

PRAYER & FASTING GUIDE

21

days  
of  
prayer &  
fasting

# Abundant Life Church

## Prayer & Fasting Guide 2022

*Fast Begins Sunday, January 9, 2022, at 6:00pm*

*Fast Ends Sunday, January 30, 2022, at 6:00pm*

### I. A Call to Fasting

Every January Abundant Life begins the year with a 21-day consecration. 2022 is the year to be equipped. The Lord is calling and preparing the church to be mature disciples and to fulfill his purpose. (Heb. 3:20-21)

### II. Why does Abundant Life fast as a church?

Fasting will bring us into a deeper, more intimate, and more powerful relationship with the Lord by helping us to develop discipline and sensitivity to the Holy Spirit. By removing foods from our diet, it trains us to exert self-control over our physical selves so we can cultivate the discipline necessary for spiritual growth. Furthermore, as we cut out distractions and depend on God, our spirit becomes uncluttered by the things of this world and more sensitive to the Lord. Through fasting, we put ourselves in a position where we can gain a greater sense of purpose and focus individually and collectively. Our desire is that this fast will move everyone to a new level of faith and fruitfulness.

### III. When and how long is the fast?

Beginning on Sunday, January 9, 2022 – Sunday January 30, 2022, the Abundant Life Church will observe a 21-day fast.

### IV. Types of Fasts

During the New Year Consecration, we are asking everyone to fast in one of three ways: a partial fast, a Daniel Fast, or a liquid fast.

#### A. Partial Fast

A partial fast is when, instead of restricting the food you can eat, you restrict the time you can eat it. For example, you may choose to skip lunch each day or choose to not eat between the hours of 6am and 6pm.

## B. Daniel Fast

A Daniel fast is when you give up all animal products, sweets, processed food caffeine, maintaining a healthy diet of whole grains, fruits, and vegetables. In depth guidelines for a Daniel Fast can be found on page 5.

## C. Partial Fast

A liquid fast is when you only consume liquids. Depending on the guidelines you set for yourself, liquids may include items like smoothies and proteinshakes or be as restrictive as clear liquids or water.

*Note: If you do a liquid fast be sure to drink at least 2 quarts of water a day. It is also wise to take vitamins and mineral supplements.*

## V. What should I consider when I fast?

### A. Physical Considerations

***Fast Responsibly:*** While we are asking you to make a genuine sacrifice and encouraging everyone to push yourselves physically and spiritually during this fast, you must also consider your body and what you can handle. In considerations of medical conditions, pick a fast that is both sacrificial and safe for you.

If you are in poor health or have concerns about your physical ability to fast, please consult a physician before beginning. Your doctor can provide advice on how you can participate in this fast in a way that is healthy for you. Also, *do not hesitate to contact your doctor during the fast if you are experiencing symptoms in need of medical attention.*

***Preparing for the fast:*** You will have less difficulty adjusting to the fast if, in the days before, your diet reflects more closely the restrictions of the fast. For example, if you will be doing a Daniel fast, eat less meats and sweets in the days leading up to it and limit your caffeine intake. If you are doing a liquid fast, eat smaller portions.

***Drink plenty of water:*** Fasting has incredible health benefits as it cleanses your system and releases toxins from your body. Once released, however, these toxins need to be flushed out, if not, they can cause headaches. Drinking water will help keep you hydrated, eliminate these toxins, and reduce or resolve headaches.

***Stay away from sugar and caffeine:*** No matter what type of fast you partake in, it is recommended that you stay clear of foods that are high in fructose (sugars) and caffeine. Because of the effect these foods have on your metabolism and body functioning, they can cause headaches and eventual energy depletion which is intensified during times of fasting.

***Don't overexert yourself physically:*** When fasting, keep in mind that your body may not be able to function optimally. As a result, while exercise is encouraged, don't overdo it. Save strenuous workouts for another time. Similarly, make sure you get plenty of rest.

***Breaking the fast:*** When you break the fast, do so gradually. For example, if you haven't eaten solid food for three weeks, your first few meals should gradually reintroduce solid foods that are easier to digest, like fruits and vegetables. If you were on the Daniel fast, your first meal(s) back should contain smaller amounts of animal products. If you reintroduce items that you have not eaten for three weeks too suddenly or in larger quantities, you may get an upset stomach.

## B. Spiritual Considerations

Remember that the purpose of fasting is not simply to conquer one's physical desires, but to hear from and be changed by the Lord. This can only happen if one is spending time with him in prayer and scripture reading. Fasting without prayer and Bible reading is little more than a diet. Don't just go on a diet, rather let your sacrifice enhance your spiritual disciplines and deepen your relationship with the Lord.

## VI. What should I consider when I fast?

Yes! On Monday through Friday, we encourage everyone to join in on a weekday conference call prayer and blessing session from 6:00am – 6:30am. In addition, we invite you to attend Saturday morning Zoom prayer meetings and training(s) from 9:00am to 10:00am.

It is important that you sacrifice and make time to worship, pray and connect especially during times of fasting. Doing so enhances the effectiveness of the fast, making your sacrifice more fruitful. It is the fruit of the fast, the ways in which God teaches and transforms you, that boosts your faith and give you power to accomplish God’s plan for your life.

**VII. What should I consider when I fast?**

Below is a prayer list of items to focus on for the next three weeks. Praying together in agreement is powerful and effective.

**21-Day Fast Prayer Topics**

*Prayer Topics for Week 1 – January 9 – 15, 2022*

Sunday	Morning Worship at 10:00AM	
Monday	Pray that God will give you the strength to fast, pray, and read His Word.	Isaiah 40:31
Tuesday	Pray for God to lead, guide and direct your life.	Ps. 119:133
Wednesday	Pray to increase your desire for God and grow in intimacy with him	Col. 2:6-7
Thursday	Pray that you would see how you can honor God in every area of your life.	Col. 3:17
Friday	Pray for the fruit of the Spirit to flow through you more in 2022.	Gal. 5:22-25
Saturday	All Church Prayer & Intercession 9:00AM – 10:00AM	

***Prayer Topics for Week 2 – January 16 – 22, 2022***

Sunday	Morning Worship at 10:00AM	
Monday	Pray that ALC will grow deeper in our love for Christ and love toward others.	Eph. 3:14-21
Tuesday	Pray that the Holy Spirit would reveal the deeper things that God has for you.	1 Cor. 2:9-14
Wednesday	Pray for faith to go beyond shallow spirituality.	Eze. 47:1-12
Thursday	Pray for a new dimension of understanding.	Eph. 1:18-20
Friday	Pray for a rooted and grounded life in Christ.	Col. 2:6-7
Saturday	All Church Prayer & Intercession 9:00AM – 10:00AM	

***Prayer Topics for Week 2 – January 23 - 30, 2022***

Sunday	Morning Worship at 10:00AM	
Monday	Pray that ALC staff and volunteers will not grow weary of doing good.	Gal. 6:9
Tuesday	Pray that God supplies all we need to be a blessing to others.	Prov. 11:25
Wednesday	Pray that ALC would increase our impact in the community for Christ.	1 Chron. 4:10
Thursday	Pray for the spiritual and physical health of all families connected to ALC.	3 John 1:2
Friday	Pray that God will bring abundant life to our church and community.	2 Cor. 9:8
Saturday	All Church Prayer & Intercession 9:00AM – 10:00AM	

## Food Guidelines for a Daniel Fast

### Foods You May Eat:

#### Whole Grains:

e.g., Brown Rice, Oats, Barley

#### Legumes:

e.g., Dried Beans, Pinto Beans, Split Peas, Lentils, Black-Eyed Peas

#### Fruits:

e.g., 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:

e.g., 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, veggie burgers are an option if you are **not** allergic to soy.

#### Liquids:

Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.

#### Others:

Seeds, Nuts, and Sprouts

## **Foods To Avoid:**

Meats  
White Rice  
Fried Foods  
Caffeine  
Carbonated Beverages  
Foods containing Preservatives or Additives Refined Sugar

Sugar Substitutes

White Flour and all products using Margarine, Shortening, High Fat Products

## **Food for Thought: Ideas to Enhance Your Daniel Fast**

Fasting takes a great deal of discipline, and sometimes, it can be made even more difficult when we have trouble finding food we can eat. After we eat the same dish over and over, it can be tempting to break the fast just to add variety to our diet. Below are some suggested meals to get you thinking about the possibilities you do have while allowing you to be faithful to the fast.

### **Breakfast:**

- Oatmeal cooked with your choice of fruit (e.g., apples, bananas, raisins)  
Whole-wheat cereal or granola with soymilk
- Fruit salad
- Protein shakes
- Fruit smoothies made with Silken Tofu instead of Yogurt

### **Salads:**

- Garden salads: consider topping with beans, nuts, or fruit for more substance & variety
- Whole-wheat pasta salad
- Three-bean salad
- Tempeh Salad

### **Soups:**

- Vegetable, Minestrone, or Bean Soup
- Vegetarian Chili
- Carrot Ginger, Sweet Potato, or Butternut Squash Soup

### **Sandwiches:**

- Hummus, vegetables, tempeh, and/or tabouli in a whole-wheat pita or wrap - Falafel
- "Sloppy Joes" made with beans, tofu, or tempeh instead of meat
- -Veggie, bean, tofu, or portabella burgers with baked potato wedges

### **Meals:**

- Vegetable stir-fry
- Vegetable curry
- Indian lentils or chickpeas with brown rice
- Corn, beans, onions, peppers, and seasoned brown rice
- Vegetable fajitas in whole-wheat tortillas
- Tacos made with chickpeas or refried beans instead of meat
- Vegetable primavera or hearty vegetable marinara sauce on whole-wheat pasta.
- Vegetarian casserole
- Maki rolls made with vegetables &/or marinated tofu and brown rice

### **RESOURCES:**

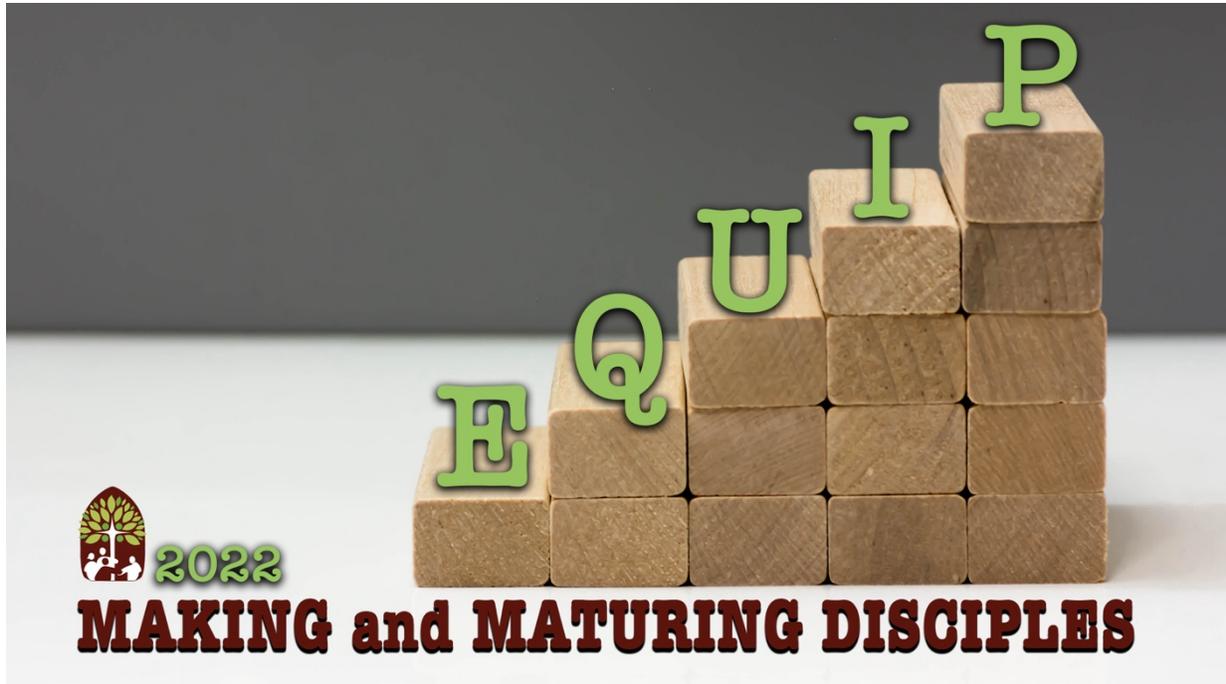
<https://vegweb.com>

For more ideas on "Vegan" recipes\*

<https://fatfreevegan.com>

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\*Note: These recipes may not conform to a strict Daniel Fast.



Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.

Hebrews 13:20 21 (NIV)

