

Destiny Church Fast

The Word of God teaches that fasting is a discipline that was used by those in both the Old Testament and the New Testament. Those who practiced fasting were serious about getting into the presence of God and getting God to move on their behalf like never before. Even Jesus Christ spoke of fasting as a way to get God to move in a mighty way. In Matthew chapter 17, a man approached Jesus with a complaint because he brought his demon possessed son to Jesus' disciples but they could not help the little boy. Jesus healed the boy and then the disciples asked Jesus why they could not heal the boy as Jesus did? Jesus' reply was if they had faith in God and fasted before God, then they could have healed the boy. He says "that this kind of breakthrough only comes by fasting and praying." (Matthew 17:21 Amp)

How many of us are missing certain blessings from God because we have not learned how to apply the discipline of fasting to our lives? Fasting is simply abstaining from food for a period of time to seek God and get Him to move on our behalf in a very special way. Many of us want God to take us higher, heal our bodies, fix our families, release us from debt and much more, but are we willing to sacrifice our physical desires to pray, study the Word, and focus on God in order to receive breakthrough? Fasting will change your life. It will allow you to think clearer, gain greater spiritual strength and better be able to deal with the enemy, the devil.

Jesus Christ teaches us this in Matthew chapter 4. Jesus had fasted for forty days and forty nights and after He had concluded his fast, guess who met Him for a showdown, that's right Satan, but Jesus was able to defeat Him. The question we must ask is how was Jesus able to defeat the devil? He had gone without food and water for forty days, so we know that He was physically weak, but what we must understand is that because He had fasted for forty days and forty nights, He was spiritually strong and subsequently was able to defeat the devil. Fasting done the right way denies the flesh so that we can gain spiritual power. Eating is one of the greatest and most consistent ways we gratify our flesh, but when we fast we deny our flesh so that we can become stronger in God and His Word. Aren't you tired of getting whipped by the devil? Are you tired of your prayers not being answered? Are you tired of living on one level of life? Do you desire greater breakthrough? Well, if so, then fasting is for you.

As you fast, make sure that your focus is correct. Many sometimes fast for the wrong reasons. Fasting is not a weight loss program. You don't enter a biblical fast to lose those extra pounds. When you fast your focus is solely on God and His Word. During the fast there needs to be a lot of time spent in God's Word and in prayer. Remember fasting, prayer and studying the Word of God must happen together in order to gain the breakthrough that fasting yields.

Our Specific Fast:

As a church family, we will commit to a period of consecration through the Daniel Fast with some alteration from Pastor J.

Duration of the Fast: 21 Days broken down into 3 phases. The fast is the first week of the next three months. The fast begins on Sunday morning and ends the next Sunday morning.

- Phase I- February 1, 2009 through February 8, 2009
- Phase II- March 1, 2009 through March 8, 2009
- Phase III- April 5, 2009 through April 10, 2009 (Fast begins Palm Sunday and ends Good Friday)

(Note: Before fasting, you should check with your Doctor. Some persons should not fast: those who are sick, pregnant women, those with certain conditions like Diabetes, etc. Persons in these situations can substitute the food by giving up something else. For instance, on a "fast" day, you could give up an hour of television (or all television for that day); replacing it with extra Bible Reading and Prayer or the reading of a Christian book (or listening on CD or Cassette).

Fast Focus:

- **Braking Strongholds**
- **Territorial Breakthrough**
 - **Regional Breakthrough**
 - **Family Repetitive Patterns that hover.**
- **Praying for breakthrough in finances and difficulties**
- **Braking cycles and habits.**
- **Salvation of Souls**
- **Harvest to be released.**
- **Clarity in decision making**

Getting Started:

1. Prepare Spiritually:

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2). You are following Jesus' example when you fast. Spend time listening to praise and worship music. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

2. Prepare Physically:

If you have health concerns, consult your doctor prior to beginning the fast and explain what you plan to do. This is especially important if you take prescription medications or have a chronic ailment. Some people should never fast without professional supervision.

3. What to Expect:

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. Naturally you will have hunger pangs. Limit your activity as much as possible, and exercise moderately. Take time to rest. Fasting brings about miraculous results.

4. How to End:

Don't overeat when the time comes to end our fast. Begin eating solid foods gradually and eat smaller portions or snacks.

What you can eat:

1. Fruits (all kinds, as much as you want, even tropical fruits – examples: 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)

2. Vegetables (cooked or raw, frozen, canned or fresh – examples: 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, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squash, Tomatoes, Turnips, Watercress, Zucchini)
3. Meats: Fish (White Only) - Whiting, Tilapia, Tuna, Salmon. Chicken (White Meat). All meat should be prepared baked, grilled, or pan seared.
4. Extra Virgin Olive Oil
5. Legumes | Beans
6. Seeds, Nuts, Sprouts (No Salted or Honey Roasted)
6. Soy protein in the form of soymilk and soy or whey protein powder. (Any flavor)
7. Natural Fruit Smoothies (be careful to make sure that the fruit is natural, some smoothies are made with fruit substitutes that are mostly sugar)
8. All salad dressings, spices, seasonings, marinades. Just try to use the purest kind you can find, like homemade. **No ranch, blue cheese, or thousand island dressings.**
10. Liquids: Water or 100% All Natural Vegetable and Fruit Juices only!

It is advisable to take vitamins, minerals, and possibly protein supplements during the fast.

What you cannot eat:

1. Meat
2. Carbs (breads, rice, pastas, etc)
3. Fried Foods
4. Caffeine
5. Carbonated Beverages or Fruit Juices
6. Foods Containing Preservatives or Additives
7. Refined Sugar and/or Sugar Substitutes
8. White Flour and All Products Using It
9. Margarine, Shortening, High Fat Products
10. Sweets, Desserts
11. Salt
12. Starches such as, Potatoes, French Fries
13. Eggs, Cheese, or Dairy Products

Important exceptions: Anyone with a medical condition related to eating or under the treatment of a physician must consult their doctor. Children, especially small children, will have special needs that must be considered. Under these conditions, find some sacrifice in the area of food that can be made without endangering health. Also, if you have extreme difficulty with the fast, such as impairment of your ability to work at your job, you will have to make adjustments. This is not a failure of will, but is wisdom. Seek the Lord and discuss it with other teammates involved in the fast to find alternatives.