



Community Bible Church

Daniel Fast

January 1-21, 2013

Praying Continuously January 1-7

“The Year of the Lord’s Favor

Key Prayer Themes:

Repentance
Ministry Holy Spirit
Sovereignty of God
Anointing
Sharing the good news

Heal broken hearted
Liberty for captives
Year of the Lord’s favor
Comfort & Provision
Oil of gladness

Garment of praise
Strength in the Lord
Stability in the Lord
Loving witness
Display of Splendor

Record Your Post of Prayer at:

www.SignUpGenius.com/go/70A0C48A9A72EA46-isa61247/7156367

Suggested Prayer:

(Personal, Corporate and/or National)

Father, boldly I come to your throne of grace-to obtain mercy in a time of great need. You have declared a holy fast. Between your porch and altar I long to weep, to care and to abide in your Presence. I approach you with reverence. You alone are worthy. Beside you there is no other. I recognize your sovereign authority. Christ Jesus is Lord. Cleanse me of all unrighteousness that my prayers may not be hindered. Cleanse me by the Blood of the Lamb. Please wash over me today by the washing of the water of your word. I long for the desire to turn from all that is not of you. Let all that grieves the Holy Spirit diminish in my life and in the life of the church. Help me to see the destructiveness of my sin. Help me see others as you see them. Help me to love others as you love them. Empower me to take personal responsibility for my life and actions. I repent-- with you and your kingdom in mind. I long to feel clean and full of power and authority. Help me to submit to all ordained authority.

Father, You are worthy of all praise. I love you and honor you today. You are beautiful, splendid and upright. Your Name is Faithful and True. You are the Bright and Morning Star. You are

the Bishop of my Soul. You are the Lamb who was slain. You are my Redeemer, Healer, Sanctifier, Provider and King. I bow before you because you are the only One worthy. I exalt and magnify you in my heart, in my words and in my actions. Early in the morning I seek you that you may be found. Even in the dark of night I find you. Blessed be your Name.

Set a course Lord for the power and anointing of the Holy Spirit to be upon me as well. Anoint me to do all you have called me to do. I want to love as you love and rejoice as you rejoice. I long for the peace that is yours, the patience that is slow to anger, a gentleness that transcends my flesh. I long to believe and trust as did Jesus. In humility and meekness I ask for continual anointing. Season me with self-control by your Spirit. Fruit of the Spirit please work in me, through me, upon me. God I long for that effortless anointing. Yoke me to you. Fill me Lord with your Holy Spirit. Overflow from me Lord into all darkness and confusion around me.

Lord make me a voice crying out in the wilderness. I have a testimony, a story and an account. Use me as an agent of healing, encouragement and wisdom for the poor, the brokenhearted and the captives. Heal me that I may testify of your love. Share with me that I may share with others. Bind up my wounds that I may bind up others. Free me up. I long for deeper liberty, openness, and vulnerability. Oh free me up Lord. It is for freedom that Christ has set me free. Show me how to walk and run in freedom. Keep me from hiding, blaming, rationalizing. I long to walk in your liberty. Free me from debt, unforgiveness, bitterness, resentment, jealousy, gossip and deceitfulness. Father, keep me from self-imprisonment. Unshackle my heart with finality.

May this be the year of your abundant favor in my life. In tough times, place on me a garment of praise for a spirit of heaviness. May your joy be my strength. I wish to walk in confidence as I confide in you. In times of war I battle not against flesh and blood. I provide no footholds for evil. In times of weakness meet me with love, power and a strong mind. In times of loss-meet with me and impart to me comfort. In times of arrogance-make my attitude like that of Christ. Work something out in me that I grow as a firm oak of righteousness. Make me someone that can be counted on to stand in any storm. I long for a deeper longing for you. I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings...

Lord remove from me anything that keeps me from you. You can have it.

Lord place on my heart that which is on yours. I want to see you move.

Lord bless me only with all that I am mature enough to handle.

Lord do in me what I cannot do for myself. I need you.

Lord make me a sold out worshipper in Spirit and in truth.

Lord make and keep my heart soft.

Lord I pray for a sensitivity to you I have not had before.

Lord I want to love you more, myself as well, and my neighbor for sure.

Amen



“Sacred Assemblies & Daniel Fast”

Community Bible Church

January 1-21, 2013

Joel 2:15-17

Blow the trumpet in Zion, declare a holy fast, call a sacred assembly. Gather the people, consecrate the assembly; bring together the elders, gather the children, those nursing at the breast. Let the bridegroom leave his room and the bride her chamber. Let the priests, who minister before the LORD, weep between the portico and the altar. Let them say, “Spare your people, LORD. Do not make your inheritance an object of scorn, a byword among the nations. Why should they say among the peoples, ‘Where is their God?’” Joel 2:15-17

Fasting, simply put, is sacrificing the flesh for the spirit... physical food for spiritual food, physical nourishment for spiritual nourishment. A basic Daniel fast consists of fruit, vegetables, whole grain breads, no desserts or meat, and water as a beverage over soft drinks, coffee and tea. Of course, there are variations.

First, pray for wisdom on how you should fast. God honors your sacrifice. If it is a sacrifice to you, it is a sacrifice to God. Fasting is between you and God, not you and man, so do not compare your sacrifice to others. Seek God's leading and He will be honored and you will be blessed.

Second, fasting is always tied to prayer. Fasting alone, without intimate time spent with Him in prayer, reading, and studying the

Bible is just a diet. It is so important to increase your time with Him during this time. Sometimes, we can get so focused on the fasting... what we can and can't eat... that we lose sight of what we are fasting for. The best way to keep Him near is to stay near to Him by praying and reading the Bible. You will find added strength and comfort through scriptures and your prayer time with Him.

Third, keep in mind there is great significance in giving the first fruits of your year to Him and you are doing this in concert with the entire church body here at CBC. There is something about giving your firsts, and doing it in unity with other believers that is just so powerful.

Guidelines for a "Daniel Fast"

Whole Grains : Barley, brown rice, oats

Beans/Legumes : Red beans, black beans, dried beans, long beans, french beans, pinto beans, split peas, black eyed peas, lentils.

Vegetables : Any

Fruits : Any

Nuts & Seeds

Liquid : Distilled water, spring water, 100% natural fruit or vegetable juice (dilute one part juice to four parts water)

Food to Avoid in Daniel Fast recipes :

**Caffeine, Carbonated soft drinks, Milk, Cheese, Meat, White rice
Fried food, Refined sugar, Sugar substitutes, Food containing
preservatives or additives, White flour and food made by it
Butter, margarine and high fat products**

Please consult a doctor before starting a fast of any kind.