

“Get Fit for the Fight”

21-Day Journey Consecration, Fasting & Prayer

Weekly Scriptures

Week 1

Day One: He must increase, but I must decrease. John 3:30

Day Two: Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. I Thessalonians 5:16-18

Day Three: Look to the Lord and his strength; seek his face always. I Chronicles 16:11

Day Four: Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak. Matthew 26:41

Day Five: May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

Day Six: Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:12

Day Seven: One of those days, Jesus went out to a mountainside to pray and spent the night praying to God. Luke 6:2

Week Two

Day One: In the same way, the spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. Romans 8:26

Day Two: Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6

Day Three: Devote yourselves to prayer being watchful and thankful. Colossians 4:2

Day Four: If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Day Five: I ate no choice food; no meat or wine touched my lips and I used no lotions at all until the three weeks were over. Daniel 10:3

Day Six: Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish! Esther 4:16

Day Seven: Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments. Exodus 34:28

Week Three

Day One: Even now, declares the Lord, return to me with all your heart, with fasting and weeping and mourning. Rend your hearts not your garments. Joel 2:12-13a

Day Two: So, I turned to the Lord God and pleaded with him in prayer and petition. In fasting and in sackcloth and ashes. I prayed to the Lord my God and confessed: “Lord, the great and awesome God who keeps his covenant of love with those who love him and keeps his commandments. We have sinned and done wrong. We have been wicked and have rebelled. We have turned away from your commands. Daniel 9:3-5

Day Three: Where for 40 days he was tempted by the devil. He ate nothing during those days and at the end of them he was hungry. The devil said to him, “If you are the Son of God, tell this stone to become bread. Jesus answered. “It is written: Man shall not live on bread alone.” Luke 4:2-4

Day Four: There by the Shava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children with all our possessions. I was ashamed to ask the king for soldiers and horsemen to protect us from enemies on the road because we had told the king, “the gracious hand of our God is on everyone who looks to him, but his great anger is against all who forsake him.” So, we fasted and petitioned our God about this and he answered our prayer. Ezra 8:21-23

Day Five: 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.

Day Six: For God so loved the world, He gave His only begotten son, for whosoever believes in Him shall not perish, but have everlasting life. John 3:16

Day Seven: He must increase, but I must decrease. John 3:30



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. So 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. So 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 to 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	Oranges
Dates	Papayas
Figs	Peaches
Grapefruit	Pears
Grapes	Pineapples
Grenadine	Plums
Raspberries	Prunes
Strawberries	Raisins
Tangerines	Tangelos
	Watermelons

Vegetables:

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

Artichokes	Onions
Asparagus	Parsley
Beets	Peppers
Broccoli	Potatoes
Brussels sprouts	Radishes
Cabbage	Rutabagas
Carrots	Scallions
Cauliflower	Spinach
Celery	Sprouts
Chili peppers	Squashes
Collard greens	Sweet potatoes
Corn	Tomatoes
Cucumbers	Turnips
Eggplant	Watercress
Garlic	Yams
Ginger root	Zucchini
Kale	Mushrooms
Leeks	Mustard greens
Lettuce	Okra

Legumes

Dried beans	Green beans
Black beans	Green peas
Cannellini	Kidney beans
Pinto beans	Peanuts
Split peas	Beans
Lentils	Lentils
Black eye peas	Lupines

Seeds

All nuts (raw, unsalted)	Sunflower
Spouts	Sesame
Ground flax	Almonds
Cashews	Natural almond butter
Walnuts	

Whole Grain

Whole wheat	Barley
Brown rice	Grits (no butter)
Millet	Whole wheat pasta
Quinoa	Whole wheat tortillas
Oats	Plain rice cakes
Rolled oats	Popcorn (homemade)
Plain oatmeal	

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

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
¾ 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 or 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
- ¾ 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 jus blended. Bring to a boil and then reduce heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

Snacks

Popcorn

¼ cup unpopped 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 unpopped 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,