



CONGRATULATIONS on your willingness and commitment to join **Elevate Church** for this 21 day fast!

Whenever a fast is recorded in Scripture, it is followed by a season of growth and blessing. And as you will discover over the next few weeks, your commitment to fast will usher in some of the greatest opportunities to take hold of the blessings of God. That is what we are most excited about. And we look forward with anticipation to all of the great things God is going to do in the life of our church and in your life as well.

So as we join together as a church family, let's take the next 21 days to prepare ourselves for what God has prepared for all of us in **2012.**

FAST FOCUS

Fasting is a spiritual discipline designed to better connect us with God. It's all about aligning ourselves with God and what He really wants to do. As a church, we are fasting together in order to deepen our relationship with God as well as get in step with His plan and purpose for us during this coming year.

Over the next 21 days, we will substitute our regular food intake with those disciplines that help us better connect with God—reading the Bible, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God.

Remember, the idea is to be realistic, not legalistic. Focus more on the details of connecting with God than the details of the menu, and you will discover the blessings of fasting.

FAST FRAMEWORK

Sunday, January 8 24-hour Liquid Fast

Drink water, natural fruit juice and herbal tea (lunch will be our last meal and we will resume meals at dinner on Monday).

Monday, January 9 Begin the "Daniel Fast"

At dinner, begin to introduce meals with pure foods of fruits and vegetables. This plan will continue for the next 20 days.

Sunday, January 29 Break the Fast

FAST FOODS

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

If you have any condition which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, other technology, etc.) and fast in that manner for the next 21 days. Remember, the details are not as important as the spirit in which you participate.

**If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.*

FAST FORWARD

Over the next 21 days you will undoubtedly discover some amazing benefits of fasting. As God blesses your life, we encourage you to write down your prayers and experiences. Praise God for the renewed relationship you have with Him and for the works He is doing in your life. And prepare to experience the power of a refreshed perspective for the things He has in store for your life in **2012.**



FOODS TO 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, 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, 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

Seeds, Nuts, Sprouts

Liquids

Water, Unsweetened Soy Milk, Herbal Tea, Honey, Natural Fruit Juice (no added sugar)



FOODS TO AVOID

- Meat*
- Poultry*
- Fish*
- White Rice
- Fried Foods
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar or Sugar Substitutes
- White Flour
- Margarine
- Shortening
- High Fat Products
- All Breads
- Dairy (*milk, butter, cheese, yogurt, etc.*)

* If you have young children or students, consider adding turkey, chicken and fish to the approved list of foods.

FASTING CONTRACT

During the fast I will specifically pray for: _____

I will fast: **Begin Date** _____
 End Date _____

Who will I ask to fast with me, if anyone? _____



So we fasted and petitioned our God about this, and he answered our prayer. Ezra 8:23

I believe that God is the only one to answer my prayer and that fasting will draw me closer to Him. Therefore, God being my strength and grace being my basis, I commit myself to the above fast.

Signed: _____ Date: _____

WHETHER YOU ARE CONSIDERING your very first fast, or you desire to take your fasting experience to a deeper level, God's Word is full of practical insights to help you make your fasting journey successful.

WHAT IS FASTING?

Biblical fasting is giving up specific food and drink for a specified number of days for a specific purpose. The type and length of the fast you choose is between you and God, and should not be determined by what anyone else is doing.

Fasting, prayer and reading God's Word go hand in hand. When you fast, also pray for God's purpose and plan for your life to be revealed. Fast and pray about every major decision in your life.

Simply put, fasting is a way to conquer the physical and open the door to the supernatural in your life. When you deny your body, you feed your spirit and grow closer to the Lord.

WHY FAST?

In Matthew 6, Jesus gave us specific direction on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying and Fasting. Jesus said, "When you give" . . . "when you pray" . . . "when you fast." He made it clear that fasting, like giving and praying, was a normal part of Christian life.

TYPES OF FASTS

Be sure to consult your doctor before beginning any fast, especially if you have any type of medical condition.

FULL FAST. Drink only liquids - especially water. On this type of fast you may also take in clear broth and 100 percent fruit and vegetable juices in order to maintain your strength. You establish the number of days for your fast in your prayer time.

PARTIAL FAST. There are many options for partial fasts. Below are just a few for you to select from.

> **DANIEL FAST:** The most frequently used example of a partial fast is found in Daniel chapter 10. The Daniel Fast is a fast from meats, sweets, breads and any drink, except water, for a specific time period (Daniel 10:2-3). The easiest way to think of this fast is eating only vegetables and fruits, and drinking only water.

> The following are examples of other types of partial fasts.

>> give up one item of food or drink such as caffeine, coffee, soft drinks or sweets

>> give up one meal a day for a specific amount of time, one meal a week, etc.

>> fast for a specific number of days . . . one day, three days, so on.

>> choose to fast from 6 a.m. to 3 p.m. or from sun-up to sundown. When doing this type of fast, consider your work and sleep schedule. The hours that you sleep should not be considered part of your fasting period, so the timeframe for this type of fast may vary.

CORPORATE FAST VS PRIVATE FAST.

A Corporate fast is a joint fast of believers for a specific purpose that can yield powerful results. Although this fast involves others, it is also very much a "private and personal experience between you and God." Esther called all of her people to fast for protection against danger (Esther 4:16). Samuel declared a fast for national revival (1 Samuel 7).

OTHER COMMON QUESTIONS

> *What if I have a medical condition?*

Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else and concentrate on prayer and Bible study. God knows your heart.

> *I forgot and ate something that wasn't on my fast; do I need to start again?* No, think of fasting as a marathon, rather than a sprint. Don't give up! If you fall down, get up and keep trying. Conquering "king stomach" is difficult, but you'll make it.

> *Do I continue to exercise while fasting?*

For most people moderate exercise is OK. But it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy for exercise.

> *What if I have a manual labor job?* If you have a job that requires you to expend a lot of physical energy, you may want to consider a full fast for one to three days or make your fast a partial fast that allows you to receive enough nutrition to perform your job.

> *Can my husband and I be intimate during our fast?* Read I Corinthians 7:2-5, especially verse 5, which says, "do not deprive one another (of sexual relations) EXCEPT WITH CONSENT, for a time; that you may give yourselves to fasting and prayer." So the answer is yes. Scripture allows this for the purpose of fasting and prayer, BUT only with mutual consent.