

CORNERSTONE PENTECOSTAL CHURCH

PURSUE GOD

JANUARY 5 - 26, 2020

“And ye shall seek me, and find me,
when ye shall search for me
with all your heart”

Jeremiah 29:13

21 DAYS OF
PRAYER AND FASTING

Prayer

If my people who are called by name, shall 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 the land. **2 Chronicles 7:14**

Weeks 1 and 2: Monday, Wednesday, Friday

Week 3: Monday – Friday

7:00 PM

Noonday prayer will be held M-F.

It's time to pursue God and go deeper in Him. Think about all the questions you have. About life. About your future. About society. About your family. And imagine God revealing those secret mysteries to you. The answers we want and the things we desire come when we **seek** Him with everything we've got. It's not an obligation, it's an OPPORTUNITY to know Him more.

When we pursue God with all our hearts and minds, He will be faithful to grant us the petitions that we have requested of Him.

Keep a journal on what the Lord is showing and speaking to you.

Fasting

I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled. **Daniel 10:3**

What to Eat:

- Vegetables
 - Fruit
 - Wholegrains
 - Legumes
 - Beverages: Water, 100% Fruit/Vegetable juice, Herbal tea (caffeine free), Almond milk, Soy Milk (unsweetened)
- 3 meals (Breakfast, Lunch, Dinner)

Sample recipes and suggested menus (www.cornerstonepentecostalchurch.org)

What not to eat:

- Meat
- Breads
- Dairy
- Sweets and desserts
- Fried foods
- Beverages: coffee, tea, carbonated beverages, energy drinks

*See fasting guidelines for foods to include/avoid

****If you have serious questions about your health, or if you are under physician's care, please consult your physician before you abstain from food or change your diet. ****

Entertainment: Limit TV, Shopping, Cell Phone Activity, Social Media, Video Games, Social activities

Spend as much time as you can, reading and studying God's Word, Praying, Worshipping and Listening to what God is speaking to YOU!

If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23). He wants you to finish, and He will give you the grace and strength to do it!

Fasting Guidelines

Foods to Include:

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.

All whole grains. Including, but not limited to, brown rice, millet, quinoa, oats, barley, grits(stone-ground), whole wheat pasta, whole wheat tortillas, rice cakes. All nuts and seeds, including, but not limited to, sunflower seeds, cashews, peanuts, sesame. Also, nut butters, e.g. peanut butter and almond butter.

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

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

Beverages. Spring, Distilled, Purified water, 100% Natural Fruit and Vegetable Juice, Herbal tea (caffeine free), Almond Milk, Unsweetened Soy Milk.

Other. Vinegar, seasonings, herbs, and spices.

Foods to Avoid:

All meat. Including, but not limited to, beef, lamb, pork, poultry, and fish.

All dairy products. Including, but not limited to, milk, cheese, cream, butter, yogurt.

All sweeteners/desserts. Including, but not limited to, sugar, raw sugar, syrups, molasses, chocolate, candy, cookies, cakes, pies.

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

All refined and processed food products. Including, but not limited to, white rice, white flour and food that contains artificial preservatives.

All deep-fried foods and solid fats. Including, but not limited to, potato chips, French fries, corn chips. Shortening, margarine, lard, and foods high in fat.

Beverages. Including, but not limited to, coffee, tea, pop, energy drinks, and alcohol.

**** Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give into temptation.***

Fasting Preparation

There are several types of fast mentioned in the Bible. However, they all have the same meaning. Fasting is the act of abstaining from food and or drink for spiritual purposes.

Prepare your heart:

In 2 Chronicles 7:14, God appears to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. Then, He will hear their prayers and heal them.

Be willing to hear what God says needs to change and be willing to change. Don't continue to sin. What are the paths He wants you to walk? How much does He want you to pray and read His Word? Tell God that you surrender your life to Him and that you want more of Him and His way.

Prepare your motives:

Ephesians 1:3 says that there are spiritual blessings assigned to us. We can never exhaust them! Who knows what God wants to give you or show you? Maybe He wants to bestow gifts such as wisdom, anointing, prayer power, healing power, teaching power, joy, or encouragement. When you eliminate things that are keeping you from focusing on God, He is able to show you things about your life that you never knew.

Prepare your body:

A few days before starting the Fast, reduce your food intake, eat smaller meals and avoid high fat and sugary foods. You should reduce strong beverages like coffee, tea or Coke as well. Fasting will also result in cleansing of your physical body. You may feel physical discomforts initially like hunger pangs, dizziness, weakness, tiredness or "the blahs". Withdrawal from caffeine and sugar may cause headaches as your body detoxes. Drink plenty of water. Rest as much as your schedule will permit.

The first few days of the fast are usually the most challenging. Persevere through this period. Consult your doctor if you are unsure of any headaches or body reactions.

Prepare your schedule:

Decide where you will meet with God, what and when you will eat, and how you will spend your time differently. Remember, the fast is about communing with God, so don't fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord.

*Make it a priority to attend church during the 21-day fast. Being around other believers will encourage you to keep on going when fasting gets difficult.