



RALEIGH INTERNATIONAL CHURCH

21 DAY DANIEL FAST

JANUARY 4 - 25, 2010

**“GATHER MY SAINTS TOGETHER UNTO
ME; THOSE THAT HAVE MADE A
COVENANT WITH ME BY SACRIFICE.
(PSALM 50:5)**

WHY DO WE FAST?

In the Old Testament, when the Nation of Israel sought to

hear God's voice clearly, repent before the Lord, or conquer an enemy, they engaged in a collective fast (Daniel 9:3-5; Deut 9: 15-18; 2 Chron. 20:3-4). Within the New Testament we see that Jesus not only embarked on a 40 day fast before beginning His ministry, but He also EXPECTED his followers to fast (Matt. 6:16-18; Matt. 9:14-17). During RIC's 21 days of fasting and prayer, it will be a wonderful time of hearing God, receiving guidance and continuing to maximize our potential for God's Glory.

FIRST TIME FAST TIPS

Make a decision/commitment that you will complete the fast. Ask God to help you and He will.

Don't focus so much on the food but on the reason you are fasting and the opportunity to get closer with God. Focusing on your prayer objectives along with journaling are very helpful in helping you stay focused during your time of fasting.

Don't beat yourself up if you eat something that you know is outside of the fast, just pray to God and ask for his further guidance and get yourself back in step quickly and move forward.

Be creative in researching recipes that could be used for the fast.

Be encouraged to share your praise reports along with your struggles of the fast with others who are fasting along with you.

Drink plenty of water even if it's not appealing to you.

These are only a few of the many helpful suggestions for fasting for the first time. Speak with others who have fasted in the past to gain other helpful hints on fasting

TYPES OF FOOD INCLUDED IN THE FAST:

Whole Grains: Brown Rice, 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

Seeds, Nuts, Sprouts

Liquids: Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices (No Fruit Punch, Hi-C, etc) Decaffeinated Tea

WATER: Drink a minimum of eight glasses of water daily through out the fast. THIS IS VERY IMPORTANT!

FOODS NOT INCLUDED:

Sugar and sugar products (i.e. desserts, soft drinks, etc.)

Beverages that include caffeine (i.e. coffee, tea, etc.),

Carbonated beverages

Breads, grains (rice is an exception)

Meats, fish poultry, eggs, dairy products, butter

Fried foods, potato chips, pretzels, pickles or relish

Foods containing preservatives or additives

Refined sugar, Sugar substitutes

White flour and all products containing it

Margarine, shortening, high fat products

21 Day Corporate Prayer focus:

- A Spirit of Confession and repentance
- Renewed Hunger for God's word
- Reconciliation of broken relationships
- Keep your servant from presumptuous sins
- Unity in the body of Christ
- Open doors for the body of Christ
- Hedge of protection over marriages
- Protection over our youth and young adults
- The raising of new leaders of courage/vision
- Body of Christ would walk in integrity
- That we would clearly hear his voice
- That we would recognize and embrace God's correction
- A new heart for the lost in the triangle
- A heart for the homeless (pray for hotels)
- That we each would walk in full authority of his word
- That we would walk in power and anointing
- Complaining and murmuring would not be our garment
- A spirit of giving in the Church
- Commitment to the local body would increase
- Increase our faith in God
- That God's people would do exploits in 2010!!!