

CENTER FOR HOPE MINISTRIES

2012 MANIFESTED POSSIBILITIES

JANUARY 9TH—29TH 2012

Corporate Fasting and Prayer Guide

The body of believers at CFH Ministries will spend 21-days in fasting and prayer for the purpose of seeking God, drawing closer to Him and obtaining spiritual breakthroughs. In uniting together during this time of corporate fasting, we are expecting to experience greater favor, faith, and freedom both personally and corporately.

Length of Fast: 21-Days
Beginning: Monday, January 9th – 6:00 AM
Ending: Sunday, January 29th – 1:00 PM

OUR FAST

Our corporate fast is a **Partial Fast, specifically the Daniel Fast** in which you refrain from eating meat, sweets, bread, and junk foods.

PREPARING PHYSICALLY

If you have health concerns, consult your doctor prior to beginning a fast and explain what you plan to do. **Remember to limit physical activities such as exercising and replace it with time of prayer and Bible study. Use wisdom, and pray for guidance.**

PREPARING SPIRITUALLY

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended. Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you. Below are scripture references to further assist in your preparation.

- Mark 11:25
- Luke 11:4,17:3-4

THINGS TO DO WHILE FASTING

Fasting brings about miraculous results. Jesus is a great example of the benefits of fasting. Some things to do during the fast include:

- Spend time listening to praise and worship
- Pray as often as you can throughout the day
- Spend time reading the word of God
- Get away from the normal distractions as much as possible
- Keep your heart and mind set on seeking God's face

Also, try to minimize the time spent watching television. If you desire to watch television, look for shows and programs that will edify your spirit and strengthen your faith.

PRAYER FOCUS

Make an effort to pray for the following priorities and believe God for breakthroughs in these areas:

1. CFH Ministries' Body of Believers will Draw Closer to God

Prayer: Father, as we draw closer to you, draw closer to us. Pour out a spirit of prayer and supplication upon us and increase our spiritual hunger. May the fire of the Holy Ghost consume us and keep our hearts ignited for You.

2. Seeking the Kingdom of God and His Righteousness

Prayer: Lord, we seek after You first. We are in pursuit of Your glory. Our spirit is hungry for more of You; more of Your righteousness, holiness, and love. So Lord, we set our affections on You; not on earthly things, but on eternal things. Purify our hearts and anoint us to live a life pleasing to you. (Matthew 6:33)

WHAT TO EXPECT

When you fast, your body detoxifies, eliminating toxins from your system. Naturally, you will have hunger pains. This can cause mild discomfort including:

- Headaches and irritability during withdrawal from caffeine and sugars
- Bad breath
- Sleeplessness
- Frequent urination
- Weakness

When using breath aids, we encourage sugar free breath aids because the sugar may increase discomfort. Limit your physical activities and exercise moderately. Take time to rest.

DANIEL FAST FOOD LIST

All fruits: These can be fresh, frozen, dried, juiced or canned (in its own juice). 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 brown rice, quinoa, oats, barley, whole wheat pasta.

All unsalted nuts and seeds: Including but not limited to sunflower seeds, cashews, peanuts, sesame.

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: 100% Apple & Orange Juice and water

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

FOODS TO AVOID ON THE DANIEL FAST

- **All meat and animal products:** Including but not limited to beef, lamb, pork, poultry, and fish.
- **All dairy products:** Including but not limited to milk, cheese, cream, butter, and eggs.
- **All sweeteners:** Including but not limited to sugar, raw sugar, syrups, molasses, and cane juice.
- **All leavened bread:** Including Ezekiel Bread (it contains yeast 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 fried foods** including but not limited to potato chips, French fries, corn chips.
- **All solid fats** including shortening, margarine, lard and foods high in fat.
- **Beverages** including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

SCRIPTURE REFERENCES FOR FASTING

- Matthew 6:16-18
- Matthew 9:14-15
- Luke 18: 9-14
- Isaiah 58
- Jeremiah 14:12
- 1 Corinthians 8:8

RELATION TO PRAYER AND READING OF THE WORD

- 1 Samuel 1:6-8, 17-18
- Nehemiah 1:4
- Daniel 9:3,20
- Joel 2:12
- Luke 2:37
- Acts 10:30
- Acts 13:2
- 1 Corinthians 7:5

CORPORATE FASTING

- 1 Samuel 7:5-6
- 2 Chronicles 20:34
- Ezra 8:21-23
- Nehemiah 9:1-3
- Joel 2:15-16
- Jonah 3:5-10
- Acts 27:33-37

Keep in Mind - Drink plenty of water. Make sure you concentrate on the Word of God and prayer. When the fast ends, begin eating meats and sweets slowly.

HOW TO END

Don't overeat when the time comes to end your fast. Begin eating meats and sweets gradually. Also, eat small portions of snacks.

PLEASE READ THIS IMPORTANT NOTICE ABOUT THIS FAST

This fast is not compulsory and is on a volunteer basis. Before beginning any fast consult with your doctor to determine if you are healthy enough to participate in an extended fast. Center For Hope Ministries, and any of its related entities, are not responsible for any health related conditions prior to and after this fasting period. Please pray about participating and allow the Holy Spirit to guide you to a decision.

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service.

Romans 12:1 NKJV

May God greatly bless you as you fast!