

Prayer & Fasting 2022

When: Every last week of the month

Who: All JRI members are encouraged to join

Prayer and Fasting Options:

1. **6:00 AM to 6:00 PM Fast** – no breakfast and no lunch (water and tea are allowed)
2. **Daniel's Fast** – see [Guidelines on Daniel's Fasting on page 3](#)
 - What to eat and what not to eat on [Daniel's Fast – see page 8-9](#)

About Prayer and Fasting:

- Prayer and fasting was practiced during the Old Testament time and is also an expected discipline during the New Testament era.
- Fasting and prayer can restore our loss of our "first love" for our Lord and Savior and result in a more intimate relationship with Him.
- Prayer and fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."
- Prayer and fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Prayer and fasting can transform your prayer life into an awesome personal experience.
- Prayer and fasting can result in a dynamic personal revival in your own spiritual life and make you a channel of spiritual revival for others.

Our goals in Prayer and Fasting - individually and as a congregation:

- To draw ourselves closer to the Lord.
- To have breakthroughs in our prayers [e.g. healing, miracles, jobs, financials, etc.]
- To seek the Lord for wisdom and anointing as we commit ourselves to do His will – to reach out to people for the Gospel and to serve in our church's ministries.
- To pray for the salvation and spiritual growth of our love ones, relatives, and friends.
- To seek for God's clear direction for our church leaders as they lead our whole congregation to do what God has mandated for our church to accomplish.
- To worship and glorify God.

For 7 days of prayer and fasting, we will pray and believe God –

1. To protect us from covid, sickness, harm, and calamities [Psalm 32:7; Psalm 91]
2. To break oppressions, bondages, and addictions [Isaiah 58:6; Psalm 91:15]
3. To restore all that satan had stolen from us [Malachi 3:11]
4. To intervene and turn our circumstances around [2 Chronicles 20:15]
5. To deliver us from financial difficulties [Joel 2:26]
6. To shower us with His favor [Psalm 5:12]
7. To keep us from falling [Jude 24]
8. To keep us ready for the coming of the Lord [1 Thessalonians 5:23]

Prayer Focus during Prayer & Fasting

❖ For yourself, family, and relatives:

1. Pray for yourself that you will seek God with all your heart and decide to live a consecrated life every day (dedicated, devoted, committed, surrendered life unto God).
2. Pray for God's full protection upon every member of your family and relatives from any virus and from any attack and scheme of satan and his demonic forces.
3. Pray for God's blessings and provisions upon your family and relatives.

❖ For others:

1. Pray for God's full protection upon every member of JRI Church from any virus and from any attack and scheme of satan and his demonic forces.
2. Pray for God's blessings and provisions upon every member of JRI Church.
3. Pray for the commitment of all JRI members to love the Lord, to worship Him, to obey Him, to praise Him, and to serve Him with their whole heart, mind, soul and strength. That all our adults and young people will desire to go deeper in their relationship with the Lord, to develop their fear and reverence unto Him, and to REALLY worship Him in spirit and in truth.
4. Pray for God's wisdom, guidance, and anointing upon our pastors, church leaders, and members especially during this time of the year where we are preparing for our goals and plans for the year 2022.
5. Pray for boldness and wisdom upon all JRI members in sharing the Gospel of Christ to love ones, to friends, and to everyone.

❖ For the US and the whole world:

1. Pray that God will vanish the covid-19 virus all over the world.
2. Pray for peace and order here in the US, in Jerusalem, and all over the world.
3. Pray that leaders of all nations will seek God and will have the fear of the Lord as they govern their people.
4. Pray for the advancement of the Gospel of Christ to every part of the world. Pray for more missionaries and evangelists to go to all countries.

❖ For our church finances:

1. That God will provide for our church financially to be able to pay for our rent at our current worship center, pay for our monthly mortgage payments for the church property at Cedar Lane, and save some money for our church building fund.
2. That God will touch the heart of our church members to give to God what is due to God (tithes and offerings).

❖ Spend quality time with the Lord and with the Word of God. Join our church-wide DAILY devotion.

❖ Abstain from tele-series, YouTube movies, computer games, etc.

Guidelines on Daniel's Fasting

Daniel's Fast is for those who want to honor God by fasting from certain foods and activities for a designated length of time. There are also big health benefits for those who choose to do this fasting.

Diet or Fast?

The reason Daniel's diet is a fast – Daniel gave up certain foods to honor God. He was fasting from "Royal Food" that would defile his own body. In doing this, Daniel honored God with his body, mind, and soul.

Genesis 1:29 (NIV)

29 Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."

God gave us the wonderful gift of food. That food is fuel for our body. As a Christian, I have learned that our bodies are a temple of God. God gave us our bodies to use, and care for as long as we are on this earth. Unfortunately, much of the food we eat is no longer of God they are manmade food.

When Adam and Eve lived in the Garden of Eden they were given a wide variety of delicious food to eat. The Garden had every sort of fruit and vegetable we could imagine. All of it fresh and healthy to provide fuel for God's new creation, man and woman. The food was not processed, there were no preservatives, or chemical sprays on that food. However, in the 21st century food is not so natural and organic anymore. The Daniel's Fast takes a commitment not only to eliminate certain foods, but to be sure that the foods that we eat are natural and organic.

Too Heavy:

The average person in America has a heavy body. Not just heavy with excessive weight, but also **heavy in toxins**. These toxins cause many known and unknown health related issues. When those toxins are removed, health is often restored. God can offer restoration to those who eat as healthy as Adam and Eve once did.

Daniel 1:11-16 (NIV)

11 Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, 12 "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14 So he agreed to this and tested them for ten days. 15 At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. 16 So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.

Daniel asked only for vegetables and water because he did not want to eat any "Royal Food." Doing this did not only restore Daniel, Hananiah, Mishael, and Azaria to better health, but they

physically appeared healthier and better nourished. Within just 10 days, they looked better than the guards that watched them!

Determination:

Daniel 1:8 (NIV)

8 But Daniel determined that he would not defile himself by eating the king's food or drinking his wine, so he asked the head of the palace staff to exempt him from the royal diet.

Daniel was determined, as mentioned in the Bible. It was this determination that helped Daniel to accomplish his mission. Without that determination, Daniel may have given up before experiencing the results. How often do we give up before getting to the results?

Through his choice of food, Daniel sacrificed temporary satisfaction for long-term benefits. Often the unhealthy foods that give us only temporary satisfaction. It is often the unhealthy foods that we crave more and more.

Every day we see advertisements about fast food, or un-natural food that are convenient, but not healthy. Perhaps overweight people or people with health problems should be in the commercials for unhealthy food. Instead, we see commercials with healthy looking people eating unhealthy food. Is this not false advertising? Regardless of advertisements, or food packaging, we are responsible for our food choices.

Even food or drink labeled as "diet" is often very unhealthy. This is due to the artificial ingredients and dangerous chemicals and toxins added. During the Daniel's Fast, it is important to read the label of any package. Usually, if the ingredient list is longer than a paragraph it is a good indication of artificial ingredients. This is especially true when you cannot even pronounce the names of the ingredients on the list.

No Limits:

Daniel 10:2-3 (NIV)

2 At that time I, Daniel, mourned for three weeks. 3 I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

Daniel fasted for 21 days. This does not mean that you should not commit to a longer or shorter time to fast. While 21 days was ideal for Daniel, you do not need to commit to this exact length of time. However, I recommend that you decide 21 days in order to see and feel the immediate health benefits, and realize the spiritual benefits as well.

It is important to understand that while doing the Daniel's Fast, you can eat as much as you want. This Fast is not about starving yourself and being tired. In fact, if you do this fast properly you will feel better and more energized than you may even remember. You can fill your stomach with all kinds of good food, as long as it is not "Royal Food."

Even lotions were avoided during the time Daniel set aside to fast. Since lotions are absorbed

directly into the skin, they too can be a threat to any person's well-being. This is especially true over time if unnatural lotions are used daily.

If you don't eat properly, you will feel tired doing the "Daniel's Fast". I realize you may have a busy schedule, and don't have time to feel tired throughout your day. The good news is that if you do the fast properly, you will eventually feel even more energy than usual. To keep your energy level high, one of the best things you can do is to eat at least one Carbohydrate and one Protein. Just make sure each meal, or snack you always follow the "One Carb One Protein" rule. **It's simple once you realize which foods are carbs and which foods are proteins.** You can mix and match them any way you like while you eat. Protein offers immediate energy and won't make you tired later. Carbohydrates will help to keep your energy level higher throughout the day. That is why it is very important to eat both constantly.

Find good vegetarian restaurants in your area. During this fasting period, you may discover just how good some vegetarian restaurants can be. You will find various salads, vegetable plates, and even soup that fits within the guidelines.

Making frequent trips to the grocery store is also beneficial during the Daniel's Fast. Stock up on a wide variety of Whole Grains, Legumes, Fruits, Vegetables, Nuts, water and juice. Having a variety of foods to eat can be an enjoyable experience throughout each day.

No Compromise:

In order to buy food that is appropriate for the Daniel's Fasting you will need to buy **Organic Food**, and food that is truly natural. This means you will be buying food **without chemicals, preservatives, or other similar additives**. Organic food is simply better. It is the way God intended to be in its natural state unaffected by unhealthy man-made processes. Some people still choose to eat processed foods and unnatural foods during the Daniel's Fasting. However, they cannot realize the full benefits of the Daniel's Fasting by making such a big compromise!

Often I hear people complain about the price of Organic food. To save money on Organic food shop at stores that specialize in selling Organic food. When you buy organic food at a regular grocery store, you can pay too much. Fortunately, organic food stores buy organic food in greater quantities for less money. They pass that savings onto their customers. In fact, the more people who shop Organic, the cheaper Organic food will be.

The Daniel's Fast does not have to be more expensive than your normal grocery bill. For the average person, the amount spent on caffeine (coffee), alcohol, snacks (chips, pop, cookies, ice cream, etc.) is much more. You might be surprised at how much you save when these "Royal Foods" are eliminated from your grocery list temporarily.

Don't go crazy buying everything labeled as "organic". Remember, organic food is not a trend. It is how food used to be, and how it should be today. You can still find natural and "organic" food even if it is not labeled that way. On the other hand, watch out for misleading packaging or marketing of a product that claims to be "natural" but really isn't.

One great way to pick up food that is appropriate for the Daniel's Fast is to go to your local Farmers Market. You can find low prices on unaltered fruits and vegetables, and support your local

farmers at the same time. This is the ultimate win win situation for saving money and even boosting your local economy. In addition, there is no better tasting fruits and vegetables than what you can find at a Farmers Market. I don't even want to imagine trying to do the Daniel's Fast eating the tasteless stuff found at many corporate grocery stores.

Detox:

During the first 3 days of this fast, your body will begin to flush out toxins. You may find yourself making trips to the bathroom more often. As your body starts to eliminate excess toxins, be prepared to feel great. You will feel lighter and healthier than you might remember. Your stomach will also begin to shrink so you will not feel as hungry. This is a great bonus for those trying to lose weight, and help flatten their stomach or slim down.

If you are a heavy coffee drinker or sugar addict you won't be able to depend on those things for energy. You may need much more sleep than usual, but this is a natural reaction. Give yourself permission to sleep more. Eventually, your body won't need to rely on the caffeine and/or sugar just to get through the day. Once you eliminate these addictions from your diet you will also release your body and mind from this dependency. Last but not least, you will save money and time by eliminating trips to the local coffee shop, or dessert isle at your grocery store.

After the first week, you will not feel the same hunger like you might be used to. You will no longer crave the many unhealthy ingredients that can keep you overweight, and even addicted. This is due to the body's natural reaction to eating healthy. Instead of filling your body with addictive sugar, excessive salt (sodium), and other toxins, your body can now rely on " healthy fuel". Your body will not have to work as hard to break down the natural foods eaten during the Daniel's Fast. That leaves more energy for you once your body starts to adjust.

Think Twice:

In our daily routines, we are often so **accustomed to eating without thinking**. The Daniel's Fast requires that you think about the food you put in your body. By planning meals in advance, you save time and money when shopping at the grocery store. Don't buy what you won't eat, and don't waste what you buy! This fast is a commitment that takes the same determination that Daniel had. Don't worry you can build this determination as you go. It is important to take those first steps before convincing yourself that you might not be able to stay on track. Of course it will be difficult to break the daily food habits that have been formed over many years. With each healthy meal you will become stronger not only physically, but mentally and spiritually.

Eating many times a day is best for maintaining higher energy. By constantly giving your body fuel, you will have more energy. Doing this also increases one's metabolism, and more calories are burned daily. This means eating more small meals, and snacks. Even a piece of fruit such as an apple and some almonds will serve the purpose. It is beneficial to keep some food on hand at all times! Keep some in your car, by your computer, in your coat pocket.

Losing weight while doing the Daniel's Fast is a given. By eating healthier with these natural and organic foods, your body can lose excessive weight. This can be done without exercise, however, a combination of exercise and a good diet will certainly help lose weight faster. The best remedy to

losing weight and keeping it off is to make long term dietary changes. I recommend life-long changes to keep unwanted and unnatural weight from ever coming back!

As you reap the benefits of doing the Daniel's Fast, you can gain insight and knowledge about the fuel you put inside your body. Hopefully you will find many things you can change with your normal diet. Unfortunately, a "normal diet" to most people still contains foods that are unhealthy. This can contribute to illness and even disease over time. For example there is refined sugar (and fructose) in more items than most people realize. This can cause contribute to weight gain, high blood pressure, diabetes, and heart disease. I challenge you to look for items without high fructose in your average grocery store. You will find this ingredient in basic everyday items. This includes cereals, pasta sauce, juice drinks, bread, and other items that you might normally consider healthy. Another ingredient to watch for is MSG which an addictive ingredient used as a preservative in many foods. It is no wonder why so many children and adults in America are hyperactive, obese, and ill.

Relief:

While you are also fasting from meat you may also start to feel relief from minor health issues like greasy skin. For some there will be relief from other more serious health issues. You may also discover relief from the effects of hormones, another major problem with today's meat. The meat you buy may be from animals that have been injected with hormones (bst). This is also true of the milk, and eggs found in typical grocery stores today.

After the Daniel's Fast, you can continue to avoid eating unhealthy foods. One way to be sure that you are not eating this "defiled" food is to buy meat, eggs, and milk without added hormones. You can often find a statement on the packaging such as "This milk is derived from cows that have not been treated with BST". Some people have reasonably suggested that so many of today's children and young adults are taller and bigger because of this hormone epidemic. Take time to pray about this and all food you have put in your body in the past, and how you can honor your body, your children, and God in the future.

One of the biggest things I learned was at the end of the fast just before Easter Sunday. This was simply that I often spend my time craving something more than I need. It used to be hard to sit still and just enjoy a bowl of Oatmeal with Soymilk without turning on the T.V., or finding another distraction. **It's distractions that rob us of our very lives each day.** On any given afternoon, I would have to make a run to Starbucks for a coffee, and at night often had a beer or two. Then there's the snacks. Even though I usually had eaten healthy, I was still snacking too much, having too much caffeine and sugar, and sometimes too much alcohol. I was always trying to fill a void, even if in a small way. Over time it adds up and can cost us our health, joy, freedom, time, and money. Remember, only God can fill the void.

Strength:

Daniel's fast was a time that Daniel set aside to honor God. Regardless of the amount of time spent fasting, Daniel's Fast is a time to spend with God. During this fast remember to read the Bible often.

Let the Holy Spirit shine through you as you honor God, and honor your own body. Remember, God wants His best for you. You can have all of the goodness that God has to offer, if you are willing to receive it. You can also share some of that goodness with others in your life by sharing your testimony while doing this fast.

While fasting ask God for forgiveness, forgive others, and use that time to renew your body, mind, and soul. Constantly seek the light and truth through our Savior Jesus Christ during your fast. He will be your strength.

WHAT NOT TO EAT AND DRINK (Daniel's Fast):

There are many different versions of what has become known as the "Daniel's Fast." **What is more important is your commitment and devotion to God.**

Ideally, one should do without the following food products:

- No animal products
- No Sugar
- No Yeast
- No Caffeine
- No Alcohol
- No Chemicals

To get a bit more specific this means "absolutely 'NO'" to the following: [Meat, Milk, Fish, Fried Foods, Butter and Margarine, Shortening, White Flour, Preservatives and Additives, Refined Sugar (high fructose corn syrup, etc.) Sugar Substitutes (NutraSweet, etc), Caffeine (coffee, black tea, green tea, white tea) and Alcohol (Beer, wine, etc.) Note: Decafe coffee is also off limits since it still contains a small amount of caffeine.]

WHAT TO EAT AND DRINK (Daniel's Fast):

- **WHOLE GRAINS (carbohydrates):** Brown Rice, Oats, Barley
- **FRUITS (carbohydrates):** 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, Tangerines, Watermelon, Oranges, Coconuts, etc..
- **VEGETABLES: (carbohydrates and some proteins)** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Green Peppers, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Red Peppers, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, etc..
- **LEGUMES (proteins):** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- **NUTS (proteins):** Peanuts, Cashews, Walnuts, Almonds, Sunflower seeds, etc.
- **Drinks:** Spring Water, Distilled Water, 100% Fruit Juices, 100% Vegetable Juices, naturally decaffeinated teas (Peppermint tea, Chamomile, etc.)