

**“Changing Lives One Soul at a  
Time”**

2 Corinthians 5:17 (NKJV)

Church-Wide

**21 Days of  
FASTING &  
PRAYER**

**March 5- March 26, 2025**

**Mount Pleasant Baptist Church**

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*Fast Guide*

# WHY PRAY AND FAST

► Some things will only be changed because of prayer and fasting. Not to mention faith in Jesus Christ. Prayer combined with fasting, is an assertive discipline modeled throughout Scripture. If there is deep need in your life or the life of our church, we should not miss the opportunity to impact the outcome because we decided not to exercise the discipline of fasting and prayer.



# WHAT IS PRAYER AND FASTING

PRAYER	FASTING
<p>Prayer is your means of communications with God. Your relationship and intimacy with God are strengthened and enhanced as you spend quality time praying with Him, Just as you cultivate earthly relationships by spending time together, you must also cultivate your heavenly relationship with the Lord by spending time in His presence and communicating with Him in prayer. Not just talking with Him but listening to Him.</p>	<p>Fasting is the discipline of abstaining from food (or pleasurable activity) for a given period of time in order to devote one's self more to Prayer and the Word. Prayer is connecting with God; on the other hand, Fasting is disconnecting ourselves from the world.</p>



## WHY PRAY AND FAST (Cont.)

Here are some reasons that patriarchs and others fasted in the Bible.

- ▶ **In repentance:** Through Samuel's exhortation to the House of Israel, they fasted and prayed and repented of their sins in worshipping strange gods. (1 Samuel 7:3-6)
- ▶ **When seeking forgiveness:** The children of Israel were assembled with fasting, in sackcloth, and ashes as they stood in confession of their sins. (Nehemiah 9:1-3).
- ▶ **When afraid for their lives:** 2 Chronicles 20:3. "*And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah.*"



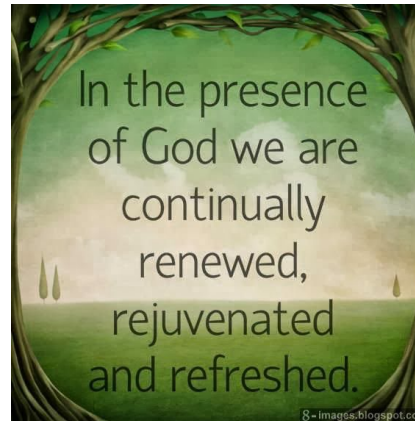
# WHY PRAY AND FAST (Cont.)

**When seeking clear direction:** At the missionary-sending church at Antioch “While the were worshiping the Lord and fasting, the *Holy Spirit* gave *direction* to set apart Barnabas and Saul for the work of ministry. And it said after they fasted and prayed, they placed their hands on them and sent them off. (Acts 13:2-3)

**When it was felt the whole assembly needed to get involved:** (Joel 1:14) said, Consecrate a fast, call a sacred assembly, gather the elders and all the inhabitants of the land into the house of the Lord your God, and cry out to the Lord.

# IMPORTANT THING TO KEEP IN MIND WHILE FASTING

► Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God. Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God.



TYPE OF FAST	ABSTAIN FROM	SCRIPTURE REFERENCE
Normal Fast	Abstain from all forms of food and only drink water	Luke 4:1-2; <b>Matthew 4:2-3</b> ; Genesis 24:33
Absolute Fast or Total Fast	To abstain from all food and water. Hazardous if not done properly. Therefore, it is a limited fast and should last for a maximum of three days.	Acts 9:9, Ezra 10:6, Esther 4:16, <b>Exodus 34:28</b> , Deuteronomy 9:9, Deuteronomy 9:18)
Partial Fast or Limited	To abstain from certain foods such as meats, sweets, carbohydrates, etc. or you may only eat certain foods like fruits, vegetables, and whole grains.	Daniel 1:12-15, <b>Daniel 10:2-3</b> , Matthew 3:4
Other Ways To Fast	Social Media, Television, Video Games, Shopping, Cell Phone	In scripture, Fasting is almost always linked to abstaining from Food. However there are other ways to fast as well. <b>Anything that can be given up temporarily to focus on and grow closer to God can be considered a fast.</b>
Partial Fasts can include a time-based fast. This fast can be extended to specific times, such as from 6:00am to 3:00pm. The Daniel Fast is a partial fast, which means no meat, sweets, or bread. Drink water and juice. Eat fruits and vegetables.		

# TYPES OF FAST

# 10 SCRIPTURES TO PRAYER FOR OUR CHURCH

1. Pray that the church stays true to God's message – and we proclaim it whether or not it's convenient. (2 Timothy 4:2)
2. Pray that the church would be deeply committed to seeking God in prayer. (Colossians 4:2)
3. Pray that church will boldly share Jesus – the ONLY way and ONLY hope! (Acts 4:12)
4. Pray that the church will worship, adore and praise God, in spirit and truth. (John 4:24)
5. Pray for the pastor and church leaders to follow Christ, and serve humbly. Pray for protection of their witness and example. (1 Peter 5:2-3)
6. Pray for the church's dedication and perseverance to press believers onto maturity in discipleship. (Colossians 1:28-29)
7. Pray for more servants to join Jesus in His Kingdom work. (Matthew 9:37-38)
8. Pray that church leaders prepare and equip believers for service. (Ephesians 4:11-12)
9. Pray that the church clings to its first love. (Revelation 2:4-5) 10. Pray that the church will trust Jesus to grow the church, in His way and in His power. (Matthew 16:18)



# **BENEFITS OF PRAYER**

**Avenue to Obtain Directions for Life**

Jeremiah 42:2-3

**The Holy Spirit Aids in Prayer**

Romans 8:26-27

**God Promises to Hear and Answer**

Isaiah 65:24

**Brings Physical and Spiritual Healing**

James 5:16

**God Promises to Answer and Bring Revelation**

Jeremiah 33:3

**Provides Power**

Matthew 7:7-8

**Alternative to Anxiety**

Philippians 4:4-7

**Bring Rewards**

Matthew 6:6

**Releases the Healing and Forgiveness of God**

2 Chronicles 7:14

**Helps Overcome Temptation**

Luke 22:40

# TIPS FOR A BETTER PRAYER LIFE

- ▶ Pray at the beginning of your day - Psalm 63
- ▶ Pray throughout your day - Luke 18:1
- ▶ Pray at the end of your day - Matthew 14:23
- ▶ Pray sincerely from your heart - Matthew 6:7
- ▶ Pray privately - Matthew 6:6
- ▶ Pray as a lifestyle - 1 Thessalonians 5:17
- ▶ Pray, expecting an answer - Jeremiah 33:3
- ▶ Pray the word of God - Hebrews 4:12
- ▶ Pray with your whole heart - Jeremiah 29:13
- ▶ Pray with faith - Mark 11:24
- ▶ Pray for others - Ephesians 6:16
- ▶ Pray and then obey - 1 John 3:22
- ▶ Pray with a clean heart - 1 John 1:9



# BENEFITS OF FASTING

## **Prepare the Penitent Heart**

Joel 2:12-13

## **Adds Power for Spiritual Service**

Matthew 17:21

## **God Promise to Answer and Bring Revelation**

Jeremiah 33:3

## **Aids in Pursuing God**

Daniel 9:3

## **Aids in Focusing on God**

Joel 2:12

## **Rewarded When Done Discreetly**

Matthew 6:16-18

## **Puts Us in a Posture of Humility**

Psalms 35:13

## **Weapon in Spiritual Warfare**

Esther 4:16

## **Sets the Captives Free**

Isaiah 58:6

## **Ushers in Healing**

Isaiah 58:8

## **Aids in Receiving Direction**

Acts 13:2

## **Get Specific Prayers Answered**

Ezra 8:23

## **Aids in Receiving Revelation**

Daniel 9:3, 21-22



# TIPS ON FASTING

- ▶ Everyone should consult their physician before beginning a fast. Those who are under a physician's care, on medications, currently ill, or have a history of eating disorders must be especially careful.
- ▶ When the designated time of fasting has been completed, it is essential to transition out of the fast with care. You must end your fast gradually. Rushing into a diet of solid foods following a fast can produce serious side effects,
- ▶ When the desire for the thing you are fasting from rises, recognize that the flesh opposes the spirit. Press against it while fasting with prayer, praise, and meditation in His Word.
- ▶ Fast as unto God. Make your fast a form of worship and present it as an offering to the Lord. (Zechariah 7:5, Acts 13:2)
- ▶ Recognize that you may be tempted to give up as you seek to grow closer to the Lord, If you sense that, immediately lean into prayer,
- ▶ Bible reading, or get encouragement from a spiritual source to strengthen yourself in the time of fasting and prayer.





# DANIEL FAST

## 21 DAYS OF PRAYER & FASTING

## THE DANIEL FAST

A SUGGESTED GUIDE

### FOODS TO ENJOY

#### FRUITS

APPLES  
APRICOTS  
AVOCADOS  
BANANAS  
BLACKBERRIES  
BLUEBERRIES  
CANTALOUPE  
CHERRIES  
COCONUTS  
CRANBERRIES  
DATES  
FIGS  
GRAPEFRUIT  
GRAPES  
GUAVA  
HONEYDEW  
KIWI  
LEMONS  
LIMES  
MANGOES  
MELONS  
NECTARINES  
ORANGES  
PAPAYAS  
PEACHES  
PEARS  
PINEAPPLES  
PLUMS  
PRUNES  
RAISINS  
RASPBERRIES  
STRAWBERRIES  
TANGERINES  
WATERMELON

#### LEGUMES

BLACK BEANS  
BLACK-EYED PEAS  
KIDNEY BEANS  
LENTILS  
MUNG BEANS  
PINTO BEANS  
SPLIT PEAS

#### VEGETABLES

ARTICHOKES  
ASPARAGUS  
BEETS  
BROCCOLI  
BRUSSEL SPROUTS  
CABBAGE  
CARROTS  
CAULIFLOWER  
CELERY  
COLLARD GREENS  
CORN  
CUCUMBERS  
EGGPLANT  
GREEN BEANS  
KALE  
LEEKs  
LETTUCE  
MUSHROOMS  
OKRA  
ONIONS  
PARSLEY  
PEPPERS  
POTATOES  
RADISHES  
RUTABAGAS  
SCALLIONS  
SPINACH  
SPROUTS  
SQUASH  
SWEET POTATOES  
TOMATOES  
TURNIPS  
YAMS  
ZUCCHINI

#### LIQUIDS

WATER  
VEGETABLE JUICE  
FRESH FRUIT JUICE  
COCONUT MILK  
ALMOND MILK

### FOODS TO AVOID

MEAT  
BREAD  
PASTA  
CRACKERS  
COOKIES  
CHIPS  
CHEESE  
CANDY  
ENERGY DRINKS  
MILK & CREAM  
EGGS  
SWEETENERS  
ALCOHOL  
SOFT DRINKS  
HONEY

### FOODS TO DECIDE ABOUT

COFFEE  
TEA  
OILS  
NUTS  
BROWN RICE  
QUINOA  
OATS  
SEASONINGS  
GUM & MINTS

#### DON'T GET CAUGHT UP IN THE DETAILS

The importance of a Daniel Fast is in the heart of the sacrifice--disconnecting from regular luxuries for the sake of connecting more closely with God. Only you and God know what that looks like in your daily life.

# SAMPLES OF FASTING



# 10 Day Daniel Fast Meal Plan

## BREAKFAST

## LUNCH

## DINNER

DAY 1	Oatmeal with Fruit & Nuts	Lettuce Wraps with Hummus and Veggies	Corn Chowder Soup
DAY 2	Fruit and Veggie Smoothie	Corn Chowder Soup	Mediterranean Salad
DAY 3	Oatmeal with Fruit & Nuts	Mediterranean Salad	Roasted Vegetable & Grain Bowl
DAY 4	Tropical Fruit & Nut Bowl	Salad or Extra Whole Grain Bowl	Lentil Soup
DAY 5	Breakfast Potatoes	Lentil Soup	Stuffed Portabella Mushroom Caps
DAY 6	Fruit & Veggie Smoothie	Lettuce Wraps with Beans & Veggies	Vegetable Stir Fry with Brown Rice
DAY 7	Harvest Fruit & Nut Bowl	Extra Stir Fry and Brown Rice	Southwest Salad
DAY 8	Oatmeal with Fruit & Nuts	Soup and Salad	White Bean and Spinach Soup
DAY 9	Apples, grapes, and almonds	Soup and Salad	Mediterranean Farro Bowl
DAY 10	Oatmeal with Fruit & Nuts	Extra Farro Bowl or Soup	Quinoa Stuffed Bell Peppers

For more filling meals, add a cup of soup, side salad, cooked vegetables, or fruit to any of the meals listed in the meal plan.

# INTERMITTENT FASTING 101

@MAXWEBERFIT

BEFORE 12PM



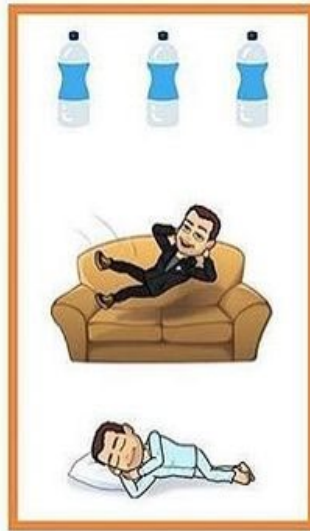
FASTING WINDOW

12PM - 8PM



EATING WINDOW!

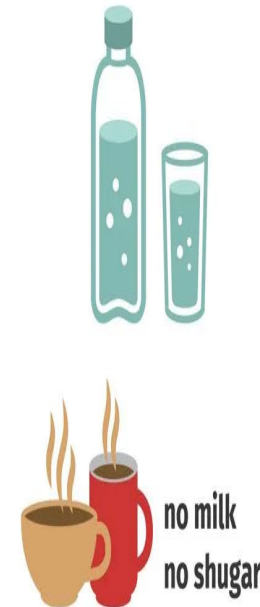
AFTER 8PM



FASTING WINDOW

## *Intermittent* FASTING

before 12 pm



fasting window

12 pm - 8 pm



eating window

after 8 pm



fasting window