

The Daily Fast

This is a daily fast from Sunrise to Sundown e.g. 6am to 3pm, or 6pm. Abstain from eating any type of food during the time frame of your fast. Be sure to pray, read the word and worship during times that you would have spent preparing food and eating. Fasting without praying is simply starving.

The Daniel Fast

This is based upon the prophet Daniel's experiences as recorded in the book of Daniel. Daniel 1:8-14. This fast involves abstaining from meat, sweets, and unleavened bread. Types of food included are: fruits, vegetables, whole grain, legumes, oils, water, salt, seasonings and spices.

Breaking the Fast

Ending your fast properly is just as important as beginning your fast properly. Just as you prepared yourself to begin a fast, you must prepare yourself to stop or break your fast.

If you are doing the Daily Fast, before you eat, consider drinking a half of a lemon squeezed into hot water or apple cider vinegar to help balance the pH in your stomach. Don't over eat. Eat smaller portions.

If you are doing the Total Fast, follow the steps below. The longer the fasting period, the more soup you must eat before eating solid food.

1. Begin eating a soup dish. The first and second meals (no bread or potato dishes).

2. The third meal after breaking a fast should be salads, fresh vegetables or greens.

3. Solid foods such as meats, rice, potatoes, pastas, etc. should only be eaten in small amounts on the second or third day after breaking the fast.

Body Care

1. Brush your teeth constantly especially if you are participating in an extended fast. You will experience a build-up on your tongue, take a white towel and wipe your tongue. You can drink warm water with some lemon and honey to clean the tongue.

2. One spoon of natural honey will energize you when you are weak on an extended fast.

3. On a Daily Fast or the Daniel Fast, moderate exercise may be okay. However, if you are going on an extended fast, 3 days, a week, two weeks or the entire 21 days, you will not have the energy to exercise. **Please consult your doctor.**

4. If you have a job that requires you to expend a lot of physical energy, you may want to consider the Daily fast that allow you to receive enough nutrition to perform your job.

5. Husbands and wives, please decide on the length of time that you will participate and/or commit yourselves in consecration.

³ Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband.⁴ The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife.⁵ Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

1 Corinthians 7:3-5

6. If you are unable to fast because of medical concerns, consider giving up something else that might be preventing you from experiencing spiritual growth. Replace that time with prayer and reading the word. You may decide to abstain from socializing, entertainment, social media etc.

Evangel Assembly "A Place for Everyone"

5900 Old Branch Avenue,
Temple Hills, MD 20748
Phone: 301-899-5940
Fax:301-899-0694

EVANGEL ASSEMBLY

21- Day Fasting Guide January 7-27, 2019



2019 Year of Prayer, Power & Miracles

**Rev. St. Clair Mitchell,
Senior Pastor**

Understanding Prayer & Fasting

Fasting is the abstinence from regular meals for a period stipulated. This allows for the discipline of physical appetites and brings the body under subjection to spiritual desires. Fasting is willfully abstaining from natural pleasures for a spiritual purpose. Fasting renounces the natural and invokes the supernatural. It is a time to consecrate ourselves to the ministry of the Holy Spirit, to allow for the increase of our spiritual capacity under the administration of the Holy Spirit. It allows us to hear from God, receive God's power for ministry, and bring breakthroughs in difficult situations. Joel 2:13-32

Prayer is communing with God to release His purpose and plans in the earth. Prayer is declaring God's Word to God, releasing the power of God to intervene in the affairs of the earth. Fasting is one of the pillars of the Christian faith.

Fasting should be a natural part of the life of a believer. In Matthew 6:5-6, Jesus said, "When you **Pray...**" Matthew 6:16 says, "When you **Fast...**" This implies that the believer ought to fast and pray. **Just as prayer is not an option for the believer, fasting is not an option.**

In the Old Testament, the Hebrew word for fast is **TSUM**. It means "to cover over the mouth". In the New Testament, the Greek word is **NESTEUO**. It means "to abstain from food". Fasting involves Seeking God, Putting God first, Creating an Environment for Prayer, Interceding for Others.

Benefits of Fasting

Fasting invokes miracles, signs and wonders, and answered prayers in the life of the believer. Fasting changes us, increases our spiritual capacity, breaks habits and spiritual bondages, quiets the heart to hear God's voice.

Fasting produces discipline, increased spiritual capacity, a clear, sober mind, a pure heart and mind, hunger for God and His Word. Fasting also has physical benefits such as improved health, loss of excess weight, cleansed body.

Praying while Fasting

Fasting is incomplete without prayer. Prayer will hold daily in the sanctuary 7pm-8pm (except Saturdays). When you are unable to attend, please tune in via Livestream or Facebook Live. Focus on praying intensely during your fast. Set aside time to pray during the day but also make it a priority to join the corporate prayer services as often as possible. As you pray, declare God's Word over your life, family and prayer requests. Ask God to release His purpose and plans in your life, family, church. Exercise your faith in God to intervene in the affairs of your life. Consecrate yourself to God as you commit to the fasting and prayer.

Why a Corporate Fast?

2 Chronicles 7:14

¹⁴ If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land. Ezra 8:21- 23, Nehemiah 9:1-3

Types of Fast

The church will be promoting these three types of fasting.

- **Total Fast**
- **Daily Fast**
- **Daniel Fast**

Please be sure to check with your physician before selecting one of the fasts.

The Total Fast

This is an overnight, continuous fast (you determine the length to fast). Drinking only liquids. Drink water at room temperature. Do not use ice after the first three days. Cold water will shock your system. Drink all liquids at room temperature. Drink 8 or more glasses of water a day. Your body will be cleansing.

During a fast, regular meal times should be spent in prayer and bible study.

Avoid watching television or other distraction that may dampen your spiritual focus.

Drink water when you feel gastric juices in the stomach. The gastric gases burn off the food that has been stored in your stomach for years.

Day 3- You begin to experience gastric irritation (acids that the stomach produces to break down the food). Drink lots of water.

Day 6 - Usually the most challenging day. Your temptation is high. Day of the flesh. Spend lots of time in the word and prayer.

Day 7 - Deliverance from the temptation of food. You may begin to feel nauseated. Drink lots of water. Your head may spin, keep drinking water. You will be fine.

Day 8 - Perfection day. Delivered from food. Renewal. You begin to be purified. The body begins to heal itself. The Eye - becomes white again. The skin changes. It is smooth. Your energy comes back.

Day 14 - You receive more energy.

Day 20, 21 - Your capacity for God is heightened.

Types of drinks: Herbal Tea with honey, not too hot, cranberry juice, apple juice.

If feeling weak, one spoon of honey will provide energy.