

2010 21-day Spiritual Transformation Fast

(Food Guidelines for a Daniel Fast)

Foods You May Eat:

Whole Grains: Brown Rice, Oats, Barley

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

Fruits: 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, Tangelos, Tangerines, Watermelon

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you not allergic to soy.

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.

Others:

Seeds, Nuts, Sprouts

Foods to Avoid:

All types of meat. White Rice. Fried or Take away foods. Caffeine. Carbonated Beverages/Drinks. Foods

Containing Preservatives or Additives. Refined Sugar, Sugar Substitutes. White Flour and All Products Using It. Margarine, Shortening and High Fat Products

14 February - 6 March 2010

Day 1

Are you ready for a “now word” from the Lord? Remember there is never a convenient time to fast in our busy lives. The best is just to jump in and everything will take care of itself! Just as beginning your day with prayer sets the course for the rest of the day and covers everything that may happen, the same is true of the beginning of the year with a fast. Blessings will be finding their way to you and your family even towards the end of the year.

Read Matthew 6:33, 1 Peter 2:21, Luke 6:40

Day 2

Dethrone the dictator within! Adam and Eve went after that one meal, immediately from peacefully enjoying God’s presence in the cool of the garden to fearfully hiding from Him among the trees of the garden. They ate themselves out of the will of God for their lives. So did Esau and the Israelites in the wilderness, just to name a few. Every sacrifice we pay for Him, will be rewarded!!!

Read Genesis 3, Hebrews 12:15-17, Numbers 11:4-7 18-20.

Day 3

There are 3 basic duties that every Christian should do, that is GIVING, PRAYING, FASTING. If we practice all 3, countless rewards and blessings will follow. It brings you into a deeper, more intimate and powerful relationship with God. Your spirit becomes uncluttered by the things of the world and amazingly sensitive to the things of God.

Read Matthew 6:1-18, Psalm 42

Day 4

Giving, praying and fasting if practiced together it creates a type of threefold cord that is not easily broken. Remember the 30 – 60 and 100-fold return Jesus speaks about in the book of Mark. When you pray, you release 30-fold return. When prayer and giving are part of your life, it releases 60-fold blessings. When all 3 are practiced 100-fold return can be released.

Read Ecclesiastes 4:12, Mark 4:8, 20.

Day 5

In the book of Joel we read that the people in Nineve were so poor that they could not even bring an offering to God. But God said “Blow the trumpet in Zion, set apart a fast, call a solemn assembly”. After the fast, the threshing floor was full of wheat, oil vats were overflowing, they ate in plenty and were satisfied. When fasting is a lifestyle, poverty will not be!

Read Joel 2.

Day 6

Cornelius the gentile, was a devoted and God fearing man, who was always giving, fasting and praying. It was the hunger in this man’s heart that made God send Peter to his house and not withhold the gospel from the gentiles. The Holy Spirit fell on his whole household. When you hunger for God, He will fill you and bless you.

Read Acts 10, Matthew 8:5–13, Matthew 5:6

Day 7

Sodom and Gomorrah were not destroyed because of homosexuality, in those cities. The Lord said to Israel through the prophet Ezekiel: “Look, this was the iniquity of your sister Sodom: She and her daughter had pride, fullness of food, and abundance of idleness; neither did she strengthen the hand of the poor and needy. They were haughty and committed abomination before Me, therefore I took them away as I saw fit”. You may notice there was no giving and no praying, in stead they were guilty of gluttony.

Read Ezekiel 16:49–50.

Day 8

Giving, praying and fasting... that is how you “present” your body to God as a living sacrifice. Fasting keeps you sensitive to the Holy Spirit, enabling you to live holy. Paul also says: “and do not be conformed to this world, but be transformed by the renewing of your mind that you may prove what is good and acceptable and the perfect will of God. We will never walk in His perfect will until we seek Him through fasting. It also prepares the way to give you fresh revelation, vision and clear purpose.

Read Romans 12:1–2, Acts 10, Acts 9:7–9

Day 9

Jesus fasted for 40 days in the wilderness where the devil came to tempt Him, but He overcame by using the Word against him. It’s time to get rid of the “flies” in our business, marriage, mind and our homes. They hinder the anointing in our lives and pollutes our worship, but the enemy cannot stand the power of the Holy Spirit and the intimacy of the Presence of Jesus that comes from 21 days of bombarding heaven.

Read Luke 4, Ecclesiastes 10:1

Day 10

Hungry people are desperate people, they do not accept no for an answer regardless of custom, rituals etc. and won’t leave hungry. They Syro-Phoenician mother, who was outside of God’s covenant with Israel, and whose daughter was possessed by a devil, had a persistent faith. Even when Jesus discouraged her, she was hungry enough to ask for the crumbs from the floor. Many of the children who sat at the table, had not shown such great hunger. Jesus honored her because of her persistence.

Read Mark 7:25–30

Day 11

In the book of Joel the Lord said, “And it shall come to pass AFTERWARDS that I will pour out My Spirit on all flesh...” God was going to pour out Revival – *afterwards*. He was revealing His will for His people – *afterwards*. After what? After a fast. Israel was in sin and God was calling his people to fast in repentance. His promise to them was to pour out revival and blessings on the land. Are we ready for those *afterward* seasons? God is going to pour out new wine, our wineskins will have to change. New wine, new miracles, new closeness, new intimacy with Him.

Read 2 Chronicles 7:14, Joel 2:28,29, Mark 2:20-22

Day 12

Fasting makes you more sensitive to the timing and voice of the Holy Spirit. Even in the middle of the fast, God can give you a boldness that you might have never had. Fasting does such a thing in your life that the lost are often drawn to you and to what God is doing. It is not that we manipulate God through our “works” forcing His hand. Fasting simply breaks you and brings your faith to a new level.

Read Matthew 10:39, Job 22:30

Day 13

There’s another point that I want to bring out. God will reward openly when giving, fasting and praying is practiced. Look at Daniel while in Babylonian captivity, his partial fasting of certain foods brought an open reward of God, who blessed him with wisdom beyond that of anyone else in that empire. Do you need more wisdom at home, in your business, or in any place of authority, follow Daniel’s example!

Read Daniel 10, Luke 6:40

Day 14

Daniel fasted again for 3 weeks because of the revelation he had received from God for Israel. His fast broke the power of the enemy who for 21 days tried to delay the answer he was looking for from God, to come through. Do you desire to know God’s will for your life, wonder who you should marry, or what to do in a critical situation? Fasting brings you to a place of being able to hear clearly His will.

Read Daniel 10

Day 15

True fasting is not only sustaining from food but also to be willing to spend the money you save through fasting on the poor and hungry. The widow of Zarephath gave away her last meal . She fasted so that others could eat. Isaiah 58:8 says that as a result of that your light will break forth like the morning and your healing (your restoration and the power of a new life) shall spring forth speedily.

Read Isaiah 58:7-14, 1 Kings 17:9-23

Day 16

After an enormous supernatural victory on mount Carmel, Elijah fled for Jezebel who tried to kill him. For 40 days the Lord supplied Elijah of food and water. God empowered him again and renewed his mission. The body of Christ is in the same situation. The Church has allowed itself to be pushed back by the enemy. It is time to reposition ourselves again and take back what the enemy has stolen from us. Are you ready?

Read 1 Kings 18 and 19.

Day 17

2009 was a year of breakthroughs, many went through turbulent times, emotionally and physically. Elijah experienced the same, he was a wreck in his mind, but God delivered him from his fears, suicide and deep insecurity. God is ready to restore all this in our lives so that we once again can hear the soft, small voice of the Spirit to prepare us for a new season, our new promised land.

Read 1 Kings 19:11-21,

Day 18

Jesus says in Revelation 3:20, “Behold I stand at the door and knock, if anyone opens and invite Me in I will come and have a meal with him.” Jesus wants to have a meal with you in a new manner. He wants to be invited to your table and be served with what you have to offer Him in stead of Him serving us. God wants to teach us to pray/ask in a new way, because many keep asking Him for the same things over and over again. He says, “Come to Me to seek My Face and worship Me and I will give you a new revelation on how to pray. I will teach you how to pray/ask and how to practice your faith in the face of the enemy.

Read Revelation 3, Mark 11

Day 19

God said, “Let the priests, who minister to the Lord, weep between the *porch and the altar.*” On a house, the *porch* is the part everybody can see; it represents the more public aspects of your ministry. The *altar* represents private ministry. In the life of a believer there should always be more private than public ministry to God. When you read about Jesus, you do not see Him praying in public nearly as much as you see Him praying in private. He would often pray through the night; intimate times alone with the Father. Out of those times in private devotion, public demonstrations of God’s power would be poured forth in healings, raising the dead, abundance and more. *Victories are not won in public, but in private.*

Read Joel 2:17, Matthew 6: 1-4

Day 20

Trough fasting God will also target your children who are being led off and destroyed by the enemy’s devices. Hezekiah’s son, Manasseh was a wicked king whom God had warned many times to no avail. He was taken captive, put a hook in his nose and taken to Babylon. Manasseh cried out to God, humbled himself with fasting and God heard his plea. Maybe you have rebellious children who are bound to pornography, drugs etc. Fasting and prayer will absolutely break those spirits of their lives.

Read 2 Chronicles 33:1-13, Jeremiah 31:16,17

Day 21

Besides the spiritual implications and blessings, your body will also reap the goodness of this period. It will be restored, revitalized and strengthened, because it helps your body to eliminate toxins and flushes out the poisons. It holds amazing healing benefits to those of us who suffer illness and disease. Moses fasted often, including two forty-day fasts and the Bible says in Deut. 34:7 “Moses was 120 years old when he died and his eyes were not dim, nor his natural vigor abated”.