

CHRIST CENTERED NATION

21 DAYS

A FASTING AND PRAYER GUIDE FOR
CHRIST CENTERED NATION



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As we move into 2023 we invite you to be a part of a journey of faith, growth discipleship and a powerful encounter with our Lord and Savior, Jesus Christ.

Fasting and prayer are spiritual disciplines and vital to the believer. You don't have to be a prayer warrior or have walked with God for any length of time to take this journey with us. Because you have been adopted into the Body of Christ by salvation and adopted into the **Christ Centered Nation** family, you are already qualified! So, we invite you to join us on this journey and encourage you to tell a friend or family member about the process along the way. How amazing would it be if you could extend an invite to them, too?

We believe in the *Worship, Work, Win* model of Christ Centered Church and wholeheartedly encourage you to dig deeper with us. As believers, we know that we are "transformed by the renewing of our minds" (Romans 12:2), so what better way to start a brand new year? Personal transformation comes by reading, understanding, and applying God's word. We will transform our minds together during our **21 Days of Prayer & Fasting**.

Over the next 21 Days we will:

- (1) Walkthrough a specially selected Bible plan via the YouVersion Bible App
- (2) Meet weekly on Wednesdays for "The RECAP" with Pastor Tim & Lady P
- (3) Meet weekly on Tuesday and Thursday mornings for "7 min of Prayer" via zoom w/ Pastor Tim.

This E-book, created by our CCN Connection Team, is a guide and companion to our Fasting & Prayer model created by Pastor Tim Fryar. During these 21 Days, you will be uplifted, encouraged, and empowered to go and make disciples in 2023! This is the year of prophetic release. Let's go Christ Centered Nation!

"I am about to do something new. It is beginning to happen even now. Don't you see it coming? I am going to make a way for you to go through the desert. I will make streams of water in the dry and empty land." Isaiah 43:19

COMPILED BY THE CCN CONNECTION TEAM



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Getting Started
What is the Daniel Fast?
Tips for Success
21 Day Schedule
What We're Reading
Daily Scriptures
CCN Blessing

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Getting Started

Pray – before you fast, seek the Lord through prayer and ask Him to show you the purpose for your fast. Dedicate this time to Him and invite Him to lead and direct you during your fast.

Plan – you will want to select your start date, establish the purpose for your fast and clear your calendar of as many obligations as possible

Prepare – taper off caffeine, sugar and processed foods to avoid withdrawals when you begin your fast.

Prayer & Fasting Time: January 9th - January 29th , 2023

What is the Daniel Fast?

The Daniel Fast is a method of fasting. It's a partial fast, meaning that some foods are eaten and others are restricted.

The Daniel Fast is based on the fasting experiences of the Old Testament Prophet Daniel when he and his companions were captured in Israel by the Babylonians under the rule of King Nebuchadnezzar. These young and very intelligent men were to be groomed to take some of the administrative positions of the growing Babylonian empire. So while they were captives, they were still treated very well.

Daniel was a man of deep faith and devoted to the God of Abraham, Isaac and Jacob. When served the food and wine of the king, Daniel didn't want to defile his body and so requested a different meal:

"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink." Daniel 1:12 KJV

Pulse is food grown from seed, so the Daniel Fast is a plant-based way of eating and consists of fruits, vegetables, whole grains, legumes, nuts, seeds, health oils, herbs and spices. You will also see from the verse that the only beverage on the Daniel Fast is water.

Many years later, Daniel was mourning over Israel and its long captivity. From this experience we gain another set of guidelines for the Daniel Fast: "I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." Daniel 10:3 KJV

From this passage, and using various translations, the standards of sweeteners (including artificial varieties), leavening agents, deep fried foods, solid fats and sweet desserts are not allowed on the Daniel Fast. It is also from this verse that the 21-day period is set, however many people use the Daniel Fast for as few as seven days and for as many as 50 days.



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"Blow a trumpet in Zion
[warning of impending judgment],
Dedicate a fast [as a day of
restraint and humility], call a
solemn assembly. Gather the
people, sanctify the congregation,
Assemble the elders, Gather the
children and the nursing infants.
Let the bridegroom come out of his
room And the bride out of her
bridal chamber. [No one is
excused from the assembly.]"
Joel 2:15-16

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**NO BREAD NO MEAT NO SWEETS
ONLY VEGGIES, LIQUIDS & FRUIT**

Tips for Success

- 1 Avoid Distractions
- 2 Focus Your Faith
- 3 Pray More Often
- 4 Reserve Time For God
- 5 Seek the Lord Diligently

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21 Day Schedule

Prayer & Fasting Time:
January 9 - January 29, 2023

January 9 - DAY 1

The RECAP Wednesdays via Zoom
January 11, 18, 25

7 min prayer via FB Live
Week 1 - January 10 & 12
Week 2 - January 17 & 19
Week 3 - January 24 & 26

January 29 - FAST ENDS

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What We're Reading

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21 Days of Discipleship

<https://bit.ly/CCN21DaysBiblePlan2023>

Pro Tip: When prompted by the Bible App - Click "YES" for daily plan reminders!

What to eat??

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Fasting is a biblical principle based on the concept of "turning over your plate" for a specified time. CCN Family, it's important to note that it's more about your heart posture during the fasting period than it is about sticking to a specific meal plan.

We do suggest NO MEAT, NO BREAD, NO PASTA, NO SWEETS and NO SODA as a guideline. We promote mainly fruits and veggies. For snacks, we recommend reaching for healthy snacks such as nuts, seeds and vegan friendly options.

Pastor & Lady love sautéed spinach, mushrooms, onions, peppers etc for a good hearty meal option.

Pastor often snacks on the smokehouse flavored almonds when he's needing the "meat" taste.

Lady loves trail mix with a tiny bit of greek yogurt & a nice big salad!

Lois, our CFO prefers smoothies and salad all 21 days.

No option is incorrect, it's all about your preference, health requirements and overall commitment to abstaining from things you'd normally reach for during this time. There are no hard, fast rules so feel free to experiment with different soups, salads, vegan burgers and the like!

Prayer & Fasting Time: January 9 - January 29, 2023

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The Blessing.



You are ambassadors of Christ. You leave this place to seek and to save that which is lost. You are the head and not the tail. You are above only and not beneath. Everything your hands touch will prosper and every place the soles of your feet shall tread upon; you shall possess.

On your job favor waits for you. You are not the problem, but the solution to the problem. Money comes to you. Not just money; the wisdom to handle the money that comes your way.

Your home is established in peace. Your marriage is whole, healthy and satisfied in the Lord Jesus Christ. Your single life is whole, healthy and satisfied in the Lord Jesus Christ.

May the blessings of the Lord be upon you. Wholeness, benefit prosperity and favor be your portion both now and forever.

Go in peace and the God of Peace goes with you.

Amen.

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“SO REJOICE, O CHILDREN OF ZION, AND DELIGHT IN THE LORD, YOUR GOD; FOR HE HAS GIVEN YOU THE EARLY [AUTUMN] RAIN IN VINDICATION AND HE HAS Poured DOWN THE RAIN FOR YOU, THE EARLY [AUTUMN] RAIN AND THE LATE [SPRING] RAIN, AS BEFORE. AND THE THRESHING FLOORS SHALL BE FULL OF GRAIN, AND THE VATS SHALL OVERFLOW WITH NEW WINE AND OIL. “AND I WILL COMPENSATE YOU FOR THE YEARS THAT THE SWARMING LOCUST HAS EATEN, THE CREEPING LOCUST, THE STRIPPING LOCUST, AND THE GNAWING LOCUST— MY GREAT ARMY WHICH I SENT AMONG YOU. YOU WILL HAVE PLENTY TO EAT AND BE SATISFIED AND PRAISE THE NAME OF THE LORD YOUR GOD WHO HAS DEALT WONDROUSLY WITH YOU; AND MY PEOPLE SHALL NEVER BE PUT TO SHAME. AND YOU SHALL KNOW [WITHOUT ANY DOUBT] THAT I AM IN THE MIDST OF ISRAEL [TO PROTECT AND BLESS YOU], AND THAT I AM THE LORD YOUR GOD, AND THERE IS NO OTHER; MY PEOPLE WILL NEVER BE PUT TO SHAME.”

JOEL 2:23-27 AMP

Christ Centered Church | Lead Pastor, Tim Fryar
Leadership & Connection Team
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