

WINGS OF EAGLES CHRISTIAN CHURCH



2019: FASTING & PRAYER INSTRUCTIONS

JANUARY 7 - JANUARY 28, 2019

This is a time of Consecration. During this time, WE CHOOSE to separate ourselves from the things of the world, to draw closer to God, and walk closer with Him. Because it's important that we "separate" ourselves during a fast, and remove outside distractions, we ask that you please limit your use of media including television and Internet.

As we fast, we encourage you to ask the Lord to set a watch over your words. We will speak only the word of God during this time of prayer and consecration. **ONLY THE WORD! THE WORD WORKS!** We are also asking everyone to spend at least an hour of time in consecrated prayer, study, and worship...allow the Lord to lead you.

This is a personal and corporate fast. It should present a challenge, but it's important to know your own body, know your options, and seek God in prayer and follow the fast that the Holy Spirit leads you to do. We believe God for the supernatural. We are expecting to be strengthened in: Our **FAITH, MIRACLES, DELIVERANCE, AND HEALING.**

We look forward to hearing your testimonies that will flow from this time of prayer & fasting!

Prayerfully,

Apostle & Prophetess Alston

THERE ARE SEVERAL TYPES OF FASTS. HOW YOU CHOOSE TO FAST IS BETWEEN YOU AND THE LORD!

FASTING OPTIONS: PLEASE CHOOSE FROM THESE: WE WILL BEGIN PRAYER AND FASTING AT 6AM, JANUARY 7TH THOROUGH JANUARY 28TH.

- 1. COMPLETE FAST - 7am to 7pm** - This fast calls for drinking only liquids, typically water with light juices as an option.
- 2. DANIEL FAST** - This type of fast involves removing certain elements from a diet. We will use the Daniel Fast, during which you remove meat, sweets, or bread from your diet and consume water and juice for fluids and fruits and vegetables for food.
- 3. PARTIAL FAST – 7am to 7pm – no solid food during these times. Only LIQUIDS.**

MORE ABOUT PRAYER & FASTING:

Prayer and fasting is defined as voluntarily going without food in order to focus on prayer and fellowship with God. Prayer and fasting often go hand in hand, but this is not always the case. You can pray without fasting, and fast without prayer. It is when these two activities are combined and dedicated to God's glory that they reach their full effectiveness. Having a dedicated time of prayer and fasting is not a way of manipulating God into doing what you desire. Rather, it is simply forcing yourself to focus and rely on God for the strength, provision, and wisdom you need.

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out.

It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

What is a Daniel Fast?

The [Daniel Fast](#) is a biblically based partial fast referenced in the Bible, particularly in two sections of the **Book of Daniel**:

- Daniel 1:12, which states, “Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink.”
 - Daniel 10: 1-2, which says, “In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”
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DANIEL FAST FOOD LIST:

Here is the Daniel Fast Food List of what you are allowed to eat:

BEVERAGES

- Water only-must be purified/filtered and spring or distilled water is best.
- Homemade Almond milk, coconut water, coconut kefir and vegetable juice

VEGETABLES (should form the basis of the diet)

- Fresh or cooked
- May be frozen and cooked but not canned

FRUITS (consume in moderation 1-3 servings daily)

- **Fresh and cooked**
- **May be dried like raisins or apricots (no sulfites or added oils or sweeteners)**
- **May be frozen but not canned**

WHOLE GRAINS (consume in moderation and ideally sprouted)

- **Brown Rice, Quinoa, Millet, Amaranth, Buckwheat, Barley cooked in water**
- **No Wheat, Ezekiel bread, others bread, flours, or pasta**

BEANS & LEGUMES (consume in moderation)

- **Dried and cooked in water**
- **May be consumed from can as long as no salt or other additives are contained and the only ingredients are beans and water**

NUTS & SEEDS (sprouted are best)

- **Raw, sprouted or dry roasted (no salt added)**

COMMON FOODS for Daniel Fast

Here is a list of some common foods you can consume in the Daniel Fast:

FOODS TO AVOID

On the Daniel Fast, you should not consume any of the other foods or beverages listed below. And, I want to mention that on the Daniel Fast some allow sea salt or Himalayan salt and others do not. My recommendation is to only use a bit of sea salt when necessary in

flavoring dishes. ***Here are foods you definitely want to refrain from eating:***

- Iodized Salt
- Sweeteners
- Meat
- Dairy products
- Breads, pasta, flour, crackers, cookies
- Oils
- Juices
- Coffee
- Energy drinks
- Gum
- Mints
- Candy

WHY YOU SHOULD FAST:

If you do not already know of the power and importance of fasting, here are some very important facts:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, “when you fast,” not if you fast.
- Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.
- 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.”
- 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!

- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life—and make you a channel of revival to others.
- Fasting and prayer are the only disciplines that fulfill the requirements of II Chronicles 7:14: “If my people, who are called by my name, will 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.”

If you fast, you will find yourself being humbled as I did. You will discover more time to pray and seek God’s face. And as He leads you to recognize and repent of unconfessed sin, you will experience special blessings from God.

PREPARE YOURSELF FOR PRAYER & FASTING

The very foundation of fasting and prayer is repentance.

Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14,15.

- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).

Further Preparations for Fasting

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

1. Do not rush into your fast., 2. Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.3. Eat raw fruit and vegetables for two days before starting a fast.