thing that will make the fast meaningful and significant.

Partial Fast – abstain from food for a set time; eat a simple meal of bread & water; sacrifice a certain food.

Daniel Fast - abstains from delicacies, meats, and wines and focuses on fresh foods such as fruits and vegetables

No Food Fast - abstains from all food, including milk (protein) and only drinks liquids and water

Water Only Fast - abstains from everything except water

Absolute/Supernatural Fast - This fast involves abstaining from any food or liquids, including water (the fast of Moses and Jesus)

It is important to focus on God, rather than food. The spiritual focus and growth will replace the normal presence of food during the fast. It is PSC's Prayer that the Lord's most wonderful love and blessings will be poured out on you as you take this exciting step of faith.

The Model Prayer

“Our Father Who art in heaven, hallowed be Your name”

—The prayer principles of *adoration* (praise for who God is) and *thanksgiving* (praise for what He has done).

“Your kingdom come; Your will be done on earth as it is in heaven”

—The principle of *affirmation*, that is, agreeing with God's will and submitting to it.

“Give us this day our daily bread”

—The principle of supplication, in which we make requests both for ourselves (*petition*) and for others (*intercession*).

“And forgive us our debts as we also have forgiven our debtors” —The principle of *confession* in view of our need for forgiveness of sins.

“And lead us not into temptation, but deliver us from the evil one”

—The necessity of *renewal* as we face the temptations of the world, the flesh, and the devil.

“For Yours is the kingdom and the power and the glory forever” —A *closing prayer* that honors the Lord and completes our thoughts.

Pray daily for The Pastoral Search Committee and Faith Baptist Church.

DAY 1

Omit 1 caffeinated drink today and Follow the Prayer guide on what area to pray over

DAY 2

Omit 1 caffeinated drink today and Follow the prayer guide on what area to pray over

Day 3

Omit 1 caffeinated drink today and Follow the prayer guide on what area to pray over

DAY 4

Omit 1 caffeinated to day and follow the prayer guide on what area to pray over

DAY 5

Omit 1 Caffeinated drink today and follow the prayer guide over what area to pray over

DAYS 6-7 Fast 1 Caffeinated drink and follow prayer guide for what area to pray over

DAYS8-14

Omit 1 meal each day and follow the prayer guide on what area to pray over

DAYS 15-22

Omit 1 meal each day and follow the prayer guide on what area to pray over

DAY 23-30

Omit 1 meal each day, no sweets or strong drink

Foods To Include In Your Diet During The Daniel Fast

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water.

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 are 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 including peanut 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 on the Daniel Fast

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.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical free**

*** Prior to your fast, please consult your Physician on what you cannot abstain from during these 30 days, as Faith Baptist Will Not be held reliable for any Health Problems that may occur during this time. This is a "SUGGESTED" Fasting schedule, but is not binding in any way. Please feel free to modify the schedule to suit your personal health concerns as needed***