



We are so glad you have decided to participate in an extended time of prayer, fasting and personal devotion. There is no better way to reset our spiritual compass and bring about spiritual renewal in every area of our lives through prayer and fasting. Our hope is that this time of prayer and fasting will refresh us personally but also our church as we seek His blessing and direction.

Fasting

The Daniel Fast consists primarily of fruits, vegetables, nuts, grains, and legumes. We will fast for 30 days including Sundays, or 26 days if you excluding Sundays.

FASTING

Why Fast?

Jesus Christ emphasized throughout scripture that fasting is a personal exercise of commitment, conviction, and love. Jesus didn't say if you fast, but when you fast. In Matthew 6:16–18, it states "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. ¹⁷But when you fast, comb your hair and wash your face. ¹⁸Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you."

Fasting has the potential for a significant impact on our lives. Through fasting and prayer, the Holy Spirit can transform your life personally and God can speak to you in new and dynamic ways.

Fasting and prayer can also work on a much grander scale. According to Scripture, personal experience, and observation, we are convinced that when God's people fast with a proper Biblical motive — seeking God's face not His hand — with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation, and the world. Fasting and prayer can bring about revival — a change in the direction of our nation, the nations of the earth, the fulfillment of the Great Commission, and to The Church Without Walls.

Biblical fasting is, very simply, denying oneself something for the sake of seeking and honoring God. Prayer is connecting with God; fasting is disconnecting ourselves from the world. That's a great way to describe the feeling.

Why You Should Fast

Ask the Holy Spirit to lead you as you determine your personal reason for fasting.

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded 30-day periods. Jesus fasted 30 days and reminded His followers to fast, “when you fast,” not if you fast.
- Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.
- Fasting is a Biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, “I humble myself through fasting.”
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life — and make you a channel of revival to others.

PRAYING

Prayer is a two-way communication with God: Listening to God and talking to God. In prayer, you will get to know Him better and experience Him more. So, when you pray, surrender totally to Him and tell Him about your desire to glorify Him. Focus on who He is, His character, love, goodness, and greatness.

You will pray individually and if you desire to have a prayer partner, you can register and one will be assigned to you.

Jesus taught us how to pray in Matthew 6:5–14 “When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. ⁶ But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. ⁷ “When you pray, don’t babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. ⁸ Don’t be like them, for your Father knows exactly what you need even before you ask him! ⁹ Pray like this: Our Father in heaven, may your name be kept holy. ¹⁰ May your Kingdom come soon. May your will be done on earth, as it is in heaven. ¹¹ Give us today the food we need, ¹² and forgive us our sins, as we have forgiven those who sin against us. ¹³ And don’t let us yield to temptation, but rescue us from the evil one. ¹⁴ “If you forgive those who sin against you, your heavenly Father will forgive you.”

Make a commitment to communicate with God daily by scheduling time to pray and spend with Him. Worship music can help to set an atmosphere for entering into the presence of the Lord.

One Creation Church Prayer Focus

In addition to your individual praise, needs, concerns, we are collectively praying for:

- Mental, Emotional, Financial, Spiritual, and physical health of our members.
- Wisdom in our exploration to merge with Faith Hope and Love Fellowship.
- Spiritual growth and multiplication of the faith of our members.
- Healthy marriages to grow with one another and Christ
- Healthy singles growing in faith and friendships
- Single parents to be encouraged and refreshed
- Youth/Children
- Evangelism

PREPARE YOUR HEART:

- Remember that God is your Father and He loves you and is for you.
- Focus on the Mission that our Pastor has in place for our church:
 - Equipping and sending messengers every day to a world needing hope.*
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from people whom you have offended and forgive those who have hurt you (Mark 11:25; Luke 11:4; 17:3, 4).
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14, 15.
- Surrender your life fully to Jesus Christ as your Lord; refuse to obey your worldly nature (Romans 12:1, 2).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16, 17).

HOW TO FAST

As you prepare to fast, it is important to choose a fasting plan that works for you. While this section provides some general information about different types of fasts, as well as some suggestions on how to create your own fasting plan, it is important to mention that there is nothing more inherently spiritual about one type of fast as opposed to another. These are simply guidelines and suggestions on different things you can do.

Fasting can include food, social media and entertainment, among other things. It should be something you are accustomed to so that it stretches you to give it up. Giving it up for a period enables one to focus on God. For example, when those hunger pangs happen, turn to prayer. When you usually watch your television shows, open your Bible to read and pray instead. Fast from social media or watching sports so you can focus on God. Don't let what you eat or do not eat become the focus of your fast. Our focus should be on drawing closer to God. Remember, this is a time to disconnect enough from your regular patterns and habits in order to connect more closely to God.

Here are a few tips to keep in mind before getting started.

1. **Start Where You Are:**

We are all at different places in our walk with God. Likewise, our jobs, daily schedules and health conditions are all different and place various levels of demand on our energy.

So most importantly, whether you've fasted before or this is your first time, start where you are. Your personal fast should present a level of challenge to it, but it's very important to know your own body, know your options and, most importantly, seek God in prayer and follow what the Holy Spirit leads you to do. Remember, the goal of fasting is not just to do without food or Facebook. The goal is to draw nearer to God and to seek His direction.

2. Make Your Commitment:

Jesus encouraged us to fast (Matthew 6:16-18). For Him it was a matter of when believers fast, not if they would do it. Before you fast, we encourage you to decide up front what God wants you to undertake and how much time each day you will devote to prayer and reading God's Word. Making these commitments ahead of time will help sustain your fast when physical temptations and life's pressures tempt you to abandon it.

Corporately, we are encouraging our members to do the 31-day Daniel Fast together; however, if you have any condition that prohibits you from participating in the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, technology, etc.) and fast in that manner for 31 days. Parents consider this option for your children. Remember, the details are not as important as the attitude from which you participate. This is your personal decision and should be prayerfully considered as it applies to your circumstances. It is important to fast in a way that works for you. The goal is that you fast in a way that will be challenging for you but will work within your life. You should choose a plan that will cause you to rely on God and will create space in your life for Him to work.

3. Beginning and Ending Your Fast Well:

Before you begin a fast, it is important that you prepare yourself. For the Daniel Fast, we want you to exercise wisdom and make adjustments as necessary. It is important to prepare your body ahead of time before January 2, 2024. Take some days to transition into your fast; otherwise, it may be difficult on your body. For example, start eliminating meat, white grains, high-fat foods, and refined sugars from your diet a couple of days before; eat smaller meals; eat raw fruits and vegetables two days prior to starting the fast and lastly, cut back on dairy products and caffeine intake.

If you take prescription medication or have a chronic condition, please consult your physician first.

The same principle applies to breaking your fast. When your fast is over, add foods back in gradually. You will not want to break your fast with a greasy cheeseburger!

FASTING TIPS

Our One Creation Journey begins on January 2, 2024, and we cannot wait to see how God uses this time of prayer and fasting in your life and in the life of our church!

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened and you will feel refreshed. Our prayer is that this will be a significant

time in your life where you experience God's presence like never before. Make it a priority to attend church during your 31-day fast. Being around other believers will encourage you to keep on going when fasting gets difficult.

If you are fasting with others, you may want to meet in a small-group setting before bible study or church services. You can share what God is showing you in your devotional time as well as spend time in prayer together. If you desire a prayer partner, you can sign up
If you mess up, don't get discouraged. Just get back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23). He wants you to finish, and He will give you the grace and strength to do it.

THE HISTORY BEHIND THE DANIEL FAST

In the book of Daniel, we find that Daniel fasted two different times in Chapters 1 and 10. The Daniel fast has proven effective for spiritual focus, discipline, and purification for the body and soul. Daniel 1 states that he ate vegetables and water, and in Daniel 10, he ate no choice foods, no meat or wine touched his lips.

As you participate in this fast, you will begin to discover and experience God in a new way. Your relationship with the Lord will grow and your vision, clarity and focus will sharpen. We are excited to see what God will do in you and through you; as well as our One Creation family. Over the next 31 days, we will come together as a church family to seek God and prepare ourselves for what He has in store for us for today, this season, and the years to come!

We encourage you to seek the Lord's guidance and follow the leading of the Holy Spirit for what you will eat during the next 31 days. The menu for the Daniel Fast includes fruits and vegetables. We look forward to God meeting us together as we journey to another level in Him.

What to eat on the Daniel Fast?

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, only the kind of foods you can eat. Examples of whole grains, legumes, fruit, vegetables:

30-DAY DANIEL FAST

Foods To Enjoy

Whole Grains:

Brown Rice, Oats, Barley

Legumes:

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

Fruit:

Apples, Apricots, Bananas, Blackberries, Blueberries, Cantaloups, Cherries, Cranberries, Cantaloup, 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, Kale, Greens, Lettuce, Mushrooms, Okra, Onions, Potatoes, Spinach, Squash, Sweet Potatoes, Tomatoes, Yams, Zucchini, Seeds, Nuts, Sprouts,

Liquids:

Water, Unsweetened Soy, Almond, or Oat Milk, Herbal Tea, Natural Fruit Juice (no sugar added)

Important Note: If you have young children or students, you may want to consider adding turkey, chicken or fish to the approved list of foods.

Foods to Avoid

- Meats, Poultry, Fish
- 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.)
- Junk Food & Sweets

YouVersion Devotion

“I Will Stand Strong” 30-Day Devotion:

<https://my.bible.com/reading-plans/15340-i-will-stand-strong-30-day-challenge>