



21 Days of Prayer and Fasting

February 9 - February 29, 2020

Thank you for taking the journey with us for these 21 days of prayer and fasting.

In the following pages, you will find an overview of what we are doing as a church, as well as recommendations for you to prayerfully consider regarding your personal involvement during the 21 days.

May God use these 21 days to change our lives as we sacrifice our wants and seek His presence, so that we can more adequately serve His people.

By His Grace,

Pastor J. Alfred Johnson, III

Purpose: To Draw Closer to God So We Can Experience

1. Clarity: Hear God's voice clearly.
2. Cleansing: Be purged from all that weighs us down.
3. Commitment: Be spiritually committed for service.

Plan: For the designated 21 days I will

1. Fast from one thing of my choice.
2. Join with a prayer partner or the prayer line 425.436.6312, access code 779717, at 7am and 7pm.

Participation: How Do I Become Involved?

1. Fill out a sign up card.
2. Obtain a copy of the study guide, *Leap Year*.
3. Read the daily study guide.

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The purpose of fasting is to demonstrate to God that our desperation for Him to move in our lives is greater than our desire for personal comfort.

The central idea of fasting is the voluntary denial of a normal function for the sake of intense spiritual activity.

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Fasting Is Meant To:

Strengthen our Prayer Life

Ezra 8:21-23, 2nd Chronicles 20:1-4

Express Repentance and Humility

1st Samuel 7:6, Psalm 35:13

Help us Minister To the Needs of Others

Isaiah 58:1-12

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Luke 18:12 - Shows Us Fasting Is Not Meant:

- For us to Impress God or Other People
- To Help us Feel Spiritual
- To Earn God's Favor

Things To Consider

During this time be sure to do the following:

- 1) Allow God to have access to every area of your life.
- 2) Ask God, "What in my life is competing with You for 1st place?"

Many of the things that you will sacrifice during this fast will allow your mind to focus on God and cause you to hear His voice above the distractions. Spend the time you would have used in other pursuits for reading, concentrated family time, and prayer or anything productive for spiritual, physical, mental, social growth.

14 Suggestions for Using Your Time During the 21 Days

1. Study a Bible chapter everyday.
2. Read a chapter a day from Great Controversy, Acts of the Apostles, Patriarchs & Prophets, Prophets & Kings.
3. Read something to educate or stimulate your mind.
4. Do a chore or something you have been putting off at home.
5. Begin writing, journaling, or recording your life story.
6. Work on a family project.
7. Go and help a senior neighbor or family member with some household chores.
8. Go through your closet and find gently worn items that you can give to someone less fortunate.
9. Take up that instrument that has been collecting dust and start practicing!
10. Get an earlier sleep time.
11. Begin/Restart an exercise routine.
12. Volunteer at a social service agency in our community.
13. Try some new recipes.
14. Write out your personal and spiritual goals for the rest of the year.

Dietary Explanations, Definitions and Options

If you are sick and/or under medical care, taking medication(s), have a diagnosed medical condition or disease, pregnant or lactating, or under 18 years of age, please consult with a medical or parental authority before engaging in any food portion of the fast.

VEGAN: is a type of vegetarian diet that excludes meat, eggs, dairy products and all other animal-derived ingredients.

VEGETARIAN: The most common type of vegetarian in North America are people who do not eat beef, pork, poultry, fish, shellfish or animal flesh of any kind, but do eat eggs and dairy products.

NON-VEGETARIAN: This is the least restrictive diet that allows for the eating of all clean meats (see Leviticus 11 & Deuteronomy 14 for a listing) like poultry, beef, lamb and fish with scales and fins. This diet also includes meat products like eggs and dairy.

Diet and Food Recommendations

Daniel Fast

Follow a Vegan diet (vegetables, fruits, grains, water and no animal products or artificial/ processed foods) for you choice days.

Vegetarian Diet

Consume no flesh foods for your choice of days.

Fast From 2 Meals Each Day

Eat one meal per day for your choice days. The one meal diet can be either vegan, vegetarian or non-vegetarian.

Fast From 1 Meal Each Day

Eat two meals per day for your choice of days. The two meal diet can be either vegan, vegetarian or non-vegetarian.

Meat Substitutes

Tofu, Products made by: Morning Star, Quron, Boca, or Worthington.

Dairy Substitutes

Silk Soy Milk, Almond Breeze Soy Milk, Tofutti Products (Cream Cheese, Sour Cream, Ice Cream, etc.).

Sugar Substitutes

Agave, Pure Maple Syrup, Florida Crystals.

Seasonings

McKays Vegan Chicken or Beef Seasoning without MSG.

Liquid Aminoes by Braggs - Unfermented soy sauce.

Fasting Options Not Related to Food

Social Media

Facebook, Twitter, Tumblr, SnapChat, Instagram, YouTube

Internet Browsing

Television

Refrain from watching:

For the entire time of fasting.

Certain genre/types of shows - Soap operas, reality TV, sports.

For designated hours, (Early Morning or Late Night).

Fasting Options Not Related to Food

Telephone

Refrain from social calls and text messaging.

Music

Listen to only a certain genre/type of music or refrain from listening to a specific genre/type of music

Pleasure Reading

(Books, iPad, Kindle) - sports, romantic novels, mysteries, Sci-Fi

People

Refrain from engaging people and/or conversations that are not in harmony with Philippians 4:8.