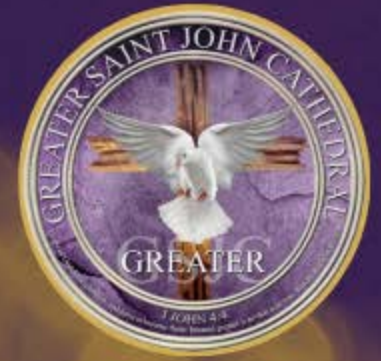


21 DAYS OF PRAYER, FASTING & DEVOTIONS

Higher Ground



Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. - James 5:14

Join us as we seek to pray and fast together as a congregation

Graduated Fasting Dates

Sunday, January 6 (12 a.m.) –
Sunday, January 26 (after service)

- **WEEK 1 - January 6-12:** No Sugar or Sugar Additives.
- **WEEK 2 - January 13-19:** No Sugar or Sugar Additives. No Beef or Pork (Fish and Poultry allowed).
- **WEEK 3 - January 20-26:** Total Daniel Fast and No Television or Social Media.
 - **January 26:** Fast Ends after service

What Is Fasting?

Fasting safely and appropriately is one of the ways the Bible encourages believers to connect with and grow closer to God; increasing our dependence on the power of the Holy Spirit.

The Daniel Fast is an opportunity to draw closer to God through fervent, focused prayer. It involves a 21-day commitment to a partial fast, which means you restrict commonly enjoyed foods as an act of worship and consecration to the Lord.

The Daniel Fast typically involves abstaining from certain foods for a specified time. The guidelines for the fast are derived from the Bible, specifically [Daniel 1:8-14](#), where Daniel and his friends chose to abstain from rich and luxurious foods and only ate vegetables and drank water. The idea is to focus on simple, plant-based foods and eliminate certain indulgences from the diet.

Purpose

The Daniel Fast is a partial 21 day fast mentioned in the Bible. It is modeled after the fast that Daniel undertook in Daniel 1 and 10 and its primary purpose is to draw us closer to God.

1. **Be Specific About Your Reason for Fasting.** Daniel was not vague in his objection to the Babylonian diet. He identified the problem immediately and trusted God for the solution. (Daniel 1:8)
2. **Fast as a Spiritual Commitment to God.** The Daniel Fast involves a spiritual commitment to God. Daniel knew that God did not permit the “diet” of the King’s delicacies. (Lev. 11:47) Therefore, he purposed in his heart that he would not defile himself. (Daniel 1:8)
3. **Reflect on Your Inner Desire by Showing Outer Discipline.** Many people have an inner desire for better health, but they can’t discipline themselves to avoid junk food and other foods that are not healthy. Daniel demonstrated his inner desire to not defile himself by asking for the vegetables and water and remaining disciplined during the fast. (Daniel 1:8)
4. **Fast as a Statement of Faith to Others.** Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the younger men who ate the King’s food. (Daniel 1:13)
5. **Yield All Results to God.** Daniel and the other 3 men of Israel that fasted with him yielded to the results, both the physical and spiritual. The physical result would have come from the overseer, “...deal with your servants as you see fit” (Daniel 1:13) and the spiritual results were the blessings from God for their obedience. (Daniel 1:17, 20)

Tips

If you have any medical concerns, contact your physician. Here are some tips from medical experts:

- Consult your doctor on adequate nutrition before beginning a fast of 12 hours or longer.
- Do not fast if you are ill.
- Drink plenty of water before fasting to avoid becoming dehydrated.
- Just before a day of fasting, your diet should contain no less than 100 grams - 150 grams of sugar a day for adequate brain functioning.
- Break the fast slowly with liquids – juices, light soup, custards and puddings. Choose foods that are low in fat and protein. Breaking a fast with hard-to-digest foods can result in vomiting, cramps, and bloating. Eat slowly even if you are tempted to pack it in to assuage hunger. Do not overeat.

Full Daniel Fast

Foods to Avoid:

- Meat, white rice, caffeine, carbonated beverages, foods with preservatives or additives, refined sugars, sugar substitutes, white flour and all products and dairy products.

Foods and Beverages Allowed:

- **Whole Grains** – Whole wheat products, brown rice, oats, barley, rice cakes, and popcorn are allowable foods. It is advisable to read the labels to avoid consuming added sugar and sweeteners on the fast.
- **Legumes** – Dried beans and peas, such as pinto beans, split beans, lentils, and black-eyed peas (canned or dried).
- **Fruit** – All types. You may eat fresh, frozen, dried, or canned fruit; watch for added sugar and sweeteners.
- **Vegetables** – All types. You can consume your vegetables fresh, frozen, juiced, or canned.
- **Seeds** – Various unsalted nuts and sprouts. Nut milk and nut butters are also allowed, including all natural peanut butter with no added sugar.
- **Beverages** – Water is the beverage of choice when fasting, including spring water or even distilled water. You may also use unsweetened almond, cashew, soy milk, 100% all-natural fruit and vegetable juices (no added sugars).