



## **COMMUNITY BAPTIST CHURCH OF ENGLEWOOD**

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# **The Community Baptist Church of Englewood Call to 21 Days of Fasting and Prayer**

Joel 2:15-16 says, "Blow the ram's horn in Jerusalem! Announce a time of fasting; call the people together for a solemn meeting. Gather all the people, the elders, the children, and even the babies."

## **A Call to Fasting!**

For the next four weeks, we will experience a corporate fast. The purpose of this fast is to help us "seek first" the kingdom of our God and His righteousness. Our desire is to experience the breakthroughs, the deliverances, and the blessings that come with seeking the Lord with our whole hearts.

## **What Kind of Fast?**

**We will experience what is known as the "Daniel Fast." We will include the following in our meals.**

- All Fruit
- All vegetables
- All whole grains
- All nuts and seeds
- All legumes: black beans, black-eyed peas, cannellini beans, chickpeas, dried beans, kidney beans, lentils, lima beans, navy beans, pinto beans, split peas, and white beans
- All quality oils: canola, coconut, grape seed, olive, peanut, sesame
- Soy foods: tofu of all kinds, (TVP) textured vegetable protein, other soy products
- Water
- Sugarless seasonings and spices
- Small amounts of fruit juices for seasonings or ingredients, (apple, lemon, lime, orange, pineapple)

## The following food restrictions include

- All meat and animal products: beef, lamb, pork, poultry, and fish
- All dairy products
- All sweeteners (all of them!)
- All leavened bread which contains yeast and honey, pretzels, pita bread, other baked goods with leavening agents
- All refined and processed foods with artificial flavorings, food additives, chemicals, white rice, white flour, artificial preservatives
- All fried foods, chips, French fries, corn chips
- All solid fats, shortenings, margarine, lard, etc.
- All non-water beverages, coffee, tea, herbal teas, carbonated drinks, sodas, energy drinks, and alcohol.

(For more information concerning the Daniel Fast please refer to the book “The Daniel Fast” by Susan Gregory.)

## How to Get Started!

1. **Pray:** This is a serious time of focused prayer and intense pursuit of God’s presence. There will be spiritual, physical, natural and supernatural resistance. So pray! Pray! Pray!
2. **Plan:** Please have a plan. Plan your time of prayer, plan your scripture reading, plan your meals, plan your activities, imagine the next four weeks and plan them with the fast in mind.
3. **Prepare:** Take the time to continue reading information regarding the Daniel fast, physical hygiene, physical care, consult your doctors if you are on a regiment of medicine to discuss what you are able to do. Take the time to understand your limits and boundaries. Start now by cutting back on some things to make your transition into fasting easier.
4. **Participate: Go ahead and get started!** Experience the power of God through this wonderful discipline. Follow the instructions as much as possible and allow the Holy Spirit to really bring you into the presence of the Lord and allow the Word of God to be your anchor!
5. **Praise and Process:** Throughout your time of fasting, praise God and thank God during the process. Journal or write down specific prayer requests, prayer concern, scriptures for meditations, continue reading and re-reading the book on Fasting by Jentezen Franklin. Give thanks, and remember that God is performing a great work in you through this period of fasting and prayer.

### **Week 1: March 5 - 10<sup>th</sup>**

We will begin the fast by observing the food restrictions as listed above. We will continue with 3 meals per day, but honoring the food choices above. Increase water intake up to ½ gallon per day.

**Prayer Focus:** Self-Revelation, Repentance, Forgiveness, and Cleansing

Scriptural Meditations: 2 Chronicles 7:14, Psalm 39, 51, 119, 139, Matthew 6, 1 John 1:9

### **Week 2: March 12 - 17<sup>th</sup>**

We will eliminate one meal from our day and increase our water intake.

**Prayer Focus:** Worship, Adoration, Praise, Thanksgiving,

Scriptural Meditations: Psalm 8, 100 - 113, 140-150, Philippians 4:6-8

### **Week 3: March 19 - 24<sup>th</sup>**

We will eliminate another meal this week, eating one good meal and consuming water. You may also juice your vegetables.

**Prayer Focus:** Supplications, Petition, Your Requests, God's Will, Discernment, Understanding, Revelation, Insight, Holy Spirit's Ministry.

Scriptural Meditations: Psalm 55, 56, 86, Proverbs 3:5-6, Romans 8:26-28, Ephesians 6:18

### **Week 4: March 26 - 28<sup>th</sup>**

**Prayer Focus:** Intercessory Prayer, Our Families, Nation, Government, Authorities, One Another, Personal Holiness, Spiritual Growth and a Resurrected and Renewed Faith

Scriptural Meditations: John 17, Ephesians 3:14-21, Ephesians 5:18, Jude 24-25

**Closing Note:** Wednesday, March 28<sup>th</sup> at six o'clock in the evening ends the period of fasting.