

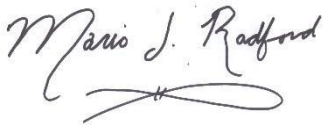
21 DAYS OF PRAYER & FASTING

January 2-22, 2022

Happy New Year to everyone! This may be the first fast that you ever participated in before. What an exciting journey you are about to embark upon. For the last few years Growth Point has participated in 21 days of prayer & fasting as we begin our year.

The following outline is designed to guide you through what fasting is about. This year, I've written an accompanying 21 day devotional that will assist you in a daily prayer focus. As we stay clear of distractions in our lives, prepare to experience a spiritual awakening in your personal and spiritual life.

United Together,



Mario J. Radford
@mariojradford

FASTING

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out! It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all of the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your own body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

TYPES OF FASTS

COMPLETE FAST

This fast calls for drinking only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from a diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, or bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast is sometimes called the Jewish Fast and involves abstaining from eating any types of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

MEDIA FAST

This fast is common for those who do not have much experience fasting foods, who have health issues that prevent the fasting of food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast—and then choosing how to carefully bring that element back into their life in an orderly fashion.

TIMING OF A FAST

We encourage fasting corporately for 21 days. This is part of a season of high-intensity prayer as a family. You may also opt to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on Him as you fast.

CORPORATE FAST INSTRUCTIONS FOR ALL 21 DAYS

Limited TV/Social Media from 9am-5pm daily

No Sodas/Strong Drinks

No Displays of Anger

No Excessive Spending

TUESDAY CORPORATE PRAYER 7AM EST

CALL: 857-232-0158

CODE: 123394

Scripture References

2 Chronicles 7:14

Matthew 6:16-18

Matthew 9:14-15

Luke 18:9-14

Acts 27:33-37

Nehemiah 9:1-3

FOODS TO EAT (Selective/Partial Fast)

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, Popcorn

Legumes

Dried Beans, Pinto Beans, Split Peas, Lentils, Black-Eyed Peas

Fruits

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, 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, 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
Seeds, Nuts, Sprouts

Liquids

Water, Unsweetened Soy Milk, Herbal Tea, Honey, Natural Fruit Juice (no added sugar)

FOODS TO AVOID

Meat*
Poultry*
Fish*
White Rice
Fried Foods
Carbonated Beverages
Foods Containing Preservatives
(or Additives)
Refined Sugar or Sugar
Substitutes
White Flour
Margarine
Shortening
High Fat Products
All Leavened Breads
Dairy (Milk, Butter, Cheese,
Yogurt, etc.)

*If you have young children or students, consider adding turkey, chicken and fish to the approved list.