

CHRISTIAN
TABERNACLE CHURCH

21 days of **PRAYER & FASTING** helpful guidelines

EXPECT THE UNEXPECTED



KAIROS

MMXXVI

four fasting
OPTIONS

Healthy meal options to
choose from

guide to
PRAYER

Tips on establishing time
for prayer

helpful
TIPS

ways to sustain the fast

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Dear Beloved Church Family,

As we embark on this sacred journey of 21 days of fasting together, let us remember the incredible opportunity before us: to seek God's presence, align our hearts with His will, and prepare for the new year with renewed faith and purpose. Fasting is not just a physical act but a spiritual discipline that draws us closer to the heart of God. It is a time to humble ourselves, surrender our desires, and open our lives to the transformative work of the Holy Spirit.

As we pray and fast together, let us encourage one another, lifting each other up with love and grace. Know that you are not alone on this journey—our united prayers are powerful, and God delights in the unity of His people.

May this time of fasting be a season of breakthrough, renewed strength, and deeper intimacy with our Creator. Let us press on with expectancy, believing that God will do exceedingly and abundantly more than we can ask or imagine.

Stay encouraged, stay connected, and let's step into the new year together, ready to fulfill His purpose in and through us.

"But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." – Isaiah 40:31

With love and blessings,



GUIDE TO PRAYER

Prayer

FUNDAMENTALS

During this fast, you are encouraged you to cultivate a consistent prayer life:

- **Daily prayer:** Aim for at least three prayer times: morning, midday, and evening.
- **Prayer journal:** Keep a record of your prayers and reflections.
- **Scripture-based prayer:** Meditate on the daily Bible readings and allow them to guide your prayers.

Focus your prayers:

- **Personal growth:** Pray for your spiritual, emotional, and physical well-being.
- **Specific needs:** Address your personal challenges and concerns.
- **Success in all areas:** Pray for spiritual and physical strength and for the fulfillment of God's purpose in your life.
- **Others:** Pray for The Legacy Project, Setting the Mortgage on Fire, other church initiatives, and those in need.

Build a support system:

- **Accountability partners:** Connect with two individuals who will support and encourage you throughout your fast.

GUIDE TO PRAYER

creating a lifestyle of **PRAYER**

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate.

To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.



GUIDE TO PRAYER

have a certain **TIME**

Jesus got up early in the morning to ***spend time*** with His Heavenly Father.

Make a daily appointment with God - whether it's first thing in the morning, at lunch, or in the evening- and faithfully keep it.



GUIDE TO PRAYER

have a certain **PLACE**

Jesus had a specific place He went to pray.

Having a ***designated place*** to pray helps us remove distractions and frees us to worship and pray out loud.



GUIDE TO PRAYER

have a certain **PLAN**

When Jesus taught His disciples how to pray, He gave them a **prayer outline**. (Luke 11:1-13)

Suggested Prayer Plan:

- 10 min of worship
- 10 min of prayer
- 10 min of reading your bible



“Esther
understood the
power of prayer
and fasting and
because of this
was in tune with
the frequency of
heaven.”

Pastor Loretta Forbes

GUIDE TO FASTING

what is **FASTING?**



GUIDE TO FASTING

how to **FAST?**

DISCREETLY | Matthew 6:17-18 (NLT)

"But when you fast, comb your hair and wash your face. Then 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."

WITH FAITH | HEBREWS 11:6 (NLT)

"And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him."

Important Considerations:

- Consult your healthcare provider: If you have diabetes or any other chronic health condition, please consult with your physician before beginning these fasts.
- Prioritize your health: Read food labels carefully and adhere to any dietary restrictions or recommendations provided by your healthcare professional.
- Consider modifications: If you are unable to fully participate in the fast, explore ways to modify it while still honoring its principles.
- Abstain from harmful substances: This fast also includes abstinence from nicotine products and non-prescription drugs."

GUIDE TO FASTING

what is **FASTING?**

Fasting is ***intentionally abstaining*** from food for spiritual purposes; it is humbling your soul (Psalm 35:13, Matthew 23:12).

Fasting brings you into a deeper, more intimate and powerful relationship with the Lord.

Fasting is an ***act of humility*** before God to seek His ***divine intervention*** in the events of our physical world. It brings revelation by the Holy Spirit of our true spiritual condition, leading to brokenness, repentance, and change.

Fasting transforms prayer into a richer, more ***personal experience*** and draws you closer to God.

GUIDE TO FASTING

four fasting **OPTIONS**

1

DANIEL

Fruit, vegetables, juice and water only. (see list)

2

DENIAL

No food from 6AM to 6PM.

3

DESERT

***WATER** is your only beverage option for the entire period of time. Choose healthy meal options! (see list)*

4

DROUGHT

No television or internet social media (i.e. Facebook and Twitter) with the exception of the news and religious programming. (recommended for teens and students)

GUIDE TO FASTING

daniel's **FAST**

This is based on the prophet, Daniel, in the Bible (Daniel 10:2-3) as he sought wisdom and understanding.

FOODS TO EAT

ALL FRUITS

Apples, peaches, berries, grapes, pineapples, oranges, bananas, melons, etc. (fresh/raw, frozen, dried, juiced, or canned in their own juice-not syrup).

ALL VEGGIES

Squash, lettuce, spinach, carrots, kale, broccoli, asparagus, cabbage, greens, corn, potatoes, sweet potatoes, etc. (fresh/raw, frozen, dried, or canned).

WHOLE GRAINS

Brown rice, oats, barley, grits, hot cereal, whole-wheat pasta, etc.

OTHER NATURAL FOODS

Beans and peas, seeds and nuts, oils, rice milk, soy milk, water, healthy beverages and smoothies (with no sugars or artificial preservative), spices, herbs, tofu, soy vinegar.

SWEETENERS

Honey, agave nectar.

GUIDE TO FASTING

daniel's **FAST**

This is based on the prophet, Daniel, in the Bible (Daniel 10:2-3) as he sought wisdom and understanding.

FOODS TO AVOID

- * Meat (including poultry and seafood)**
- * White rice/white flour (no bread that does not say “whole grain” or “whole wheat”)**
- * Fried Foods**
- * Caffeine & Caffeinated Beverages**
- * Sugar & Artificial Sweeteners (processed/modified beverages, including alcoholic beverages, juice cocktails, and sports drinks)**
- * Dairy Products (butter, milk, eggs, all cow milk derivatives, cheese, etc.)**

Also:

- * Deep fried/Fried food**
- * Fast food**
- * Processed snacks, chips**
- * Canned foods, egg yolks**
- * Jams/Jellies/Preserves (containing high fructose corn syrup)**

PLEASE NOTE:

While the expectations for the Daniel's Fast are clear as listed, we want to always health and well-being of all participants.

Please always consider your own health conditions, seek wisdom from God and professional when making the decision on what your personal fast will look like during these times.

GUIDE TO FASTING

healthy meal **OPTIONS**

Protein sources other than meat and dairy:

- *Egg whites (Egg Beaters are also suitable as a substitute for eggs in most recipes)*
- *Legumes (beans)*
- *Whole grains (also including barley, buckwheat, couscous, oats, oatmeal, millet)*
- *Rice shreds or soy cheese (vegan cheeses may also be substituted for regular cheese in recipes and salads)*
- *Nuts and seeds*

Fresh (or frozen) Fruits & Vegetables:

- | | | | |
|--------------------|---------------------|-----------------|------------------|
| • Apples | • Cranberries | • Onions | • Sauerkraut |
| • Apricots | • Cucumbers | • Oranges | • Sea vegetables |
| • Artichokes | • Dates | • Peas | • Soybeans |
| • Avocado | • Eggplant | • Pears | • Squash |
| • Asparagus | • Figs | • Peaches | • Spinach |
| • Bananas | • Grapefruit | • Peppers | • Sprouts |
| • Beets | • Grapes | • Pineapple | • Strawberries |
| • Blackberries | • Greens (collards, | • Plums | • Tangerines |
| • Blueberries | mustard, kale) | • Potatoes | • Tomatoes |
| • Broccoli | • Green peas | (sweet & white) | • Turnips |
| • Brussels sprouts | • Green beans | • Prunes | • Watercress |
| • Cabbage | • Lemons | • Pumpkin | • Watermelon |
| • Carrots | • Limes | • Radishes | • Zucchini |
| • Cauliflower | • Lentils | • Raisins | |
| • Celery | • Lettuce | • Raspberries | |
| • Cherries | • Melons | • Rice (brown, | |
| • Corn | • Mushrooms | white) | |
| | | • Rutabagas | |

GUIDE TO FASTING

healthy meal OPTIONS

Bread or Crackers:

Must contain whole grain, whole wheat or gluten-free ingredients only.

Beverages:

- Soy milk
- Almond milk
- Rice milk (also suitable as cow milk substitute in recipes)
- 100% fruit juice (read labels for sugar content)
- Water (preferably bottled, or alkaline)
- Freshly juiced fruits or vegetables
- Herbal teas (especially green tea)

Sweeteners:

Honey, Stevia, lemon.

Condiments:

- Salad dressings (use wisdom, choose balsamic vinegars, extra virgin olive oil, vinaigrettes)
- Apple cider vinegar
- Pepper
- Salt (moderate use)
- Sea salt
- Herbs, spices & seasonings (parsley, garlic, ginger, etc.)
- Mustard
- Soy or rice cheese
- Mayonnaise (from grape seed or cold-pressed canola)

Pastas & Spaghetti:

Preferably whole grain, vegetable, or gluten-free.

GUIDE TO FASTING

helpful TIPS

This fast emphasizes a return to God's intended diet: consuming primarily raw or organic plant-based foods.

Focus on:

- Organic produce: Grown with natural fertilizers and free from artificial pesticides and chemicals.
- Nutrient-rich foods: Prioritize those high in healthy fats (monounsaturated & polyunsaturated), dietary fiber, and minimal sugar.
- Avoidance of: Processed foods, hydrogenated oils, and MSG.
- Careful label reading: Even vegetarian options can be heavily processed. Be discerning.

To support your journey:

- Explore plant-based recipes: Discover new and exciting ways to enjoy whole foods.
- Supplement wisely: Consider a plant-based multivitamin.
- Seek guidance: Pray for wisdom and direction as you navigate this dietary shift.

Additional Tips:

Vegan foods are generally permitted, including vegan butter, mayonnaise, and desserts like cookies and cakes.

Note: While allergen information might list milk or eggs as potential contaminants, this is often for legal reasons. Rely primarily on the ingredient list to confirm vegan status.

Other desirable qualities:

- 100% whole grain or whole wheat
- Baked, not fried or heavily processed
- 0 grams of added sugar
- Free of milk and eggs in the ingredients

GUIDE TO FASTING

sample SNACKS & MENU ITEMS

Breakfast

- Pancakes, waffles, or homemade muffins made with whole wheat or buckwheat flour, olive oil, and substitutes for eggs and milk.
- French toast served with honey or vegan spreads.
- Omelets with toast.
- Scrambled egg beaters with toast.

Lunch

- Fresh salads made with a variety of ingredients.
- Whole wheat pitas or sandwiches filled with grilled vegetables.
- Portabella mushroom or eggplant sandwiches with cheese substitutes.

Dinner

- Mac and cheese made with pasta and cheese and milk substitutes.
- Spaghetti with meatless meatballs.
- Sweet potato fries (baked).
- Vegetable stir-fry served over pasta.
- Meatless ravioli with cheese substitutes.
- Pizza with whole-grain crust, veggie toppings, and cheese substitutes.
- Greens sautéed and seasoned with vegetable stock.
- Mashed potatoes.
- Fresh fruit salad.

Snacks

- Fresh fruit.
- Hummus.
- Tabouli.
- Baby carrots.
- Plain popcorn (high in fiber and protein, no sugar).

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