



Corinthian Baptist Church

21 Day Consecration, Prayer & Fasting

Journal

*Keeping in Step
with the Spirit*

MARCH 19-APRIL 8, 2023

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: The Path to Discipleship

WEEK ONE: Consecration: “Lord Prepare Me”

Day One

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago”. Ephesians 2:10 NLT (Read Romans 14:7-9, Colossians 3:23,24, Galatians 6:9, John 6:28,29, I Corinthians 16:14)

Question: How have you experienced God working in your life, preparing you for service that glorifies Him? Does God have a plan for your family?

What did God say to you today?

Day Two

“If you keep yourself pure, you will be a special utensil for honorable use. Your life will be clean, and you will be ready for the Master to use you for every good work.” 2 Timothy 2:21 NLT (Read 2 Timothy 1:10, I Peter 1:15,16, Leviticus 19:2, Hebrews 12:14)

Question: Are you living a godly life? If you are a leader, are you performing in your role, bringing honor to Jesus Christ in all you do? Are you leading your family to live a clean (godly) life?

What did God say to you today?

Day Three

“So, prepare your minds for action and exercise control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed in the world.” I Peter 1:13 NLT (Read I Peter 3:15, Luke 21:36, Romans 13:11, Ezekiel 38:7, Romans 12:1,2)

Question: Do you live a holy and disciplined life in expectation of seeing Jesus Christ one day? In what ways are you preparing your family for action and exercising control?

What did God say to you today?

Day Four

“No eye has seen, nor ear heard, and no mind has imagined what God has prepared for those who love him.” I Corinthians 2:9 NLT (Read James 4:13-16, Isaiah 55:8,9, Romans 8:18, Philippians 1:6, Matthew 6:25-34)

Question: What is God revealing to you, today, about your future? Does your family know how much God loves them and that he has planned a future for them also?

What did God say to you today?

Day Five

“Do your planning and prepare your fields before building your house. Proverbs 24:27 NLT (Read Proverbs 16:9, Proverbs 15:22, Proverbs 19:21, Luke 14:28-33 Philippians 4:6)

Question: Are you a planner? Are you keeping your priorities straight? Are you teaching your family how to set priorities?

What did God say to you today?

Day Six

“You also, must be ready all the time for the Son of Man will come when least expected.” Matthew 24:42-44 NLT (Read I Peter 3:15, Matthew 25:1-13, I Peter 5:8,)

Question: Are you ready for Jesus Christ’s return? Have you discussed the coming of Christ with your family?

What did God say to you today?

Day Seven

“Make them holy by your truth; teach them your Word, which is the truth.” John 17:17 NLT (Read Psalm 86:11, Isaiah 39:21, Psalm 27:11, Psalm 25:1-5)

Question: How has the Word helped you live a holy life? How have you and your family witnessed to others about knowing the truth which is in the Word of God?

What did God say to you today?

WEEK TWO: PRAYER: Lord Hear Me, Search Me & Deliver Me!

Day One

“And we are confident that he hears us, whenever we ask for anything that pleases him. And since we know he hears us when we make our requests, we also know that He will give us what we ask for. I John 5:14,15 NLT (Read Matthew 21:22, Mark 11:24, Hebrews 4:16, I John 3:22)

Question: Do you have confidence that God answers your prayers? Are you teaching your family to make their requests known to God as well?

What did God say to you today?

Day Two

“For I cried to Him for help, praising him as I spoke. If I had not confessed the sin in my heart, the Lord would not have listened. But God did listen! He paid attention to my prayer. Praise God, who did not ignore my prayer or withdraw his unfailing love from me.” Psalm 66:17-20 NLT (Read Isaiah 65:24, I John 1:9, Jeremiah 33:3, 2 Chronicles 7:14, Zephaniah 3:17)

Question: Are you willing to confess ALL your sins to the Lord today? Explain to your family the importance of confessing your sins to God.

What did God say to you today?

Day Three

“The Lord is far from the wicked, but hears the prayers of the righteous.”
Proverbs 15:29 NLT (Read I Peter 3:12, James 5:16, Isaiah 59:2, John 14:14, John 15:7)

Question: What does it mean for you and your family to be righteous?

What did God say to you today?

Day Four

“Search me O God, and know my heart, test me and know my anxious thoughts. Point out anything in me that offends you and lead me along the path of everlasting life.” Psalm 139:23,24 NLT (Read Jeremiah 17:10, Romans 8:27,

Question: Do you readily ask God to search you? Discuss with your family the things that would offend God.

What did God say to you today?

Day Five

“As for you, my son Solomon, know the God of your father, and serve Him with a whole heart and a willing mind; for the Lord searches all hearts and understands every intent of the thoughts. If you seek Him, He will let you find Him, but if you forsake Him, He will reject you forever. I Chronicles 28:9 NLT (Read Deuteronomy 4:29-31, Jeremiah 29:13, 2 Chronicles 7:14, James 1:6, Matthew 6:33, I John 3:22, I Peter 3:15)

Question: Are you willing to serve God with your whole heart and mind? Are you reminding your family the importance of serving God?

What did God say to you today?

Day Six

"I prayed to the Lord and He answered me and freed me from all my fears."
Psalm 34:4 NLT (Read 2 Corinthians 3:17, 1 Corinthians 6:12, John 8:36,
Galatians 5:13,14, Galatians 5:1, Ephesians 3:12, Psalm 119:45, Acts 13:38,39)

Question: What does it mean to be "free" in the Lord? Discuss with your family what it means to live in obedience to God's will; to live free and without fear.

What did God say to you today?

Day Seven

"But forget all that! It is nothing compared to what I'm going to do! For I am about to do something new! See, I have already begun. Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland. Isaiah 43:18,19 NLT (Read 2 Corinthians 5:17, Isaiah 42:9, Ezekiel 36:26, Isaiah 40:31, Ephesians 4:22-24, Lamentations 3:22-24, Revelation 21:5, Isaiah 65:17)

Question: Do you believe God wants you and your family to experience him in new ways?

What did God say to you today?

WEEK THREE: I MUST DECREASE

Day One

“He must increase, I must decrease.” John 3:30 NLT (Read John 3 in its entirety)

Question: Are you allowing the Lord, through the power of the Holy Spirit to lead you and your family? Have you moved out of His way?

What did God say to you today?

Day Two

“We can make our plans, but the Lord determines our steps.” Proverbs 16:9 NLT (Read Jeremiah 29:11, Esther 4:14, Romans 8:28, Psalm 33:11, Jeremiah 1:5 2 Peter 3:9, Proverbs 3:5,6, Psalm 32:8

Question: Does God have the last say in your individual and family planning?

What did God say to you today?

Day Three

“Remember how the Lord, your God, led you through the wilderness for these 40 years, humbling you and testing you to prove your character and to find out whether or not you would obey His commands. Yes, He humbled you, by letting you go hungry and then feeding you with manna, a food previously unknown to you and your ancestors. He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of God. Deuteronomy 8:2-3 NLT (Read Deuteronomy 8, 9 & 10)

Question: Put the DVD on rewind! Think and share of a time when the Lord gave you another chance and delivered you from a wilderness experience. Allow each family member to share a testimony.

What did God say to you today?

Day Four

“Go and gather all the Jews of Susa and fast for me. Do not eat or drink for 3 days: night or day. My maids and I will do the same. And then, though it is against the law, I will go in and see the king. If I must die, I must die.” Esther 4:16 NLT (Read the book of Esther)

Question: Have you ever fasted for someone else’s deliverance? Share your testimony with the family.

What did God say to you today?

Day Five

“This is why the Lord says, “Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping and mourning.” Joel 2:12 NLT (Read Joel 2 in its’ entirety)

Question: Have you given God your whole heart? Are you witnessing to your family so that they might be saved?

What did God say to you today?

Day Six

‘We have fasted before you’! They say. ‘Why aren’t you impressed? We have been very hard on ourselves, and you don’t even notice it’. “I will tell you why”. I respond. It’s because you are fasting to please yourselves. Even while you are fasting you keep oppressing your workers. What good is fasting when you keep on fighting and quarreling? This kind of fasting will never get you anywhere with me. Humble yourselves by going through the motions of penance; bowing your heads like reeds bending in the wind. You dress in burlap and cover yourselves in ashes. Is this what you call fasting? Do you really think this will please the Lord? Isaiah 58:3-7 (Read verses 1-14)

Question: Is your fast acceptable to God or is it just a show? Are you fasting for the right reason or due to ritual? For what reason are you telling others to fast?

What did God say to you today?

Day Seven

“Then, Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness, where He was tempted by the devil for 40 days. Jesus ate nothing all that time and became very hungry. Then the devil said to Him, “If you are the Son of God, tell this stone to become a loaf of bread.” But Jesus told him, “No, the Scriptures say, people do not live by bread alone.” Luke 4: 1-4 NLT (Read Luke 4 in its’ entirety)

Question: Did the Word of God sustain you through this time of fasting? Allow the family to share their testimony of the same.

What did God say to you today?

FINAL SCRIPTURE & QUESTION

“And now, Israel, what does the Lord your God require of you? He requires only that you fear the Lord your God, and live in a way that pleases Him, and love him and serve him with your heart and soul.” Deuteronomy 10:12 NLT (Read verses 12-22)

Question: *Are you committed to meet God's requirements?*

Final thoughts on what God has said to you over the 21 days.

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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 meat nor 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: 1 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 sun up 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?

A 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?

As long as they are the appropriate foods, we are recommending 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	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	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
¼ teaspoon salt
¼ 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

¼ 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

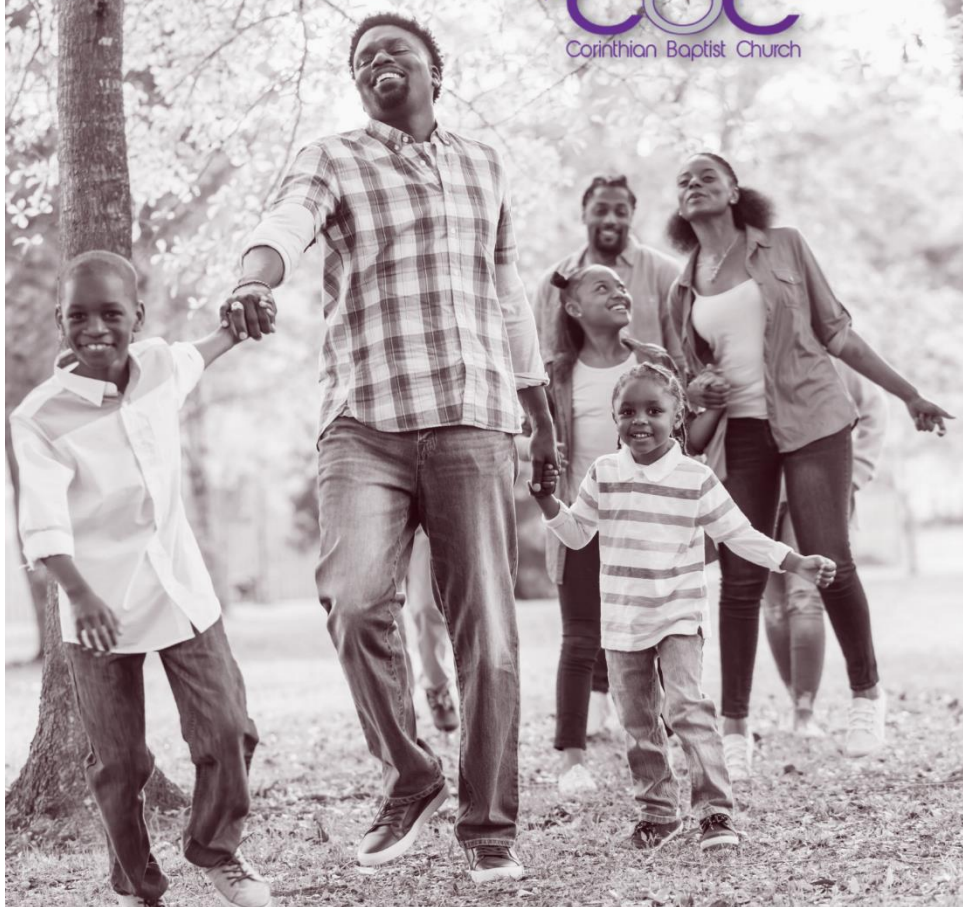
½ medium size cantaloupe, seeded and cut from the rind.
½ cup orange juice (use fresh oranges)
Juice 2 limes
1 medium size banana, peeled and cut into chunks
Fresh mint leaves for garnish (optional)
2 cups of ice cubes

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.

KEEPING IN STEP WITH THE SPIRIT

Galatians 5:16a,25



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