



Mount Olive SDA Church

Presents:

21-Days of Prayer & Fasting

Theme: *Seeking God's Spirit*

Scripture Reference: “After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness.”

ACTS 4:31, NLT.

Mount Olive SDA Church,

“Another year has gone by, and another year begins!” This is what we usually say on New Year’s Day. There is so much to reflect on and much to look forward. Some of us have been through difficult times; some of us have succeeded in personal endeavors, some have failed. Some of us have continued to find life to be exciting, always looking inward at our personal yearnings and forward to the fulfillment of dreams and projects. Indeed, no matter what our experiences were last year, we are called to be always grateful, always hopeful, always amazed by God’s grace.

Some of you are facing another tough year of finding a job, of dealing with sickness, of having lost a loved one, or of being overwhelmed by too many tasks and responsibilities. We need courage, wisdom, and strength to face every single day.

As we begin this journey of a 21 day fast, let it not be a religious ritual for you, but let it be personal.

This year our Prayer and Fasting will cover 3 areas over a 21 days period. The first area will see us entering into the first period of personal, family and church consecration and self-reflection (1st to 4th January 2022) This will prepare us to seek revival and reformation through the power of the Holy Spirit during the next Ten Days of Prayer (5th to 15th January 2022). We will end with an examination of what it means to be a living sanctuary and what God expects of us. (16th to 21st January 2022) We are asking you once again to fully participate in what God is doing here at Mount Olive. We are asking you to build an altar of Prayer in your homes for this year’s prayer and fasting schedule.

During the 10 Days of Prayer we will meet nightly over the Church’s Zoom Link Meeting ID 924 7208 8324 Passcode 750339. You are also encouraged to call your prayer partner on the phones.

Other options

Monday, Wednesday, Friday 5AM TO 6 AM Teleconference Line 647 8483378 PIN#416 455 3689

We look forward to hearing from God.

FASTING GUIDELINES

The Mount Olive SDA Church is observing and participating in the **Daniel Fast** (eating no pleasurable foods)—(*Daniel 1:6-17 & 10: 1-21*).

Some Tips for Observing the Daniel Fast:

You have freedom in the Daniel Fast to modify it according to your personal physical needs.

You can modify these guidelines as you wish before the Lord. If you feel that it would be more productive for you physically to avoid certain foods or spices, then that is okay.

The main thing is to decide ahead of time how you are going to apply the Daniel Fast. Then stick to your commitment for the duration of the fast.

Some Sample Kinds of Spiritual Fasts might be:

Juice fast - Juice only

Juice and soup - Juice and soup only

Daniel Fast - No sugar, no refined foods

Veggies only fast

Number of meals - sacrificing certain meals

Some things **in addition to food** one might “fast are: television, carbonated beverages, caffeine, Sex (*1 Cor. 7:5*), sports, shopping, etc.

The Daniel Fast Calls for a Healthy Eating Habit

Examples of Foods to eat:

Whole Grains: Brown Rice, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas.

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Raspberries, Strawberries, Cranberries, Cherries, Oats, Figs, Grapefruit, Grapes, Guava, Kiwi, Lemons, Limes, Mangoes, Nectarines, Peaches, Papayas, Pears, Pineapples, Plums, Prunes, Raisins, Oranges, Tangerines, Honeydew Melon, Cantaloupe, Watermelon.

Vegetables: Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumbers, Eggplant, Greens, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Peppers, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini.

Liquids: Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetable Juices.

Foods to avoid: Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products containing it, Margarine, Shortening, High Fat Products.

During this fast you might consider including:

Vitamins and other nutrients

Vitamin and mineral supplements

Water is an absolute must.

Nutritious drinks. Smoothies—fruit and yogurt

Juice—blender or juicer

Soy milk

Definitions of Fasting: A Prayer Building Exercise, A Faith Building Exercise.

Read (*Luke 18:1-8 NLT*), (1) Jesus told His disciples a story to illustrate their need for constant prayer and persistence. (2) “There was a judge in a certain city,” he said, “who was a godless man with great contempt for everyone.” (3) A widow of that city came to him repeatedly, appealing for justice against someone who had harmed her. (4) The judge ignored her for a while, but eventually she wore him out. ‘I fear neither God nor man,’ he said to himself, (5) ‘but this woman is driving me crazy. I’m going to see that she gets justice, because she is wearing me out with her constant requests!’ (6) Then the Lord said, “Learn a lesson from this evil judge. (7) Even he rendered a just decision in the end, so don’t you think God will surely give justice to His chosen people who plead with him day and night? Will he keep putting them off? (8) I tell you, He will grant justice to them quickly! But when I, the Son of Man, return, how many will I find who have faith?”

Fasting reminds us to have the kind of faith the widow had before the judge in Jesus’ story. It also reminds us to look to God, to be persistent before God, and not give up. Fasting is a reminder to constantly come to the Lord Himself as the source of everything we need and desire.

It is in the process of waiting before the Lord—before He answers—in the persisting in prayer and sacrifice that God changes us. Fasting has a way of clearing the channel of static so we are focused on God instead of on the things that are so distracting all around us. Our faith is stretched and built, as is our prayer life.

We are built up and strengthened in these fasting moments. God often breaks through in ways we otherwise might be too preoccupied to even notice.

So, what do I do?

MAKE A COMMITMENT

Question: “Why am I fasting?”

Sample responses might be:

Father I want to see more clearly what you desire of me so I can have more of you.

Lord, I need direction.

Lord, I am fasting for the direction of my church.

Spirit of God, help me break this sin in my life.

Jesus, I seek spiritual renewal and unity in my church and community.

Question: “What am I fasting?”

Sample responses might be:

All foods except vegetables and fruit.

One or two meals a day.

White sugar or any kind of goodies.

All foods except soup and juice.

Should I break the fast for a special occasion? Interrupting a fast will make the next commitment harder to keep. Write it out on paper. It is easy to forget what the plan is during a battle. The enemy of your spirit would like to throw in confusion or changes, so having a commitment on paper keeps you on track.

WHAT YOU CAN EXPECT

- If you fast ...expect withdrawal symptoms (a headache)
- Hunger pains—know that hunger pains will pass.
- Purification

Recognize this is about your spirit man. It's a battle between the desires of the spirit and of the flesh. Either God or the Goodies.

Remember, fasting is about self-denial and disciplining of oneself. You are saying God is more important than anything else. Fasting should be a part of every believer's life.

ALWAYS REMEMBER

If you are not in good health, or on medication, prescribed or over-the-counter, consult your doctor or dietician prior to fasting.

WHAT YOU CAN EXPECT TO THINK AT TIMES

Sample thoughts might include:

It's a failure.

I am further away from God than before I started.

My motives are wrong for doing this. I will quit.

I didn't really want to do this anyway.

I do not feel anything.

WHAT YOU CAN DO

Just wait on God.

Remember your commitment. Eccl 5:6 NIV- do not let your mouth lead you into sin. And do not protest to the temple messenger, "My vow was a mistake."

Remember, grapes look good but they are not useful until they are crushed.

Focus on a passage from the Bible.

Col. 3:23-24 NIV - Whatever you do, do your work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Jesus Christ whom you serve.

BREAKING A FAST

Great care must be taken in breaking a fast especially one of a longer nature. The digestive system has slowed down. Revive it gradually. If you have been on a water fast, have diluted fruit juice the first day; full strength juice second day; fruit the third day; fruits, salads, and soups the fifth day. Add vegetables and gradually add meats. Let the length of the fast determine the length of time getting back to normal eating. For breaking soup and juice fasts, eat fruit the first day with juice, add green salad the second and third days, and vegetables the fourth day. Gradually add meats.

WARNING ABOUT WEIGHT

If you happen to lose weight, the weight you lose will come back plus more if you are not careful. Be cautious about overeating because of being hungry for a long time. Your body will store more fat now than

before, and your metabolism will slow down. If you break the fast as suggested above and control your eating, you will be okay. Remember! **Fasting is not a weight loss program.**

RESULTS OF FASTING

Do not fast because you want a blessing, fast because you want God.

He will manifest some aspect of His character in you.

Gain closeness and clarity with God.

Personal and physical purification.

SOME RELEVANT SCRIPTURE PASSAGES

Matthew 4:2-4 - For forty days and forty nights he ate nothing and became very hungry. Then the Devil came and said to Him, "If you are the Son of God, change these stones into loaves of bread." But Jesus told him, "No! The Scriptures say, 'People need more than bread for their life; they must feed on every word of God.'"

Matthew 6:32-33 - Why be like the pagans who are so deeply concerned about these things? Your heavenly Father already knows all your needs, 33 and he will give you all you need from day to day if you live for him and make the Kingdom of God your primary concern.

Isaiah 40:31 - Those who wait on the LORD will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.

Isaiah 58:5-6, 8 - "Is it a fast like this which I choose, a day for a man to humble himself? Is it for bowing one's head like a reed and for spreading out sackcloth and ashes as a bed? Will you call this a fast, even an acceptable day to the LORD? "Is this not the fast-which I choose, to loosen the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free and break every yoke? "Then your light will break out like the dawn, and your recovery will speedily spring forth; and your righteousness will go before you; the glory of the LORD will be your rear guard.