



Corinthian Baptist Church

Equipping the Saints

MARCH 11-MARCH 31, 2024



**21 Days Consecration,
Prayer & Fasting**

Journal

21 PRAYER & FASTING DAYS



"Bless the Lord, O my soul: and all that is within me, bless His holy name."

FAMILY IS EVERYTHING!

This 21-days of Consecration, Prayer & Fasting is for you AND your family! God wants your entire family to be consecrated. God wants your entire family to be consistent in prayer and fasting as you all seek a clear and personal path to becoming better disciples. God wants to USE you and your family to "go ye therefore" and MAKE disciples, to evangelize, tell others your story, and brag about the loving God you serve.

I ask that you make this 21-day journey a "**FAMILY EXPERIENCE.**" Let the Lord prepare you and your family. Seek the Lord in prayer. Ask Him to search you and your family; to deliver you and your family from anything that might offend Him. Remind yourself to let the Lord **BE THE LORD** of you and your family's lives. Let HIM INCREASE as you decrease.

Come together as a family and read the selected Scriptures daily over this 21-day journey. Together share your thoughts, answer the questions, and write down what the Lord is saying each day. Embrace this special opportunity to walk and talk with God and your family for these next 21 days! I promise, you and your entire family will be BLESSED!

Pastor KZ Smith

CBC Family Prayer Journal: Equipping the Saints

WEEK ONE: Consecration

Day One

"Create in me a clean heart, O God, and renew a right spirit within me." Psalm 51:10

Question: How does this verse encourage you to approach God in times of repentance and renewal?

What did God say to you today?

Day Two

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?" Isaiah 58:6-7

Question: How can fasting help bring about social justice and kindness in our communities?

What did God say to you today?

Day Three

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. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. Matthew 6:16-18

Question: How does Jesus' teaching about fasting make you think about why you do spiritual practices and how you feel about them?

What did God say to you today?

Day Four

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded." James 4:8

Question: What practical steps can you take to draw nearer to God and cultivate a deeper relationship with Him?

What did God say to you today?

Day Five

So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes." Daniel 9:3

Question: What can we learn from Daniel's example of prayer and fasting in seeking God's guidance and repentance for the nation?

What did God say to you today?

Day Six

Yet even now," declares the LORD, "return to me with all your heart, with fasting, with weeping, and with mourning." Joel 2:12

Question: How does this verse emphasize the importance of sincere repentance and seeking God wholeheartedly?

What did God say to you today?

Day Seven

Man shall not live by bread alone, but by every word that comes from the mouth of God." Matthew 4:4

Question: How does this verse highlight the spiritual nourishment and sustenance found in God's Word?

What did God say to you today?

WEEK TWO: PRAYER

Day One

"If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land." 2 Chronicles 7:14

Question: How can we apply the principles of humility, prayer, and repentance outlined in this verse to our personal lives and communities?

What did God say to you today?

Day Two

"As the deer pants for streams of water, so my soul pants for you, my God." Psalm 42:1-2

Question: What images does this verse bring to mind when we think about how much we want God to be with us? How can we grow this desire in our lives?

What did God say to you today?

Day Three

"But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." Isaiah 40:31

Question: How does this verse encourage us to trust in God's timing and provision, especially during challenging seasons of life?

What did God say to you today?

Day Four

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

Question: How can practicing gratitude and surrendering your worries to God lead to experiencing His peace in your life?

What did God say to you today?

Day Five

"And he said to them, 'This kind cannot be driven out by anything but prayer.'" Mark 9:29

Question: What does this verse teach us about the power and necessity of prayer, especially in confronting spiritual challenges?

What did God say to you today?

Day Six

Taste and see that the Lord is good; blessed is the one who takes refuge in him." Psalm 34:8

Question: How can we personally experience the goodness and faithfulness of God in our lives, even during difficult circumstances?

What did God say to you today?

Day Seven

Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." Matthew 26:41

Question: How can we become more spiritually alert and rely on prayer to help us resist temptation?

What did God say to you today?

WEEK THREE: FASTING

Day One

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." 1 Corinthians 6:19-20

Question: How does this verse challenge us to honor God with our bodies and live in a manner that reflects His presence within us?

What did God say to you today?

Day Two

Set your minds on things above, not on earthly things.” Colossians 3:2

Question: How can we shift our focus from worldly concerns to eternal values, as encouraged in this verse?

What did God say to you today?

Day Three

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.” Romans 8:26

Question: How does the Holy Spirit's intercession in prayer provide comfort and assurance in times of weakness or uncertainty?

What did God say to you today?

Day Four

My heart says of you, 'Seek his face!' Your face, Lord, I will seek." Psalm 27:8

Question: What does it mean to seek God's face, and how can we prioritize intimacy with Him in our daily lives?

What did God say to you today?

Day Five

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen."
Ephesians 3:20-21

Question: How does this verse inspire us to trust in God's limitless power and to pray with boldness and expectation?

What did God say to you today?

Day Six

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18

Question: How can cultivating a lifestyle of prayer, gratitude, and joy align us with God's will and bring about transformation in our lives?

What did God say to you today?

Day Seven

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water." Psalm 63:1

Question: What does it mean to earnestly seek God, and how can we cultivate a deeper thirst for His presence in our lives, especially during spiritually dry seasons?

What did God say to you today?



What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast. There are two anchoring scriptures for the Daniel Fast. In Daniel 1, the Prophet ate only vegetables (that would have included fruit and drank only water. From these scriptures we get two of the guidelines for the fast:

1. Only fruit and vegetables
2. Only water for a beverage

In Daniel 10 read that the Prophet ate no meats, or any breads or foods and he drank no wine for 21 days. From this scripture, we get a third guideline:

3. No sweeteners and no breads

How to prepare for the Daniels Fast

Quiet Time: If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so, starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His word and His ways.

How to Begin Spiritually:

Start with a clear personal goal in addition to our corporate goals. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Prepare spiritually by confessing your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:

3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12: 1-2).

Scripture References for Fasting:

Matthew 6:16-18; Matthew 9: 14-15; Luke 18: 9-14

Relation to Prayer and Reading of the Word: I Samuel 1:6-8, 17-18, Nehemiah 1: 4, Daniel 9:3, 20, Joel 2:12, Luke 2:37 and Acts 10:30

Corporate Fasting: 1 Samuel 7: 5-6, Ezra 8: 21-23, Nehemiah 9: 1-3, Joel 2: 15-16, Jonah 3: 5-10 and Acts 27: 33-37

What can you expect during the Fast?

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

When you fast:

Expect to get to know God better.

Fasting is waiting (Lamentations 3: 5-27)

Fasting is drawing near (Jeremiah 29: 11-13)

As you demonstrate sincerity to God, you can expect:

Expect strength in your inner character.

Find power to leave sinful habits (2 Corinthians 7:1)

Find power to stay focused in prayer.

Find yourself desiring God's presence.

Expect the hand of God to move to answer unselfish prayers.

Expect resistance from the devil.

Expect your prayers to go to a higher level.

How to succeed in fasting:

Fast with friends (Matthew 18:19)

Fast with a purpose (not casually)

Set a start date and end date.

Determine you will follow through on the fast.

Fast unselfishly (Isaiah 58: 1-11)

Spend time with God.

Fasting does not work if you do not pray.

Types of Fasts:

Full Fast: Drinking only liquids (you establish the number of days)

3-Day Fast: This fast can be a Full fast Daniel Fast or give up at least one item of food.

Daniel Fast: Eat no meat, no sweets, and no bread. Drink water. Eat fruits and vegetables.

Partial Fast: A partial fast is from 6:00am to 3:00pm or from sunup to sundown.

You can select from these types of fasting—Full fast, Daniel Fast or give up at least one item of food.

Common FAQ's

What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods or prepared sauces you must read the label to be aware about just what is in there.

What about pasta?

Make sure the label says whole grain pasta with no additives. Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I know it say raw, unsalted nuts, but what about roasted nuts?

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

What kind of peanut butter is allowed?

Natural peanut butter with no additives. Watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

How can I identify whole grain foods?

Typically, if the ingredient lists “whole wheat”, “rolled oats” or “whole corn” as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional fact’s information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grain. “Wheat flour” is not a whole grain and therefore does not indicate a whole grain product.

What about salad dressing?

Olive oil and lemon or lime is an option.

Do I need to eat organic foods while on the fast?

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and employment of chemicals.

What about bread?

The bread should be prepared without yeast.

How much can I eat?

If they are the appropriate foods, we recommend eating until satisfied with no limits.

Foods to include in your diet during the Daniel Fast:

All Fruits

Apples	Guava
Apricots	Honeydew melons
Avocados	Kiwi
Bananas	Lemons
Berries	Limes
Blackberries	Mangoes
Boysenberries	Melons
Breadfruit	Mulberry
Cantaloupe	Nectarines
Cherries	Oats
Coconuts	Olives

Cranberries
Dates
Figs
Grapefruit
Grapes
Grenadine
Raspberries
Strawberries
Tangerines

Oranges
Papayas
Peaches
Pears
Pineapples
Plums
Prunes
Raisins
Tangelos
Watermelons

Vegetables:

These can be fresh, frozen, dried, juiced or canned (watch salt content)

Artichokes
Asparagus
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Chili peppers
Collard greens
Corn
Cucumbers
Eggplant
Garlic
Ginger root
Kale
Leeks
Lettuce

Onions
Parsley
Peppers
Potatoes
Radishes
Rutabagas
Scallions
Spinach
Sprouts
Squashes
Sweet Potatoes
Tomatoes
Turnips
Watercress
Yams
Zucchini
Mushrooms
Mustard greens
Okra

Legumes

Dried beans
Black beans
Cannellini
Pinto beans
Split peas

Green Beans
Green Peas
Kidney beans
Peanuts
Beans

Lentils
Black eye peas

Lentils
Lupines

Seeds

All nuts (raw, unsalted)
Spouts
Ground flax
Cashews
Walnuts

Sunflower
Sesame
Almonds
Natural almond butter

Whole Grain

Whole wheat
Brown rice
Millet
Quinoa
Oats
Rolled oats
Plain oatmeal

Barley
Grits (no butter)
Whole wheat pasta
Whole wheat tortillas
Plain rice cakes
Popcorn (homemade)

Liquids

Water (spring, distilled, filtered)
Unsweetened Soy milk
Herbal (caffeine free) tea
100% fruit/vegetable juice (no added sugar)

Other

Tofu
Soy products
Herbs
Small amount of honey
Small amount of Sea salt
Small amount of Ezekiel bread
Small amount of Olive oil
Spices (read the label for no preservatives)

Foods to avoid on the Daniel Fast:

All animal products including all meat, poultry, and fish	Raw sugar
White rice	Syrups
White bread	Molasses
All deep-fried foods	Can juice
Caffeine	White flour
Coffee (including decaf)	Margarine
Carbonated beverages	Shortening
Energy drinks	High fat products
Foods containing preservatives, additives	Butter
Refined foods	All leavened breads
Processed foods	Baked goods
Food additives	All dairy
Refined sugar	Milk
Sugar substitutes	Cheese
Mayonnaise	Yogurt
Alcohol	Cream
	Eggs

Quick recipes to enjoy during the Daniel Fast

Easy high-protein breakfast stir-fry

1 tablespoon olive oil
1 medium onion, sliced
½ green pepper, chopped
Fresh Italian herbs to taste

Heat skillet over medium heat. Add oil and heat for a couple of minutes. Add the onions and green peppers; and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft. Makes two servings.

Apple Blueberry Oatmeal Cereal

2 sweet apples
¾ cup rolled oats
1 cup blueberries
½ cup almonds
1 cup apple juice

Cook the oats as directed on the box. Chop or grind the almonds, chop the apples and combine. Add the blueberries; then top it off with a sprinkle of nutmeg, cinnamon and a glass of apple juice.

Minestrone Soup

8 cups vegetable stock
1 ½ cup of garbanzo beans
2 cups red kidney beans
½ cup of carrots
3 medium tomatoes
½ cup fresh parsley
Sea salt
1 cup cabbage
¼ tsp oregano
¼ tsp basil
¼ tsp thyme
½ cup celery
½ cup onions
1 clove garlic
1 pkg spinach noodles (cooked)

Soak garbanzo and kidney beans overnight, drain and rinse. Peel and dice tomatoes. Cook and drain kidney and garbanzo beans as directed on the pkg. Mince garlic and parsley. Chop carrots, onion, celery, cabbage, and garlic and sauté in water r soup stock over medium heat for 5-7 minutes. Stir in cooked and drained kidney beans, garbanzo beans, diced tomatoes and minced herbs. Bring to a simmer, then turn heat down and simmer for 10 minutes. Stir in cabbage and parsley with lid partially on for about 15 minutes. Add more soup stock or tomatoes as needed. Serve over noodles.

Stir Fry Vegetables

1 red onion, sliced
3 stalks celery, thinly sliced
½ cup broccoli, chopped
1 bell pepper, sliced
1 tsp sea salt
3 carrots, peeled and sliced
½ cup cauliflower, chopped
1 cup zucchini, thinly sliced
1 cup yellow squash, thinly sliced
1 tbsp oriental seasoning
Stir-fry all vegetables in 1-2 tbsp of olive oil until tender. Add salt and seasoning to your taste. Serve alone or over brown rice.

Vegetarian Chili

2 medium-size green peppers,
chopped
1 medium size yellow onion, chopped
1 zucchini, sliced
1 yellow squash, sliced
2 tablespoon olive oil
2 tablespoon chili powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground red peppers
2 cups corn kernels (fresh or frozen)
2 16oz cans of tomatoes
2 16 oz cans of pinto beans.
2 16oz can black beans
1 4oz can mild green chilies
1 4oz can of tomato paste

Chop and sauté in oil the peppers and onions. Add the sliced squash, chili powder, salt, ground red peppers and corn. When all the vegetables are soft but still firm, add the tomatoes and all the beans, green chilies, and tomato paste. Stir until blended. Bring to a boil and then reduce heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

Snacks

Popcorn

$\frac{1}{4}$ cup un-popped corn
1 brown lunch bag

Place corn kernels in lunch bag. Fold at end 2-3 times. Place in microwave on High for 2-3 minutes, until kernels stop popping. More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the un-popped kernels in the bag for the next serving.

Cantaloupe Tonight Melon Smoothie

$\frac{1}{2}$ medium size cantaloupe, seeded and cut from the rind.
 $\frac{1}{2}$ cup orange juice (use fresh oranges)
Juice 2 limes
1 medium size banana, peeled and cut into chunks.
Fresh mint leaves for garnish (optional)
2 cups of ice cubes

Mix all in a blender and serve. Makes 2 servings.

You can use the same general recipe to make all kinds of different smoothies. Just ensure you use some type of fresh juice and bananas. Add water or more juice to thicken the smoothie. Frozen fruit works well also.

*“Equipping the Saints:
A Year of
Spiritual
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Ephesians 4:11-12 (NIV)



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