

21 DAY Fasting Guide

During this time, we encourage you to prayerfully consider participating in one of three types of fasts:

- **12 Hour Fast** – Abstain from food or drink (with the exception of water) for twelve consecutive hours each day.
- **18 Hour Fast**– Abstain from food or drink (with the exception of water) for eighteen consecutive hours each day.
- **Daniel Fast** – Consume only foods that are grown from the ground. This includes fresh fruit and vegetables, whole grain wheat, and brown rice.

21 DAY PRAYER GUIDE

September 25 – October 16, 2016

Use this guide to inspire and build your faith as well as to stay in unity with those at The Fountain of Praise who are also fasting and praying. Begin each day in the Word and in prayer. The strength and endurance you need to complete this fast will surely come to you as you "seek first" His Kingdom every day. Remember, our God is a rewarder of those who diligently seek Him. Journal everything the Lord speaks to you during this time of fasting and prayer.

Day One – Sunday, September 25

Read: 1 Peter 5:6 – 11; James 4:4 – 10; Isaiah 58:6 – 14
When we fast unto the Lord, He promises to loose us from every yoke of bondage, to shine His light upon us, and to cause our recovery to spring forth speedily. According to these promises in God's Word, pray that God extends your faith today.

Day Two – Monday, September 26

Read: Romans 13:1 – 14; 1 Timothy 2:1 – 8
Take time in prayer today to lift up your hands and pray for all who are in authority in our nation and in your personal life.

Day Three – Tuesday, September 27

Read: Esther 4:1 – 17, 5:1 – 8; II Chronicles 20:1 – 25; Acts 9:1 – 19
Whatever crisis you may be in, pray this day and seek God's favor!

Day Four – Wednesday, September 28

Read: Daniel 10:1 – 21; Acts 2:14 – 21; Ephesians 1:15 – 23; John 16:5 – 15
Pray today for revelation (the unveiling of things hidden) and for understanding (the wisdom to carry it out). Ask the Holy Spirit to lead you into all the truth.

Day Five – Thursday, September 29

Read: Judges 20:18 – 48; Matthew 9:14 – 15
Ask the Lord to grant you favor for expansion and enlargement as you step out into new things this year (this could be personal growth, ministry, business, etc.).

Day Six – Friday, September 30

Read: Leviticus 23:26 – 32; Hebrews 3:7 – 19, 4:1 – 7
Spend this day seeking God's face. Let this be a day of consecration and self examination. Ask the Lord to give you the grace to enter His rest.

Day Seven – Saturday, October 1

Read: I Kings 21:17 – 29; Matthew 16:5 – 11
Stand in prayer today, interceding for those who need to be saved and/or returned to the Lord. Ask for God's judgment to be held back and for His mercy to bring them to repentance. Ask for the Holy Spirit's conviction to come upon them. Call them out by name.

Day Eight – Sunday, October 2

Read: Luke 4:1 – 14, 10:1 – 20
Ask the Lord to strengthen your faith and grant you increased authority over demonic powers.

PRAYER AND CONSECRATION

Day Nine – Monday, October 3

Read: 1 Samuel 15:22; Jer. 7:23; 1 Peter 1:14; 2 Corinthians 12:8-9; Heb. 4:16
Ask the Lord to help you to accept whatever He instructs you to do. Specifically ask for help with embracing the call on your life and the character to be trusted to fulfill our purpose.

Day Ten – Tuesday, October 4

Read: Jer. 32:27; Eph. 4:26-32; Col. 3:12-14; Matthew 6:14-15, 18:15; 2 Corinthians 13:11
Seek guidance in your relationships with family, friends and your spouse; even our relationship with God; pray for forgiveness from those you have offended and for those who have offended you.

Day Eleven – Wednesday, October 5

Read: Colossians 2:1-7; Proverbs 4:6-7; Ecclesiastes 2:26; James 3:17
Pray for Spiritual growth, specifically how to manage your study time, prayer time, worship and intimacy with God; wisdom in decision making concerning your life and the lives of your loved-ones.

Day Twelve – Thursday, October 6

Read: Psalm 111:5; Malachi 3:10; Matthew 6:25, 31-33; Luke 6:38; Philippians 4:19
Pray expecting provision to accomplish God's will; debt elimination, careers, promotions and employment for those in need.

Day Thirteen – Friday, October 7

Read: James 5:14-16; Isa. 53:5, 58:8; 1Pet 2:24; Jeremiah 33:6
Pray for healing for those suffering from any sickness, disease or addictions; spiritual, mental, physical and emotional.

Day Fourteen – Saturday, October 8

Read: Acts 2:37-41
Allow your heart to be stirred with a spirit of faith. Believe with us for an outpouring of the Spirit in TFOP to an overflowing of new souls into the Kingdom!

Day Fifteen – Sunday, October 9

Read: Matthew 6:1 – 24, 9:15; I John 2:28 – 29; 3:7 – 8
Ask the Lord for the grace and discipline to practice righteousness: giving, praying and fasting. Ask especially that these things will become your lifestyle.

Day Sixteen – Monday, October 10

Read: Luke 11:1 – 13
As we intercede for this generation to be saved, commit to being persistent. Keep asking, seeking and knocking.

Day Seventeen – Tuesday, October 11

Read: Psalm 2
Speak the decree of our Lord in prayer today. Ask for this generation, for our city, for our nation! During tonight's service, pour out your heart in worship to Jesus.

Day Eighteen – Wednesday, October 12

Read: Psalm 27; II Corinthians 3:12 – 18
Ask the Lord to allow you to see His face and behold His glory. Sing praises to Him and celebrate His goodness. As you wait in fasting and in prayer, let your heart take courage.

Day Nineteen – Thursday, October 13

Read: Isaiah 61:1 – 11, 49:8 – 13; Luke 4:14 – 19
Begin to decree the Word of God over your life. Proclaim that His Spirit is upon you and this is the favorable year of the Lord.

Day Twenty – Friday, October 14

Read: Isaiah 54:1 – 17, 42:1 – 13
Shout and sing for joy in the presence of the Lord. Ask the Lord to stretch and enlarge you for new things.

Day Twenty-One – Saturday, October 15

Read: Psalm 63; Isaiah 35:1 – 6; Mark 16:15 – 20
As you close this 21-day fast tomorrow morning, prepare your heart and come with expectancy to The Fountain of Praise's 57th Church Anniversary Service. Believe in God for an outpouring of His Spirit at both services.

HELPFUL TIPS FOR YOUR DANIEL FAST

Foods to include in your diet during the Daniel Fast:

All fruits: fresh, frozen, dried, juiced or canned.

All vegetables: fresh, frozen, dried, juiced or canned. Veggie burgers are an option if you are not allergic to soy.

All whole grains: including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn. All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame seeds, and nut butters.

All legumes: canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils: including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, sea salt, herbs and spices

Foods to avoid on the Daniel Fast:

All meat and animal products: including fish.

All dairy products: including eggs.

All sweeteners: natural and artificial

All leavened bread: including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed foods products: including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods

All solid fats: including shortening, margarine, lard and foods high in fat.

Beverages: including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

If you have any known medical conditions or suspect such conditions, consult your doctor before beginning this or any fast.