



A Time of Fasting, Prayer and Revival!

March 1- 30, 2024

The Call to 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.” For a period of 30 days do just that as we experience a corporate fast as one body in Christ.

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. We are going deeper in mind, body, and soul. We are invoking the presence of God to permeate, penetrate, and pour into us to the point of filling us to the overflow. We believe the power of the supernatural awaits us and the God of possibilities is eager to respond to our groanings, petitions, supplications, our praise and worship.

In addition to experiencing the power of God through signs, wonders, and the miraculous, fasting is also a way to unlock the inner resistances that hinder spiritual growth and development. Through fasting and prayer, we are going to experience inner healing, inner deliverance, and inner transformation where it counts.

I believe God is going to unlock new potential and release a new and fresh anointing, a fresh wind and a fresh fire within us. In short, THINGS ARE ABOUT TO SHIFT!

If your soul longs for this experience, then I invite you to come along and partake in what God is about to do! Remember, this is a journey, not a destination!

How Shall We Proceed?

In order to accomplish this goal, we will give time and attention to the following spiritual disciplines.

- **Bible Reading:** A healthy intake of God’s word is encouraged to help build up and fortify our faith. We will engage in weekly scriptural focuses that will serve as a foundation for the week’s prayer and meditation. Feel free to include other passages of scripture to your weekly focus. 2 Tim. 2:15

- **Meditation:** We will spend time thinking and processing the scriptures during our corporate prayer times and personal devotions. Psalms 1
- **Prayer:** Prayer and fasting go together. Designated prayer times will be established to aid us in engaging in a regular prayer discipline. Use prayer aids, books on prayer such as Prayer Points or Prayers That Avails Much. We should always pray and not faint or give up according to Luke 18:1.
- **Solitude:** Solitude is choosing to be alone for the purpose of experiencing uninterrupted time with God. It is in this space that we will meditate, reflect, ignite the internal process of confession of sin, and bringing ourselves into holy submission to the will of God. Psalms 42
- **Worship:** Worship should not be neglected but intensified during this time. Worship is the act of ascribing “worth” to our One and Only True God! Both privately and corporately, we will engage the discipline of worship. Play your favorite artists, praise music, worship music, whatever it takes to create an atmosphere of worship. Psalms 100
- **Serving:** Participating in serving others sacrificially as unto the Lord is a discipline of humility. We are chosen to serve others in whatever way possible. Our service or “alms” should not be done to attract attention from others, but to glorify God who sees us serving discretely, but rewards us openly. Matthew 6

The Daniel Fast!

Foods to Include

- All Fruit
- All vegetables
- All whole grains, brown rice, whole wheat pasta,
- 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, water with lemon, lime, orange, apples, cucumber, and other natural flavors as long as it is unsweetened.
- Sugarless seasonings and spices
- Small amounts of fruit juices for seasonings or ingredients, (apple, lemon, lime, orange, pineapple)

The Following Are Food Restrictions

- All meat and animal products: beef, lamb, pork, poultry including eggs, and fish. Anything with a head, eyes, digestive system, etc. is considered meat.
- All dairy products such as milk, creams, butter, sour cream, margarines, etc.
- 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.

Getting Started!

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. Do not approach this with a sense of human arrogance or physical readiness. This is a spiritual process poised to unleash and unlock heaven's best. So, pray, pray, pray!

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. Be intentional in your pursuit of God's righteousness.

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.

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!

Process: Your time of fasting is a process or a journey towards spiritual formation and transformation. Lessons are learned on the journey, therefore, use a journal to keep tabs or notes on what God is revealing to you about yourself, your walk with God, and others. Write down specific prayer requests or concerns, as well as scriptures for meditations. Continue reading and re-reading the book on Fasting by Jentezen Franklin just to reinforce your resolve.

Praise: Give thanks, and remember that God is performing a great work in you through this period of fasting and prayer.

The Fasting Schedule

We will begin the fast by observing the guidance provided. We will have 3 meals per day. A vegan meal plan is good for this season. Also, please increase water intake up to 1/2 gallon per day.

If you need to snack, please make healthy choices like veggies, nuts, small portions of fruit, smoothies, etc. If you eat out, go for the salads and vegetables. Also, investigate healthy options for restaurants such as True Foods (Hackensack), Veggie Heaven (Teaneck), or other places with organic and healthy options. They are out there!

Week 1: March 1 – 9: Repentance/ Introspection

This is a season of penitence, which is a time of personal self-reflection for the purpose of purging ones-self of sin, vices, or anything that may block God's best for us. Those who practice the symbolic display of ashes do so as a sign of penitence. The ashes are symbols of penitence. A true repentant heart moves God to be swift in mercy, slow in judgment, and complete in restoration. 2 Chronicles 7:14 attests to this truth.

Self-reflection and introspection are important keys to transformation. We will not experience the transforming power of God unless we confront our sin, our hindrances, and ourselves honestly, and invite the purifying work of the Holy Spirit to do his work in our hearts.

Prayer Focus

- Self-Revelation
- Repentance
- Forgiveness
- Purging, Cleansing
- Personal Holiness
- Personal Deliverance

Scriptural Meditations

Psalms 39, 51, 139
Psalms 119
1 John 1:9
Romans 12:1-2
Hebrews 12:1-11
Galatians 5:16-26

Week 2: March 10-16: Adoration and Praise

This week is a week of purposeful and intentional worship. Worship is one of the most important spiritual disciplines we have. Engaging in worship increases one's intimacy with God. There is nothing like authentic worship, which ushers us into God's presence. In God's presence there is the full experience of joy! Get your music ready and create an atmosphere of worship when and wherever possible.

Prayer Focus

- Worship
- Adoration
- Praise
- Thanksgiving

Scriptural Meditations

Psalms 8, 100 -113
Psalms 140 - 150
Philippians 4:6-8

Week 3: March 17- 23: Intercession

A call to intercession is a compelling prompting to pray on behalf of someone or something else. These prayers are not focused on my needs or wants, but on the needs and desires of others. Abraham interceded on behalf of his nephew Lot. Daniel interceded on behalf of Israel. Jesus prayed for us! This week, we will engage in intercessory prayer as presented below.

Prayer Focus

- Prayer Our Families
- Pastors/Church Leaders
- Nations Government
- One Another

Scriptural Meditation

Daniel 9:1-19
John 17
Ephesians 3:14-21
Jude 24-25

Week 4: March 24 - 30: The Miraculous

This is a week of miracles! The Bible is a book of miracles both in the Old and New Testaments. Jesus performed many miracles. His power to work miracles demonstrated his authority of every kind of sickness, disease, demonic stronghold, and oppression. Some were healed because of their faith. Others received miracles even though there was some hesitancy. Often, obedience to Jesus' directives resulted in miracles. Whatever the case, miracles did happen and miracles do happen! This week is a week for miracles!

Prayer Focus

- Miracles
- Supernatural Interventions
- Healings
- Provisions
- Opportunities/ Opened Doors

Scriptural Meditations

Matthew 8:1-17, 9:1-8, 18-38

Mark 5, 7:24-8:10

Luke 4:31-5:25, 6:6-11, 7:1-17, 9:10-17

John 9