

Helpful Tips for Your Daniel Fast

Foods to include in your diet during the Daniel Fast:

All fruits. These can be fresh, frozen, dried, juiced or canned.

All vegetables. These can be 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. Also nut butters including peanut butter.

All legumes. These can be 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.



21 DAY FASTING GUIDE

September 29—October 19, 2014

"A Place of Refreshing"

A Message from Our Pastors

Dear Friend,

It is with great expectation that we begin this 21 day journey of fasting and prayer. As we enter this season of Double Grace, our church’s 55th Church Anniversary, we anticipate that God will send a fresh wind collectively throughout our congregation and individually in each of our personal lives. During this time, we encourage you to prayerfully consider participating in one of three types of fasts:

- A whole day fast: abstaining from food and drink (except water) for 21 full days
- A half day fast: abstaining from food and drink (except water) for twelve consecutive hours each day for 21 days
- The Daniel Fast: consuming only fresh fruit, fresh vegetables, and water for 21 days

Included in this brochure are the prayer focuses for each of the 21 days of this fast. The dates for the fast are Monday, September 29th through Sunday, October 19th. 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 by reading your Bible and praying. Journal everything the Lord speaks to you during this time. The strength and endurance you need to complete this fast will surely come as you “seek first” His Kingdom every day. Remember, our God is a rewarder of those who diligently seek Him.

To assist you with your fast we have included helpful tips for the Daniel Fast as a part of this handout. If you have any known medical conditions or suspect such conditions, consult your doctor before beginning this or any fast.

During this period of prayer and preparation, there are many different opportunities for worship at the Hillcroft Worship Center. The Common English Bible translates the Apostle Paul’s statement in Hebrews 10:25 as this, “Don’t stop



meeting together with other believers, which some people have gotten into the habit of doing. Instead, encourage each other, especially as you see the day drawing near.”. As your Pastors, we encourage you in the same way.

Here are several worship opportunities to pray, fellowship, and draw strength from others who are taking this 21 day journey with you:

WEEK OF PRAYER AND CONSECRATION

OCTOBER 6-10, 2014
6:00AM AND 6:00PM DAILY
ONE HOUR OF PRAYER

DRIVE-THRU PRAYER

OCTOBER 6-10, 2014
6:00PM - 7:00PM
IN THE PARKING LOT OF THE
HILLCROFT WORSHIP CENTER

*A PRAYER TEAM WILL BE AVAILABLE TO PRAY WITH AND FOR
YOU FROM THE CONVENIENCE OF YOUR OWN VEHICLE*

FALL REVIVAL

OCTOBER 15-16, 2014
REVIVALIST: DR. GINA W. STEWART
CHRIST MISSIONARY BAPTIST CHURCH
MEMPHIS, TN

55TH CHURCH ANNIVERSARY AND SERVANT LEADER AWARDS

OCTOBER 19, 2014
GUEST SPEAKER: DR. JOHN ADOLPH
ANTIOCH MISSIONARY BAPTIST CHURCH
7:30AM AND 10:00AM
GUEST SPEAKER: PASTOR VALERIE CRUMPTON
THE POTTERS HOUSE DALLAS
12:30PM

We look forward to celebrating the many wonderful things God will do in your life as a result of this dedicated time with Him. Let the journey begin!

21 Day Fasting Guide

The Fountain of Praise will participate in a church-wide fast from Monday, September 29th through Sunday, October 19th. Remember to begin each day by reading your Bible and in prayer. Journal everything the Lord speaks to you during this fast.

Day One – Monday September 29

Read: I 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, extend your faith today.

Day Two – Tuesday September 30

Read: Romans 13:1 – 14; I 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 – Wednesday October 1

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

Day Four – Thursday October 2

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

Day Five – Friday October 3

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

Day Six – Saturday October 4

Read: Leviticus 23:26 – 32; Hebrews 3:7 – 19, 4:1 – 7
Today, abstain from all food (if you are able to not work) and spend this day seeking His face. Let this be a day of consecration and self examination. Ask the Lord to give you the grace to enter His rest. Note: If you wish, you may take food for your evening meal.

Day Seven – Sunday October 5

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

Day Eight – Monday October 6

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

Day Nine – Tuesday October 7

Read: Psalm 1
Ask the Lord to give you strength to live a life of regular meditation on His Word. We’re virtually incapable of living a life without meditating on something! If we want to be blessed (fruitful and prosperous) then meditation on the Word of God must be more than a casual drink. Commit today to send your roots down deep into the water of His Word.

Day Ten – Wednesday October 8

Read: Isaiah 58:6 – 14, Jeremiah 29:11 – 14
Fast today for the fulfillment of your prophetic purpose and destiny. Seek the Lord with all of your heart.

Day Eleven – Thursday October 9

Read: Malachi 3:16 – 18, 4:1 – 3; Psalm 103:1 – 5; Isaiah 53:4 – 5; Matthew 8:16 – 17; James 5:13 – 16
According to His Word, ask the Lord to heal you. Begin to decree, “By His stripes I am healed!” Reminder: Part of our night of worship and prayer service on the 31st we will be praying for healing!

Day Twelve – Friday October 10

Read: Matthew 9:14 – 17; Joel 2:11 – 32
Ask the Lord to prepare your heart for a fresh outpouring of new wine.

Day Thirteen – Saturday October 11

Read: Acts 1:12 – 14, 2:1 – 4, 2:37 – 41
Realize that obedience and a unity of purposeful waiting were the precursors of the outpouring of the Spirit. Obedience = each man’s willful act of honor and respect to the command of the Lord. Unity = selfless expectation and the camaraderie that brought about the perseverance to wait. When the Spirit was poured out, therefore, He was first manifested as sweeping the whole of the house like a rushing ale force wind; then secondly as tongues of fire on the heads of each individual person. They were purposeful and expectant in their waiting! Pray that it will be so at TFOP!

Day Fourteen – Sunday October 12

Read: Acts 2:37-41
Knowing that 120 praying and fasting believers “birthed” 3,000 souls into the Kingdom, 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 – Monday October 13

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 private fasting will become your lifestyle.

Day Sixteen – Tuesday October 14

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

Day Seventeen – Wednesday October 15

Read: Psalm 2
Speak the decree of our Lord in prayer today. Ask for this generation, for our city, for our nation! Pour out your heart in worship to the Son, Jesus.

Day Eighteen – Thursday October 16

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 – Friday October 17

Read: Psalm 63; Isaiah 35:1 – 6; Mark 16:15 – 20
Prepare your heart and come with expectancy to The Fountain of Praise’s 55th Church Anniversary Service. Believe God for an outpouring of His Spirit at all three services.

Day Twenty – Saturday October 18

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 – Sunday October 19

Read: Isaiah 61:1 – 11, 49:8 – 13; Luke 4:14 – 19
As you close this 21-day fast this evening, 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. Celebrate as we declare this our year of Double Grace!