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FASTING GUIDE

YOUR NAME



THE FOUNDATION OF PRAYER

Prayer is the mechanism by which we communicate with God. Prayer is one of the greatest privileges and most awesome power available to man.

We must create a lifestyle of prayer. Effective prayer requires a relationship with God. We develop a close relationship by approaching God with a pure heart, free of unforgiveness, and filled with a love for God in which God is first in our life.

While many consider prayer requesting something from God, prayer actually encompasses: thanking God, praising God, worshipping God, talking with God, repenting of sins, and then asking something of God for ourselves and others. One of the secrets of prayer is to spend more time praising God than we spend asking.

God delights in answering the prayers of His children. ...the prayer of the upright is His delight (Proverbs 15:8b).

For maximum spiritual benefit, set aside time and place to be alone with God. The more time you spend with Him, the more effective your fasting and prayer life will be.

Whether it's first thing in the morning or late in the evening, set a time and keep your schedule faithfully. Be sure to find a place with less distractions to freely pray, praise and worship.

SAMPLE PRAYER TOPICS

Sometimes it may be difficult to find a topic to pray on. Below are some of the common topics and sample prayers to help you get started on your prayer and fasting journey.

MARRIAGE

We thank you, O God, for the Love You have implanted in our hearts. May it always inspire us to be kind in our words, considerate of feeling, and concerned for each other's needs and wishes. Help us to be understanding and forgiving of human weaknesses and failings. Increase our faith and trust in You and may Your Prudence guide our life and love. Bless our Marriage O God, with Peace and Happiness, and make our love fruitful for Your glory and our Joy both here and in eternity.

FINANCES

I surrender my financial affairs and concerns about money to your Divine care and love. I ask that you remove my worries, anxieties, and fears about money, and replace them with faith. I know and trust that my debts will be paid and money will flow into my life. I have only to look to nature to see proof of the abundance you provide. I release all negative thoughts about money, and know that prosperity is my true state. I commit to being grateful for all that I now have in my life. I learn to manage my finances wisely, seeking help where needed. And finally, I ask you to help me understand my purpose in life and to act on that purpose with courage and strength. I know that prosperity will come, in part, by doing work I love. Please help me use my skills and knowledge to be of service in the world.

GUIDANCE

O Lord my God, help me to trust you with my decisions and my future. Let me lean on you with all my heart instead of relying on my own imperfect understanding. Give me clear guidance in my life Lord. As I submit myself to you, I know that you will direct my paths and I can have confidence that your direction is always the best way to go. Hear my prayer Father. Through Jesus Christ our Lord, Amen.

FAMILIES

Prayer for protection and provision - Father, Thank you for my family. I ask that you bless them with Your favor. Provide for all of their needs. I ask You to protect them from harm and evil. Surround them in the shadow of Your wing. Go before them and prepare the way for them. If any path is crooked, I ask you to make it straight. Protect them from the schemes of the enemy and keep them from deception. Bring Your perfect peace to their hearts. In Jesus name I pray, amen.

WHAT IS FASTING?

When we fast, we exchange what we need to survive for what we need to live—a deeper and more intimate relationship with God. Fasting is the willing abstinence or reduction from some or all food, drink, or both, for a period of time. At Evangel Fellowship it is a time where we abstain from meats and sweets.

We ask that those who are on medication or have certain deficiencies to modify the fast based off of those conditions. Some in the past have fasted from other foods that may be considered addictive, coffee, tea, sugar, fast foods and sweets. Generally, the fast consists of no meats and sweets. Be sure to join us each weekday at 6pm for our corporate prayer in the Evangel Fellowship Sanctuary.

HOW TO FAST?

WITH WISDOM

“ But when you fast, comb your hair[a] and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you. *Matthew 8:18 (ESV)*

PRAYER

Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

Mark 11:24 (KJV)

RECOMMENDED FOODS TO EAT

Fruits:

Apples, oranges, strawberries, peaches, grapes, bananas, melons, etc.
(fresh, dried or canned in their own juice / no syrup)

Veggies:

Lettuce, tomatoes, carrots, kale, asparagus, cabbage, greens, sweet potatoes, etc.

Whole Grains:

Brown rice, oats, grits, barley, hot-cereal, whole wheat, etc.

Other Recommended Foods:

Beans and peas, seeds and nuts, oils, almond milk, soy milk, water, healthy beverages and smoothies, spices, herbs, etc.

RECOMMENDED FOODS TO AVOID

Meat (poultry & seafood)

White Rice (no bread)

Fried Foods

Caffeine & Caffeinated Beverages

Sugar

Candy

Cookies

Cakes (including doughnuts, muffins, etc.)

GREAT RESTAURANTS IN THE TRIAD

Crafted the Art of the Taco (4.4 Stars)

220 S Elm Street, Greensboro, NC 27401

CoreLife Eatery (4.5 Stars)

1430 Westover Terrace, Greensboro, NC 27408

Sticks & Stones (4.6 Stars)

2200 Walker Ave, Greensboro, NC 27403

Cava (4.6 Stars)

4524 West Wendover Ave, Greensboro, NC 27407

Print Works Bistro (4.7 Stars)

702 Green Valley Rd, Greensboro, NC 27408

Green Valley Grill (4.5 Stars)

622 Green Valley Rd, Greensboro, NC 27408

Odeh's Mediterranean Kitchen (4.7 Stars)

3805 Tinsley Dr, Suite 111, High Point, NC 27265

Jerusalem Market on Elm (4.8 Stars)

310 S Elm St, Greensboro, NC 27401

For great recipes and additional resources visit

<https://acouplecooks.com/daniel-fast/>

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