

## INFORMATION WHY FAST... AND PRAYER SCHEDULE

The Bible states in Daniel 10:3 (AMPC), "I ate no pleasant or desirable food, nor did any meat or wine come into my mouth; and I did not anoint myself at all for the full three weeks." Similarly, in Matthew 6:16 (NIV), Jesus said, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full." These verses remind us that fasting is a significant practice for believers.

While this is a 21-day corporate fast, it requires a personal commitment to truly experience its blessings and benefits. Fasting is a time to reduce our intake of physical food and limit natural activities so that we can "feast" on the Word of God. Coupled with the spiritual discipline of prayer, fasting enables us to draw closer to God, hear His voice more clearly, receive divine guidance, and strengthen our spirits.

KEEP A SPECIAL JOURNAL DURING THESE 21 DAYS. TAKE ADVANTAGE OF ALL GOD HAS FOR YOU. ENJOY!!!

### PRAYER SCHEDULE:

#### Daily Phone Prayer

- Call in number: (605) 313-4829
- Access code 536623#

Monday—Friday (January 6 to January 24); 6:00 am to 6:30 am

#### Wednesday Midweek (Meeting ID: 828 4711 6998 Passcode: PRAYER)

- Corporate Hour of Prayer from 7:30 pm to 8:30 pm
- January 7, 14, & 21

#### Saturday Morning (In-Person)

- Corporate Prayer from 9:00 am to 10:00 am
- January 10, 17, & 24

PLEASE CHECK THE CHURCH WEBSITE AND SOCIAL MEDIA PAGES FOR THE LINK TO JOIN THE ZOOM PRAYER MEETING FOR WEDNESDAY EVENINGS.

# 21-DAY PRAYER & FASTING GUIDE

## THEME: "THE YEAR OF DOMINION"

***GENESIS 1:28 -THEN GOD BLESSED THEM, AND GOD SAID TO THEM, "BE FRUITFUL AND MULTIPLY; FILL THE EARTH AND SUBDUED IT; HAVE DOMINION OVER THE FISH OF THE SEA, OVER THE BIRDS OF THE AIR, AND OVER EVERY LIVING THING THAT MOVES ON THE EARTH."***

**MONDAY, JANUARY 5, 2026  
TO  
SUNDAY, JANUARY 25, 2026**

## LIVING FAITH CHRISTIAN CENTER PASTOR CONNIE McLEAN

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PENNSAUKEN, NJ 08110  
(856) 661-8110



## FASTING INFORMATION & TIPS

### FASTING OPTIONS:

- Fast “THINGS” as a substituted for *those with medical concerns*.
- Please consult your physician before participating in this fast.
- Please make sure you drink plenty of water.
- Do not enforce this fast on children.

### OPTION 1—DANIEL FAST: (NO Meats, sweets, snacks, or junk foods).

**VEGETABLES:** Fresh, frozen, dried, juiced or canned.

**WHOLE GRAINS:** Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, and rice cakes.

**LEGUMES** 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, and white beans.

**FRUITS:** Fresh, frozen, dried, juiced (all natural)

**NUTS & SEEDS:** Including but not limited to sunflower seeds, cashews, peanuts, and sesame. Also, nut butters including sugar free peanut butter is allowed.

**OILS:** All quality oils including but not limited to olive, avocado, grape seed, peanut, sesame, coconut, and palm oil.

**BEVERAGES:** Water, distilled or other purified water, herbal teas, and black coffee.

**OTHER:** Tofu, soy products, vinegar, seasonings, sea salt, herbs and spices, honey, and natural sweeteners (i.e. stevia, xylitol, monk fruit, etc.)  
**NO PROCESSED FOODS, DAIRY, OR REFINED SUGARS.**

### OPTION 2—TURN DOWN ONE OR TWO MEALS EACH DAY.

(No sweets, snacks, or junk foods).

Fast one or two meals of choice per day.

You may eat whatever clean foods you choose, including meats, however, no fried or processed foods.

**LIMIT TV (INCLUDES CHRISTIAN & SPORTS TV), MOVIES, TELEPHONE, SOCIAL MEDIA, EMAIL, (EXCEPT FOR WORK) ETC. TO 2 HOURS OR LESS PER DAY.**

Revised 12/31/2025

## FOCUS POINTS DURING 21-DAYS OF PRAYER & FASTING

**DOMINATE—TO RULE OVER; TO PREVAIL AGAINST; TO TREAD DOWN; TO REIGN OVER; TO OVER TAKE.**

### PRAYER PT 1 - GOD HAS GIVEN HIS PEOPLE THE AUTHORITY TO DOMINATE IN THE EARTH.

- Psalms 115:16— The highest heavens belong to the Lord, but the earth He has given to the children of men (Mankind)
- Genesis 1:26-28—...Let them have dominion
- Luke 10:19—Behold I give you power to tread on serpents and scorpions...

### PRAYER PT 2 - DOMINATE OVER SIN & THE ACTIVITIES OF THE FLESH

- Galatians 5:16-26—Walking in the spirit and not pleasing the flesh
- Romans 6:12-14—Do not let sin rule in your body...for sin shall have no more dominion over you.
- Romans 5:17(TPT) —'Death once held us in its grip...But now...we held in the grip of grace and continue reigning as kings in life...through the gift ...only Jesus...

### PRAYER PT 3 - DOMINATE OVER POVERTY & LACK

- Job 5:22 You shall laugh at destruction and famine
- Proverbs 11:24—There is one who scatters yet increases more and there is one who withholds more than is right but it leads to poverty
- Malachi 3:8-12—Through tithing and giving
- 2 Corinthians 9:6-12 — Through generous giving

### PRAYER PT 4 - DOMINATE THROUGH PRAYER

- James 5:16—...Prayers of a righteous man makes much power available
- Jude 20—But you beloved, building yourselves up upon your most holy faith, praying in the Holy Ghost.
- Matthew 26:41—Pray that you enter not into temptation.
- John 15:7—Ask what you will...abide in me and my words abide in you...

### PRAYER PT 5 - DOMINATE OVER YOUR THOUGHTS/MIND

- 2 Corinthians 10:5 (AMPC) - [In as much as we] refute arguments and theories and reasonings and every proud and lofty thing that sets...against the [true] knowledge of God...
- Philippians 4:8—Finally brothers, whatever things are true.. noble... just ...pure...lovely...of good report...any virtue, think on these things
- Proverbs 23:7—For as he thinks in his heart, so is he..
- Romans 12:2 (NKJV) - And do not be conformed to this world...
- Colossians 3:2 (NKJV) - Set your mind on things above, not on the earth.

### PRAYER PT 6 - DOMINATE OVER SICKNESS, DISEASE AND THE DEVIL

- Mark 16:15-18—...Cast out demons...lay hands on the sick...
- 1 Peter 2:24—Who His own self...
- Matthew 10:8—Heal the sick, cleanse the lepers, raise the dead...
- James 4:7—Resist the devil and he will flee
- Acts 10:38—How God anointed Jesus of Nazareth w/the Holy Sprit and w/ power, who went about doing and healing all who were oppressed...for God was with him.