

21 Days in God's Presence
A Prayer and Cleansing Fast
THEME: DIVINE CONNECT-PLUG INTO GOD

21 Days in God's Presence ~ A Corporate Fast

(Commencing **Sunday, January 10, 2016** – ending **Saturday, January 30, 2016**)

Join us as EBC: The MEETing Place will be participating in a 21 Day Corporate Fast under the theme: **Divine Connection-Plug into God**. Over this 21 Day Fast we will be identifying the top distractions in our personal lives, and committing to overcoming them, as we enter this new season of ministry.

We are on the threshold of a new era in ministry; and we are committed to doing ministry that matters (1 Corinthians 3:10). As we confidently stand under this season of an open door – let's raise our expectations and LOOK UP; for this is the biblical posture for receiving clear vision from the Lord. As we enter these 21 days of prayer, God has set a pattern to follow that will release His Kingdom power. Obey Him, Seek Him, Stay Focused on Him, for God is ready to work miracles on your behalf.

Over these 21 days of prayer, we will create a prayer storm to possess the gates of the enemy; preventing him from having the advantage over our minds. We will repent and forgive, operate in wisdom, pray for protection and watch what we say, as the enemy has used the tongue to speak many things against the will and work of God in the earth realm. We will come against any and all unrighteous covenants that have been made, or that have been prayed on us. Let's possess the gates of the enemy now!

These 21 days of Prayer and Fasting shall "**Strengthen our connection.**" My friends, we need not be discouraged or afraid as long as we remain in the Lord. God is with us, and thus, we can **Advance the Kingdom** together!

- Day#1 Sunday, January 10, 2016**
Key Scripture Focus: Psalm 145: 17-21

- Day#2 Monday, January 11, 2016**
Key Scripture Focus: James 4:6-10

- Day#3 Tuesday, January 12, 2016**
Key Scripture Focus: Luke 9:23-29

- Day#4 Wednesday, January 13, 2016**
Key Scripture Focus: Psalm 73:27-28

- Day#5 Thursday, January 14, 2016**
Key Scripture Focus: Psalm 65:1-4

- Day#6 Friday, January 15, 2016**

Key Scripture Focus: Joel 2:12-13

Day#7

Saturday, January 16, 2016

Key Scripture Focus: Psalm 139:23-24

Day#8

Sunday, January 17, 2016

Key Scripture Focus: Jeremiah 29:10-14

- Day#9 Monday, January 18, 2016**
Key Scripture Focus: John 12:27-32
- Day#10 Tuesday, January 19, 2016**
Key Scripture Focus: Psalm 63:1-5
- Day#11 Wednesday, January 20, 2016**
Key Scripture Focus: Mark 11:22-26
- Day#12 Thursday, January 21, 2016**
Key Scripture Focus: Psalm 84:10-11
- Day#13 Friday, January 22, 2016**
Key Scripture Focus: Hebrews 13:5-6
- Day#14 Saturday, January 23, 2016**
Key Scripture Focus: Psalm 27:1-5
- Day#15 Sunday, January 24, 2016**
Key Scripture Focus: Isaiah 55:1-3
- Day#16 Monday, January 25, 2016**
Key Scripture Focus: Psalm 42:1-3
- Day#17 Tuesday, January 26, 2016**
Key Scripture Focus: Psalm 91
- Day#18 Wednesday, January 27, 2016**
Key Scripture Focus: Luke 15:18-24
- Day#19 Thursday, January 28, 2016**
Key Scripture Focus: Psalm 100:2-4
- Day#20 Friday, January 29, 2016**
Key Scripture Focus: Psalm 118:5-9
- Day#21 Saturday, January 30, 2016**
Key Scripture Focus: Hebrews 10:19-22

I want to encourage you to select a fast that is acceptable to you and that you can endure for the 21 Days.

It is my desire that everyone in our church gets to participate in a fast that they can maintain rather than to have

members of our congregation not participate at all. Remember, the important thing during this Corporate Fast is to set aside committed time to pray to God for Divine Protection and Spiritual Breakthrough.

The following are some guidelines that are intended to help you participate in the 21 Day Corporate Fast for EBC: The MEETING Place:

The Cleansing Fast includes: Water, Fruit Juice, Tea, Fruits, Vegetables, Nuts, Raisins Fresh Garden Salad, Soups, Baked or Broiled Fish and Baked Poultry

- **All Fruits:** These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon
- **All Vegetables:** These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, 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 are not allergic to soy.

In addition to the Cleansing Fast / or as an ALTERNATIVE, you may choose from the following:

A. DANIEL FAST: FASTING FROM ALL MEAT, DESSERTS AND DELICACIES

This type of fast includes all types of candies, chocolate, and sugary foods

* **However, you are allowed - All Whole Grains;** including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

B. DAILY FAST FROM A MEAL:

In this type of fast you choose to miss a normal meal each daily and use that time to focus on prayer.

C. STANDARD FAST:

This fast includes abstaining from all foods except water for a specific period of time (e.g. 6am – 6pm). You may choose to do this for a few days during the 21 Day fast.

D. TOTAL ABSTENTION FAST: This fast includes abstaining from all foods and water either for a specific time during the day or for the entire day. Again, you may choose to do this for a few days during the 21 Day fast.

E. OTHER FASTS:

Oftentimes, fasting from food is not our most immediate need. Therefore, we encourage you to earnestly seek God about other things in your life that you may fast from. The most popular type of other fast is fasting from anything (or anyone) that takes away from the time and attention you give to God. Such things may include social media (e.g. messaging sites or phone), television, and other things.

Those who should not fast:

- **Pregnant and nursing women.** The effects of fasting on an unborn fetus are unknown. For women who are nursing, it has been suggested that by not getting enough to eat, the same amount of milk was being produced but with few nutrients.

- **Children.** It can be considered ill-advised to permit children to fast, however, it may be permissible if the child has chosen to fast of his/her own will and is supervised by a professional/parent.
- **Certain medical conditions.** You should not fast if you have liver or kidney weakness or disease, or are extremely frail, malnourished, anemic, or exhausted. You should consult a doctor and be under his/her care during fasting if you have a weakened immune system, severely high blood pressure, medication-dependent diabetes, or weak circulation causing frequent fainting. With many conditions, it is possible to fast, but the more serious the condition, the more you need professional support during a fast to avoid any problems. If you are on any prescription medications, your requirements for that medicine could vary from day to day, making it necessary you have a doctor monitor you daily.
- **Eating disorders.** Such as anorexia or bulimia.
- **After surgery or a major illness.** Time should be taken to recuperate before attempting a fast. Also, don't fast directly prior to major surgery.
- **Anyone who is afraid of fasting.**