

Fountain of Hope  
African Methodist Episcopal Church  
*"The Friendliest Church in the Valley"*  
Reverend Gregory Keith McLeod, Senior Pastor

*"Moving from Spectator to Participator"*

# THE FAST

21 Days of Prayer and Fasting  
January 13 – February 3, 2019

You may choose to do a shorter fast of 7 or 14 days as well, but we ENCOURAGE you to take the challenge of the full 21 days!

Join FOH in Corporate Prayer  
Daily at 6:00 am  
712-432-6333, PIN: 286219#

*So I turned to the Lord God and pleaded with him in prayer and petition, in fasting...*

*Daniel 9:3 (NIV)*

## The Fast

The Daniel's Fast is a partial fast in which some foods are restricted. It's a biblically based fast fashioned on the experiences of the prophet Daniel. The Daniel's Fast requires eliminating commonly enjoyed food for twenty-one days as an act of worship and of consecrating oneself to God. The Bible recounts in Daniel 10:2-3 *"At that time I, Daniel, had been mourning for three weeks. I had eaten no rich food, no meat or wine had entered my mouth, and I had not anointed myself at all, for the full three weeks."*

## The Focus

The focus for this year is Pentecost which can be found in Acts 2:1-2 (NKJV), ***"When the Day of Pentecost had fully come, they were all with one accord in one place. And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting."*** It is our desire that all individuals, families and friends of The Fountain will experience this mighty move of God as we ask HIM to **"BREATHE ON US!"** This Pentecostal Experience will cause our families, churches, communities and yes even our work environments to return to those things that are Holy. **TEMPLE ORDER WILL BE RESTORED!**

There will be a different theme of focus each week which will include a 21 day fasting prayer guide listed below:

- Week 1 - **Repentance and Reverence**
- Week 2 - **Restoration**
- Week 3 - **Revival**

# Fasting Prayer Guide for 21 days

January 13 – February 2, 2019

*“Blow the trumpet in Zion, consecrate a fast, call a sacred assembly. Gather the people, sanctify the congregation, assemble the elders, gather the children...” Joel 2:15-16a*

**January 13** - “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:9

**January 14** - “We humble ourselves and pray and seek Your face, turning from our wicked ways and we thank You for hearing and forgiving our sin and healing our land.” 2 Chronicles 7:14

**January 15** - “Correct me and grant me repentance that I may know the truth, come to my senses, and escape every one of the devil’s snares. He will not take me captive to do his will. I submit to God and resist the devil and he flees from me.” 2 Timothy 2:25-26, James 4:7

**January 16** - “Create in me a clean heart, O God, and renew a right spirit within me. Fill me with Your presence; taught, comforted, empowered, and led by Your Holy Spirit. Refocus me on the joy of Your salvation which restores me. Grant me a willing and obedient spirit to sustain me, then I will be effective and influential in turning others to You.” Psalm 51:10

**January 17** - “Open my ears to hear your Word, may I not be disobedient nor turn back for You are my helper.” Isaiah 50:4

**January 18** - “I will incline my ear and hear Your words and apply my mind to Your knowledge, keeping them within so Your Words may be ready on my lips so my trust may always be in You!” Proverbs 22:17

**January 19** - “I seek you Lord while You may be found and call upon You while You are near. I forsake my old ways and thoughts and return to You. Thank You for pouring out your mercy on me and abundantly pardoning me.” Isaiah 55:6-7

**January 20** - “Let your light so shine before men, that they may see your good works and glorify your Father in heaven.” Father, raise up new entertainment personalities who promote godly values. Matthew 5:16

**January 21** - “For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.” Lord, reveal Your great love through Jesus to every person. Romans 8:38-39

**January 22** - “For no other foundation can anyone lay than that which is laid, which is Jesus Christ.” God, reveal the emptiness of false beliefs. Show us the value of human life, the true nature of marriage, and the importance of the church. 1 Corinthians 3:11

**January 23** - We pray on behalf of the churches, “that the Lord God may tell us the way we should walk and the thing we should do.” **Jeremiah 42:2-3** and Ephesians 1:17-18

**January 24** - That in our church unity will prevail because we are built upon a strong foundation in Jesus Christ. Ephesians 2:20-22

**January 25** - “That our whole church body be knit and joined together with everyone being an active part and doing their share causing growth to the body.” Ephesians 4:16

**January 26** - That God will give us favor with our communities and add to the church daily those who are being saved. Acts 2:47

**January 27** - I pray that the word of the Lord will spread rapidly and be honored in our schools, work places, and among our neighbors. May people look to You and be saved, for You are God and there is no other. Isaiah 45:22

**January 28** - That the Lord of the Harvest send laborers to reach the lost with the gospel that is the power of God to salvation. Luke 10:2, Romans 1:16

**January 29** - That the light of Christ would shine on those whose minds have been blinded by the god of this age and open their hearts to receive the love of God. 2 Corinthians 4:4-6

**January 30** - Thank God that His heart is for all to be saved and come to the knowledge of the truth! He is drawing them to Him today. Jesus came that they might have life and have it more abundantly! 1 Timothy 2:4, John 3:16, John 10:10

**January 31** – We pray that the eyes of our leaders’ hearts will be enlightened that they might know the truth and lead this nation in righteousness. Ephesians 1:18

**February 1** – We lift up our government to You praying for all men and women who have authority over us that we may lead a quiet and peaceable life, in all godliness and honesty. 1 Timothy 2:1-2

**February 2** - Thank You, Lord, that we can confidently come into Your presence with thanksgiving! And this is the confidence we have before You, that if we ask anything according to Your will, You hear us and if we know that You hear us in whatever we are asking we know that we have the requests which we have asked from You. 1 John 5:14

Along with this, we will engage in early morning prayer each morning at 6:00am via conference call (712-432-6333, PIN: 286219#). There will be a list of things that we will petition the Lord for each morning. Twenty-one persons have volunteered to lead the prayer call each morning. Also there will be daily scriptures to nourish our spiritual bodies.

# The Food

## Daniel Fast Guidelines

(Scriptural Basis -Daniel 10:2-3)

### **Foods to include in your diet during the Daniel Fast:**

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.

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.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, French beans, split peas, lentils, black-eyed peas, kidney beans, black beans, cannelloni beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

**Beverages:** spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

**The Fish Option: Limit their intake of fish to no more than twice a week. Abstain from shellfish, catfish, and any other fish or seafood that is a scavenger or does not have fins and scales.**

### **Foods to avoid on the Daniel Fast:**

All meat and animal products including but not limited to beef, lamb, pork, and poultry.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips, etc.

**Please reference “The Ultimate Guide to the Daniel Fast” by Kristen Feola book or website (<https://ultimatedanielfast.com/recipes/>) to find recipes for breakfasts, juices, smoothies, snacks, salads, dressings, soups and main dishes.**