

A
21 Day
Encounter with God
Through
Fasting



Innovative Concepts Spiritual Family:

We are living in exciting times. God has great things in store for us, but there is also a challenge before us. In order to accomplish the purposes of God, we must be fully consecrated – given to Him. God honors our faith, but faith without action is dead.

Because of this, we believe God is calling us (as a church body) to a corporate fast. As you will see in the material that follows, God answers BIG when people fast together. There seems to be a special release of His power, grace, and potential when a church consecrates itself through prayer and fasting *together*.

Other benefits of fasting:

- It will impact your children.
- You will experience God's blessings throughout the whole year.

The fast we are undergoing is a 21-day Daniel Fast.

We encourage you to participate, it is a corporate fast. We realize that some of you may not be able to participate fully, but please consider making some effort to fast during this special time.

The Daniel Fast is 21 days of eating no meat, delicate breads, and drinking no wine, soda, caffeine, etc. On page 9 there is a list of acceptable foods. There are also great websites with recipes for the fast. Visit www.danielfast.wordpress.com and www.daniel-fast.com for more information.

This is a fast, not a diet. Although dietary benefits occur, let's not forget we are doing this for spiritual purposes. Fasting without prayer is not biblical fasting. So make sure you use your time to seek God.

We are on the brink of tremendous breakthrough. Let's come together as a church body and consecrate this time to God. You will be amazed to see how God will respond!

In His name,

-Innovative Concepts Staff

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”

Daniel 10:2, 3

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water.

Special Note from Bill Bright: By all means, consult your doctor before you begin your fast, but be aware that many doctors have not been trained in this area and so their understanding is limited. Even so, it would be wise to ask your doctor for a physical exam to make sure you are in good health. You may have a physical problem that would make fasting unwise or dangerous. Also, if you are under any type of medication, make sure you talk to your doctor before changing your regime. Prudence and caution are in order.

When you are assured that you are in good health, you are ready to begin your fast.

In spite of the absolute safety and benefits of fasting, there are certain persons who should NEVER fast without professional supervision. For example:

- Persons who are physically too thin or emaciated
- Persons who are prone to anorexia, bulimia, or other behavioral disorders
- Those who suffer weakness or anemia
- Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease
- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs
- Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia
- Women who are pregnant or nursing

Spiritual and physical preparation is vital in sustaining a fast, no matter how long it may be.

Spiritual Preparation

In preparation for this special time with God, examine your heart and detect any unconfessed sin. Scripture records that God always requires His people to repent of their sins before He will hear their prayers. King David said:

Come and hear, all of you who reverence the Lord, and I will tell you what he did for me: For I cried to him for help, with praises ready on my tongue. He would not have listened if I had not confessed my sins. But he listened! He heard my prayer! He paid attention to it!

Blessed be God who didn't turn away when I was praying, and didn't refuse me his kindness and love. (Psalm 66:16-20)

In your prayers, confess not only obvious sins, but less obvious ones as well; the sins of omission as well as the sins of commission experiences. These may be experiences leaving your first love for our Lord: worldly-mindedness, self-centeredness, spiritual indifference, unwillingness to share your faith in Christ with others, not spending sufficient time in God's Word and in prayer, a poor relationship with your spouse, your children, your pastor, or other members of your church.

Another great way to prepare for your fast is to practice "Spiritual Breathing."

Like physical breathing, Spiritual Breathing is a process of exhaling the impure and inhaling the pure. If you knowingly sin, breathe spiritually to restore the fullness of God's Holy Spirit in your life. You exhale by confessing your sins immediately when you become aware of them, and you inhale by inviting the Holy Spirit to re-take control of your life. As an act of faith, trust Him to empower you. During the fast, spiritual breathing (constant reliance on the Holy Spirit) will enable you to resist temptation, not only to sin but to abandon your fast.

Physical Preparation

Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not fast without specific physical preparation.

If you plan on fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether. Resist the urge to have that "last big feast" before the fast. Cutting down on your meals a few days before you begin the fast will signal your mind, stomach, and appetite that less food is acceptable.

Some health professionals suggest eating only raw foods for two days before starting a fast. It's also recommended to wean yourself off of caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast.

Special Things For Your Fast:

Keep a journal as you go through the fast. Record your thoughts, prayers, insights, requests, dreams, and promises. This is part of your connection with God. It will document your journey through the 21 day fast.

Use your meal times as time to seek God. This is not just about ‘not eating,’ it is about connecting with God. It is not a true fast if you do not spend this time with Him.

Read the Word daily. In your private time with God, keep your bible handy; study certain topics (especially if you are fasting for a specific request – discover what God says about the issue). The Word of God becomes your food. Meditate on the bible verses. Memorize and meditate to make the most of your fast.

Pray. Spend time praying the Word, worshipping God through singing, and interceding for others. Keep a prayer list throughout the year so you can document answers to prayer.

If you want information on how to cook for a Daniel fast check out the recipes at:

<http://danielfast.wordpress.com>

To study more go to:

<http://www.wgbd.org/oldbiblestudy.html>

For Bill Bright’s guide to fasting, go to:

<http://www.billbright.com/howtofast/>

33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. – Matthew 6:33

The following pages are taken from Jentezen Franklin’s teaching on fasting.

The Daniel Fast

Step One: Be Specific

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

Step Two: Fast as a Spiritual Commitment

The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" (**Daniel 1:8**).

Step Three: Reflect Inner Desire by Outer Discipline

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors:

1. Your food choices.
2. The level of your spiritual commitment as reflected in constant prayer during the fast.
3. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.
4. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Daniel Fast.

Step Four: Pray to Perceive Sin's Role in Poor Health

Notice **James 5:13-16**:

- Sin is something related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well
- The anointing oil could mean:
 1. Medicine for healing
 2. Symbolic of the Holy Spirit or
 3. It could be baptism
- Prayer alone may not gain healing, faith is the major factor.
- In Greek there are several words for "sick." James uses "*Kanino*", which not only includes disease, but also means weak or weary.
- Attitude is important. James said, "Are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."

Step Five: Fast as a Statement of Faith to Others

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

Step Six: Learn the Effects of the Food You Eat

Why are some foods good for us and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

Step Seven: Yield All Results to God

Daniel said, "As you see fit, deal with your servants." (**Dan. 1:13**).

Remember:

- The Daniel Fast will lead to spiritual insight. "To those four young men God gave knowledge."
- The Daniel Fast is longer than one day. These young men fasted for ten days.
- The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- The Daniel Fast requires abstinence from party or junk foods.
- There is no indication that they ever began to eat the king's food.

Biblical Examples:

There are over 30 positive examples, commands, and instructions in Scripture about fasting.

Judges 20:26--Israel fasted for victory in war

1 Sam. 1:6-7--Hannah fasted for a son

1 Sam. 7:6--Israel fasted in repentance

1 Sam. 31:13--Men of Jabesh Gilead fasted in mourning for Saul

2 Sam. 1:12--David and his men fasted in mourning for Saul, Jonathan, and the fallen of Israel

2 Sam. 12--David fasted for mercy upon his child

1 Kings 21:27--Ahab fasted for mercy

2 Chron. 20:3--Jehoshaphat and Israel fasted for help and protection

Ezra 8:21-23--Ezra and the people fasted for help and protection

Nehemiah 1:4--Nehemiah fasted in mourning and for help upon Jerusalem

Nehemiah 9:1,2--Israel fasting in mourning and repentance

Esther 4:16--Esther and friends fasted for victory

Esther 9:3--Fasting is mentioned as having had a role in the victory

Psalms 35:13,14--Fasting in prayer and mourning

Psalms 69: 10,11--Fasting in prayer and mourning

Isaiah 58:6-8--The fast which pleases God

Jeremiah 36:9--Israel fasted for mercy

Joel 1:14; 2:12,15--God commanded fasting and repentance

Jonah 3:5--The Ninevites fasted in repentance for mercy

Daniel 9:3--Daniel fasted for wisdom

Matthew 4:2--Jesus fasted when tempted in the wilderness

Matthew 6:17-18--Jesus promised that the Father would bless fasting

Matthew 9:14-15--Jesus said his disciples would fast

Matthew 17:21--Fasting is necessary for overcoming some demonic strongholds

Mark 9:29--Fasting is necessary for overcoming some demonic powers

Luke 2:37--Fasting was part of Anna's service to God

Acts 13:2--Fasting was part of the ministry of the workers at Antioch

Acts 13:3--Ordination was accompanied by fasting

Acts 14:23--Ordination was accompanied by fasting

1 Cor. 7:5--Fasting and prayer is the only proper reason for abstinence from the marital relationship

2 Cor. 6:5--Fasting was one way Paul approved himself as a minister of Jesus Christ

2 Cor. 11:27--Paul fasted often

These examples and instructions regarding fasting cannot be taken lightly. We are told that the examples of Scripture are as important as are its direct commands--1 Cor. 10:11; Rom. 15:4--and these verses speak specifically of the Old Testament examples. The Lord Jesus Christ is our Pattern (1 Pet. 1:21). Christ's fasting during His temptation in the wilderness is our example, just as His prayers during the temptations in the garden are our examples. Also we are told that the Apostle Paul is to be imitated--Phil. 3:17; 4:9. Paul put before us the example of frequent fasting (2 Cor. 11:27). The simple fact that the Holy Spirit chose to put before God's people so many positive examples of fasting in itself reveals the importance of this spiritual practice.

Food Guidelines for a Daniel Fast

Foods You May Eat:

- Whole Grains:
Brown Rice, Oats, Barley
- Legumes:
Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- Fruits:
Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- Vegetables:
Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Veggie Burgers are an option if you are not allergic to soy.
- Liquids:
Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.
- Others:
Seeds, Nuts, Sprouts

Foods to Avoid:

- Meat
- White Rice
- Fried Foods
- Caffeine
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar
- Sugar Substitutes
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Products

The next section is a 21 day prayer focus with guidelines on what to expect each day. Use this to help you navigate through your fast.

There are great resources available online. The best resource of all is your bible. Keep it with you during this important time. Read, study, memorize, and meditate. This is the beginning of a breakthrough in your life.

Day 1: Getting Started

Fasting brings one into a deeper, more intimate, and powerful relationship with the LORD. When you eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God.

“As the deer pants for the water brooks
So my soul pants for you, O God.
My soul thirsts for God, for the living God.
When shall I come and appear before God?
My tears have been my food day and night,
While they continually say to me,
‘Where is your God?’”
-King David [Psalm 42:1-3 NKJV]

On your first day of fasting, remember:

1. Drink lots of water
2. Keep your focus and avoid temptation
3. Remember your fast and its purpose
4. Get with an accountability partner or group

Physical Effects:

1. Hunger pangs and cravings

Today’s Quote:

“Jesus, while being a very public figure, was actually a very private person. You do not see Him praying in public nearly as much as you see Him praying in private. In fact, our Savior was so committed to prayer that He would often pray for hours on end, even all through the night. He seemed to crave intimate moments alone with His father in heaven.”

Jentezen Franklin

Keep your journal as you go through this experience. Every day you will be provided with a few questions to guide you with your thought process. Here are a few questions to help get you started...

Thoughts for your Journal:

1. What are your own personal reasons for fasting?
2. Do you desire sensitivity to the things of God?

Day 2: Hungering for Living Bread

“As David stated in Psalm 42, ‘Deep calls unto deep.’ Week 1 is that first step down the path to your breakthrough. The first step is many times the hardest step, but as you walk through this journey, you will find that God is there to meet you at every critical point along the way.”

Jentezen Franklin

On your second day of fasting, remember:

1. Drink lots of water
2. Rest to conserve your energy
3. Pray...The second and third days are the hardest

Physical Effects:

1. Tongue begins to coat
2. Hunger pangs increase
3. Cravings are intense at times
4. Headaches can begin
5. Your body starts burning fat for energy, this is called ketosis

Today’s Quote:

“Out of those private and profound times alone with His Father came an enormous outpouring of public demonstration where God’s power would be poured forth in healings, raising the dead, abundance and more. Victories are not won in public, but in private. That is why fasting, whether corporately or individually, is a private discipline.”

Jentezen Franklin

Thoughts for your Journal:

1. Do you need a deeper, more intimate and powerful relationship with the Lord?
2. Do you need a fresh encounter with God?

Day 3: Getting Past Your Quitting Point

Are you ready for a breakthrough unlike anything you've ever experienced before? Remember to continually pray because only God can provide you with the strength, both physically and emotionally, that you will need during these 21 days.

On your third day of fasting, remember:

1. Drink lots of water
2. Chew on some sugar free breath mints or gum
3. Pray for encouragement
4. Avoid smells and other temptations
5. This will be the toughest day of the Fast

Physical Effects:

1. Tongue is coated over fully
2. Hunger pangs increase
3. Cravings are intense at times
4. Ketosis is in full process
5. Noticeable weight loss begins
6. Headaches might still be apparent

Today's Quote:

"I have seen people who have never fasted before experience marvelous breakthroughs in their lives. If you are ready to bring supernatural blessings into your life and release the power of God to overcome any situation, begin today making the discipline of fasting a part of your life. God is no respecter of persons...what He has done in our church, in the lives of our members, He will do for you when you set your heart to seek Him through fasting."

Jentezen Franklin

Thoughts for your Journal:

1. What is that dream inside you that only He can make possible?
2. What are other people's goals in your accountability group?
3. How can you obtain these goals with God's help?

Day 4: Target Your Prayers

The disciples cannot cast the demon out of the boy, Jesus has to do it. Some only come out through prayer and fasting.

Read Matthew 10

On your fourth day of fasting, remember:

1. Drink lots of water
2. Get support from your accountability partner or group
3. Listen as you pray
4. Record His response to your prayers

Physical Effects:

1. You begin to settle into the fast
2. Cravings begin to subside
3. Headaches sometimes occur at this stage
4. Your body begins ridding itself of toxins

Today's Quote:

“As important and intriguing as divine depths might be, they defy discovery by the natural means of our minds. He reserves these things for those whose hearts are completely His...for those who take the time to wait before Him. Only in that way can there be intimacy with the Almighty.”

Charles Swindoll
Intimacy with the Almighty

Thoughts for your Journal:

1. Do you have a friend or loved one that is in need of Salvation?
2. Is there any healing that you need physically?
3. What are the needs in your family right now?

Day 5: Fasting AND Praying

Solomon speaks about the three-fold cord and how it cannot be broken.

Ecclesiastes 4:12

On your fifth day of fasting, remember:

1. Utilize your Prayer Journal
2. Concentrate on your own personal prayer time and prayer place
3. Keep sugar free mints on hand

Physical Effects:

1. Headaches begin to subside
2. Cravings subside
3. Weight loss can be noticeable
4. Bad breath becomes a concern

Today's Quote:

"Tragically, precious little in this hurried and hassled age promotes such intimacy. We have become a body of people who look more like a herd of cattle in a stampede than a flock of God beside green pastures and still waters."

Charles Swindoll
Intimacy with the Almighty

Thoughts for your Journal:

1. Why do you think fasting is important in order to achieve your greatest breakthroughs?
2. Jesus fasted and He intimately related to His Father in heaven. How has this experience so far helped you to relate to your Heavenly Father?

Day 6: God Delights in Renewal

Sometimes we need renewal in our spiritual lives. Fasting is one of the ways that you can cleanse your body and aid the process of communicating with the Father.

On your sixth day of fasting, remember:

1. Drink lots of water
2. Rest to conserve energy
3. Utilize your personal prayer time and prayer place
4. Journal your experience
5. Concentrate on prolonged times of meditation and listening
6. Sugar free mints

Physical Effects:

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues
4. Bad breath

Today's Quote:

"Our forefathers knew, it seems, how to communicate with the Almighty...but do we? We must learn anew to think deeply, to worship meaningfully, to meditate unhurriedly."

Charles Swindoll
Intimacy with the Almighty

Thoughts for your Journal:

1. How is experiencing fasting as a private discipline bringing you closer to God?
2. Has God revealed anything to you since the Fast has begun?

Day 7: Feed on the Word

“I have not departed from the commandment of His lips; I have treasured the words of His mouth more than necessary food.”

Job 23:12 (NKJV)

On your seventh day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints

Physical Effects:

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues
4. Bad breath

Today's Quote:

“It is my prayer that you are drawing strength from each other and that you are truly experiencing the power that is found in fellowship with the Body of Christ.”

Jentezen Franklin

Thoughts for your Journal:

1. How do you keep from resisting the temptation of hunger?
2. How can resisting hunger relate to avoiding other temptations in your life?

Day 8: Walk with God

“Therefore go...” Jesus says. “God is with you...and so am I.”

On your eighth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints

Physical Effects:

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues
4. Bad breath
5. You begin to find what is known as the “sweet spot”

Today’s Quote:

*“So are the saints and pioneers of faith down through the ages.
And they’re all saying—shouting—You can do it, in Jesus’ mighty name! Go for it! Think
big! Dream without boundaries! Be limited only by what He limits. Change the world!”*

Bill Bright
Founder, Campus Crusade for Christ
Amazing Faith, the Authorized Biography of Bill Bright

Thoughts for your Journal:

1. How can this fast give you supernatural insight?
2. Reflect on how there is great power and supernatural blessing that awaits the man or woman who forsakes all flesh for the chance to know their Savior and hear His voice.

Day 9: Is He Speaking to You?

Remember, Paul was fasting when God called him and shared the assignment for his life, and Peter was fasting on the rooftop when God gave him a new revelation and called him to take the gospel to the Gentiles. What will God reveal to you during your Fast?

On your ninth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints

Physical Effects:

1. Senses are heightened
2. Weight loss continues
3. You become mentally aware of the Lord's presence all around you
4. Your hunger for His provision and His attention is intensified

Today's Quote:

"Fasting prepares the way for God to give you fresh revelations, fresh visions, and clear purpose. God will do this for you. Stay the course, finish the race. An incredible reward of fresh wind and fresh fire awaits you on the other side."

Jentezen Franklin

Thoughts for your Journal:

1. Think about the mental, physical, and spiritual battle you encounter as you combat the hunger pangs.
2. Reflect on the battle that ensues between the carnal man and the spirit.
3. How has God's presence become clearer through this experience?

Day 10: Every Assignment Has a Birthplace

Are you listening? Every assignment God gives you has a birthplace. What is He saying to you today?

On your tenth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints
7. You must commit again to speaking regularly with an accountability partner from your group.

Physical Effects:

1. Continued weight loss
2. Bad breath
3. Your senses become heightened
4. Hunger pangs continue

Today's Quote:

"Do you want to hear the voice of the Creator? Do you want to know Jesus more deeply? Do you want to know the direction He desires you to take? I do. I am convinced that we will never walk in the perfect will of God until we seek Him through fasting. God knows your hunger...but He also knows that what you need is Living Water and the Bread of Life. Taste and see that the Lord is good!"

Jentezen Franklin

Thoughts for your Journal:

1. What do you think the specific assignments are that God has for your life?
2. What do you currently desire in your life? Remember to pray about your dreams and ask God for guidance in what is best for your life.

Day 11: Fasting Truly Humbles You

Fasting is a biblical way to truly humble yourself in the sight of God. King David said, “I humble myself through fasting.” **Ezra 8:21**

On your eleventh day of fasting, remember:

1. Drink water or juice throughout the day
2. Rest and relax
3. Go to your prayer time and prayer place
4. Write your experience in your prayer journal
5. Continue to meditate and listen to God
6. Sugar free mints will keep your breath fresh
7. Speak with your accountability partner from your group.

Physical Effects:

1. Decreasing weight
2. The Lord’s presence becomes more apparent
3. Cravings are still apparent

Today’s Quote:

*“Most of the fasts mentioned in the Bible were public fasts initiated by the priests; Jesus gave us the model for private fasts in Matthew **6:16-18** and **9:14-15**”*

Jentezen Franklin

Thoughts for your Journal:

1. Humility is a discipline and not something that just comes naturally. Fasting places one truly in the hands of God, dependent upon Him for spiritual nourishment in the absence of physical nourishment. Journal how this experience has humbled you and made you trust God more.

Day 12: The Holy Spirit Is Using Your Fast

The Holy Spirit is using your fast to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.

“My sheep hear my voice, and I know them, and they follow me: And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of your hand.”

Jentezen Franklin

Thoughts for your Journal:

1. Has God revealed anything to you personally?
2. Reflect on what it means to present your body as a living sacrifice through your time of fasting.

Day 13: Hold on to the Promise

God will not allow you to give in to temptation! Remember your dream to complete the fast and keep your feet on the path of righteousness.

On your thirteenth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints
7. You must commit again to speaking regularly with an accountability partner from your group.

Physical Effects:

1. Continued weight loss
2. You are mentally aware of the Lord's presence all around you
3. Cravings have returned

Today's Quote:

"Hold on to your dream, and let it hold on to you. Joseph knew terror in the pit and frustration in the prison, but he never lost his dream."

Mark Rutland
Dream

Thoughts for your Journal:

1. What are the various ways you can experience guidance from God?
2. Reflect on how you can resist more temptation in these next days as the hunger pangs continue.

Day 14: Magnifying Your Worship

“If my people who are called by name will humble themselves, and pray and seek my face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sin and heal their land.”

II Chronicles 7:14 (NKJV)

On your fourteenth day of fasting, remember:

1. Drink water or juice
2. Go to your prayer time and prayer place
3. Listen to a few of your favorite worship CD's
4. Dialogue in your prayer journal
5. Focus on your meditation and listening
6. Continue to speak regularly with an accountability partner from your group
7. Chew sugar free gum and keep sugar free mints with you

Physical Effects:

1. Weight loss continues
2. Bad breath
3. You become spiritually aware of the Lord's presence all around you
4. Cravings can be strong at times

Today's Quote:

“Fasting and praying will provide the perspective of God that can only be described as magnification as His perfect will, His presence and His power come into focus with greater clarity than ever thought possible.”

Jentezen Franklin

Thoughts for your Journal:

1. Praise God for bringing you this far and thank Him for His steadfast presence.

Day 15: Renewal

What was your reason for starting this fast? Have you had a spiritual awakening? God is rejoicing in your dedication – thank Him for His strength.

On your fifteenth day of fasting, remember:

1. Keep hydrated
2. Pray to God in your personal time and at your personal place
3. Listen to music as a motivational tool
4. Keep up with your prayer journal
5. Listen to God as you pray
6. Continue to speak regularly with an accountability partner from your group
7. Keep sugar free mints and gum on you

Physical Effects:

1. Weight loss continues
2. Bad breath is still a concern
3. You become mentally aware of the Lord's presence all around you
4. Cravings begin to return, but avoid temptation

Today's Quote:

"If you are in a rut or a routine where your worship just isn't cutting it...if you have not heard God speak to you in a long time...if your circumstances seem to be the biggest obstacle in your life...stop everything and begin a fast."

Jentezen Franklin

Thoughts for your Journal:

1. Reflect on how worship and obedience has provided you with the opportunity for God to reveal Himself and His purposes to you, His special servant.
2. Write down the details that were a concern in the beginning of the Fast that no longer seem as of great concern.

Day 16: Purest Worship

As you continue on this journey, keep your focus...on God. He will guide you and direct you so that your life will honor Him.

On your sixteenth day of fasting, remember:

1. Drink water and juice throughout the day
2. Observe your prayer time and prayer place
3. Listen to worship music for inspiration and support
4. Write in your prayer journal
5. Reflect on your fast and how it is helping you to grow spiritually
6. Speak with your accountability partner for encouragement
7. Sugar free breath mints

Physical Effects:

1. Weight loss continues to be apparent
2. Bad breath remains
3. Your senses are heightened
4. Avoid temptation as hunger pangs come

Today's Quote:

"Worship is totally God-centered! God Focused! Out of worship comes a clearer and more focused relationship of faith and obedience with God. Worship is God's way of developing character and directing the life into the center of His will."

Henry Blackaby
Created to be God's Friend

Thoughts for your Journal:

1. Remember to stay the course. Write out your thoughts on how you can continue to present your body as a living sacrifice and see if the Lord does not open up the windows of heaven to you and shower you with His presence.
2. Fasting is a form of worship that will humble you. Remind yourself of your dependency on God.

Day 17: Nothing is Impossible with God

“Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be a special treasure to Me above all people; for all the earth is Mine. And you shall be to Me a kingdom of priests and a holy nation.’ These are the words which you shall speak to the children of Israel.”

Exodus 19:5-6

On your seventeenth day of fasting, remember:

1. Seek encouragement from your accountability partner
2. Keep hydrated with water and juice
3. Continually pray
4. Listen to your favorite worship CD
5. Write your thoughts in your prayer journal
6. Meditate and listen to what God is saying
7. Chew sugar free gum

Physical Effects:

1. Weight loss continues
2. Bad breath continues
3. You see the Lord’s presence all around you
4. Cravings are apparent

Today’s Quote:

“We must get to the place where we are desperate for God again. We must begin to desire Him more than food or drink. Let us be filled with the Bread of His Presence instead of the refuse of religion.”

Jentezen Franklin

Thoughts for your Journal:

1. Reflect on comments of encouragement that others have expressed throughout your Fast. Thank God for people in your life that have touched your heart.

Day 18: God is Your Rock

God doesn't want you to worry. He wants to be in control of your life and guide you through your daily challenges. As you are fasting and giving God your body, give Him your spirit too.

On your eighteenth day of fasting, remember:

1. Lean on your group and your accountability partner for support
2. Keep water and juice with you
3. Use your prayer time and prayer place
4. Worship and find strength with music
5. Journal your experience
6. Meditate on what this experience means to you
7. Keep sugar free mints or gum on hand

Physical Effects:

1. Continued weight loss
2. Bad breath is apparent
3. Your awareness of God's power is heightened
4. Cravings are evident, but avoid temptation

Today's Quote:

"This frightening hour calls aloud for men with the gift of prophetic insight. I am talking about His coming and possessing the full body and mind and life and heart, taking the whole personality over, gently but directly and bluntly, making it His, so that we may become a habitation of God through the Spirit."

A.W. Tozer
Gems from Tozer

Thoughts for your Journal:

1. Examine any areas of unforgiveness and bitterness that the Lord is asking you to surrender to Him.

Day 19: Rewarded Openly

“Now, therefore, if you will indeed obey my voice and keep my covenant, then you shall be a special treasure to Me above all people; for all the earth is mine.”

Exodus 19:5

On your nineteenth day of fasting, remember:

1. Continue to speak regularly with an accountability partner from your group – you will need this more than ever these last few days
2. Continue to drink water
3. Pray for guidance and strength
4. Worship God through music and praise
5. Document your thoughts in your prayer journal

Physical Effects:

1. Weight loss continues
2. You become mentally aware of the Lord’s presence all around you
3. Cravings are still apparent, but you’ve lasted this long!

Today’s Quote:

“Purpose today to make fasting a regular part of your Christian walk and to watch as the Lord reveals himself to you in wonderful and miraculous ways.”

Jentezen Franklin

Thoughts for your Journal:

1. Consider what you would be willing to share with others today, how you will articulate your experience, and what it has meant to you in terms of your relationship with God.

Day 20: His Will, Not Yours

“‘And you shall be to me a kingdom of priests and a holy nation.’ These are the words which you shall speak to the children of Israel.”

Exodus 19:6

On your twentieth day of fasting, remember:

1. Continue to speak regularly with an accountability partner from your group – you will need this more than ever these last few days
2. Continue to drink water
3. Pray for guidance and strength
4. Worship God through music and praise
5. Document your thoughts in your prayer journal

Physical Effects:

1. Weight loss continues
2. You become mentally aware of the Lord’s presence all around you
3. Cravings are still apparent, but you’ve lasted this long!

Today’s Quote:

“The proof that we have the vision is that we are reaching out for more than we have grasped. Our reach must exceed our grasp. If we have only what we have experienced, we have nothing; if we have the inspiration of the vision of God, we have more than we can experience.”

Oswald Chambers
My Utmost for His Highest

Thoughts for your Journal:

1. Take some time today and go back to read your journal entries from the start of the fast to this 20th day.
2. What do your journal entries tell you about your own personal journey these last three weeks?
3. Take a moment and journal about the breakthroughs you have experienced or key things the Lord has shown you during the fast. Spend time in prayer and thanksgiving.

Day 21: Your Final Day

“Proclaim this among the nations: Prepare for war! Wake up the mighty men, Let all men of war draw near, Let them come up...Multitudes...multitudes in the valley of decision! For the day of the Lord is near in the valley of decision.”

Joel 3:9-14

On your twenty-first day of fasting, remember:

1. Find someone and share your experience with them
2. Replenish yourself with liquids and prepare to ease back into solid food on the 22nd day
3. Go to your prayer place and praise God
4. Be thankful and rejoice
5. Write your feelings in your prayer journal

Physical Effects:

1. You continue to lose weight
2. You become exhilarated as you cross the finish line
3. Bad breath will begin to dissipate upon completion of the fast
4. Cravings will be strong the first few days after the fast...be careful to ease back into hard foods over the next few days to a week

Today's Quote:

“Jesus said to His followers, ‘Whoever hears these sayings of mine, and does them, I will liken him to a wise man who built his house on the rock’ (Matt. 7:24). You have heard His Word, you have obeyed. And you are victorious!”

Jentezen Franklin

Praise God!

1. On this final day, ask the Lord to reveal to you if there is any unforgiveness, bitterness, or other hindrances that you have yet to lay fully before your Lord.
2. Prepare for blessing, harvest, and an anointing like you have never experienced before.
3. Get ready because the rest of this year will not be like any other before it!