



**21 DAYS**  
**PRAYER**  
**AND FASTING**  
**JAN. 7-27**



**In Person Prayer**  
JAN. 22-27



1925 2nd AVE  
IRONDALE, AL 35210

**PRAYER & FASTING GUILD LINK BELOW**

**A CHURCH THAT PRAYS & FAST**  
**“WIN SOULS & MAKE DISCIPLES”**



**21 Days of Prayer and Fasting**  
**January 7 - 27, 2024**

**In Person Nightly Prayer: 1/22/24 -1/27/24**

**Prayer and Fasting Guide at link below:**

**Zoom Meeting ID: 838 7443 4115**

**Passcode: Prayer**

**[www.rcmcentral.com](http://www.rcmcentral.com)**

## The Purpose of Fasting

Fasting, combined with prayer, is significant in your search for God. Fasting does not only refer to abstinence from food. The purpose of fasting is to control the pleasures of the flesh in efforts to enrich your understanding through Christ and redirect your thinking in Christ. In order to fast, you can abstain from any of the various things that your flesh is dependent on.

You can give up food, television, music—anything that you think is hard to live without. You will find that while you will crave what you give up for the first few days, the need will no longer be there after some days. Fasting does not only refer to giving up pleasures of the flesh, but when you are on a Soul Fast, you are also supposed to pray so that your spirit may come closer to that of God. The focus of a Soul Fast is not only to deprive the flesh of food, drink or social media, but in turn posturing to purify one's soul in efforts of redefining your relationship with God.

### Fasting Defined

- Fasting is intentional abstinence from eating.
- Hebrew word for fast is *tsum* - It means "to cover over the mouth"
- Greek word for fast is *nesteuo* - It means "to abstain from food"
- Fasting is a conscious, intentional decision to abstain from the pleasure of eating for a time, in order to gain vital spiritual benefits

### Purpose of Fasting

- Seeking God – Matthew 6:33
- Putting God First – Jeremiah 29:13
- Interceding for others – Luke 4:1-2, John 17:6-26

### The Results of Fasting

- Hearing from God
- Power from God
- Salvation and Deliverance
- Peace
- Physical Cleansing
- You will experience a heightened awareness of His presence
- Your confidence and faith in God will be strengthened.
- You will feel mentally spiritually, and physically refreshed.
- Good health
- Understanding of visions and dreams
- Great Favor with God and Man
- Spiritual Breakthrough in your marriage, finances, etc
- Angelic intervention in your spiritual battles

- Understanding into the future
- Supernatural strength imparted to you
- Deep insight into the spiritual realm
- Heightened spiritual sensitivity
- New Level of prophetic anointing
- Personal holiness

Fasting is a principle that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Fasting is one of the most powerful weapons God has given us for our daily lives.

Another reward of fasting has to do with your future. God has given you a vision, a divine dream for your life. When you fast, you open up the blessings and opportunities He has provided for you to pursue that dream. As you fast, pray for God's direction and guidance. Focus your faith on your dream and God will show you how you can turn your vision into a reality. Begin pursuing your divine dream today and make the rewards of fasting part of your lifestyle.

When you fast and pray, you will see amazing results from God. You will see godly changes in your home/family, prayers answered in incredible ways, wisdom gained about hard issues, and in it all, you will mostly appreciate that your own desires become secondary to God's. It's all about putting Him first, and letting our Shepherd lead the way all year long. Without a doubt, fasting sets you on a great course every year. Ps 37:23 says, "The steps of a man are established by the LORD, And He delights in his way" (NASB)

***Many people believe the first week is the hardest during a fast. Symptoms like grumpiness, sleepiness, headaches, and cravings are all normal because your body is detoxing. The detox part can last for as few as 3 days, but it normally takes a week to feel refreshed (and stronger than ever).***

What's the easiest thing about it? You can make healthy food, like bean soups and snacks for the week ahead. Because you are eating so fresh, your meals and snacks can easily be prepared ahead of time. By the time your first week is up, you will be used to leaving your house with your healthy food. Once your body detoxes, smells that come from places like fast-food restaurants can even become gruesome instead desirable.

You can still feed your family like normal. Fasting is a joy! It's only our flesh that complains, but the joy you can find in fasting can even show your children how good and pleasant it is to serve God.

**NOTE: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking medications, have a chronic condition, or are pregnant or nursing a baby.**

## TYPES OF FASTS

Absolute Fast	The <b>absolute fast</b> allows no food or water at all and <b>should be short.</b> (Please drink plenty of water if doing for the whole 21 days)
Partial Fast	The <b>partial fast</b> is one that omits certain foods or is on a schedule that includes limited eating.
Daniel Fast	The <b>Daniel Fast</b> consists of eating only fruits and fresh vegetables.
Create Your Own Fast	<b>Create Your Own:</b> With this option, you will select a hard thing in your life and consistently stay away from it for 21 days. It can be as big or as small as you like, the importance is in the sacrifice.

## THE DANIEL FAST

### **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 (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, 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 water, distilled water, or other pure waters.

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

### **Foods to Avoid**

**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, 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.

**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.

### **Other Food items to Avoid during Your Fast**

- Avoid caffeinated drinks.
- Avoid chewing gum and mints even if your breath is bad. Drink decaffeinated mint tea to assist with your breath.

\*These items stimulate digestive action in your stomach and may make you feel hungry.

Although not mentioned in the Bible we as Christians today can also commit to fasting from other activities:

- Electronics
- Computers
- TV
- Video games
- Limited cell phone use if possible.
- Try to give up some entertainment like sports and movies and focus more on prayer and studying the Word of God during the times we do some of the mentioned activities.

# SAMPLE MENUS FOR FASTING

## SAMPLE MENU 1: FRUITS, VEGETABLES, JUICES & WATER

**Breakfast** - Fruit smoothie with protein powder

**Mid-morning Snack** - Fresh fruit or fresh vegetables

**Lunch** - Raw vegetable salad with light dressing and vegetable broth soup

**Mid-afternoon Snack** - Fresh fruit or fresh vegetables

**Dinner** - Fresh salad with light dressing and steamed grilled vegetables

## SAMPLE MENU 2: LIQUIDS ONLY

**Breakfast** - Fruit smoothie with protein

**Mid-morning Snack** - Herbal tea or vegetable broth soup

**Lunch** - Raw juiced vegetables

**Mid-afternoon Snack** - Fresh fruit juice or fruit smoothie with protein

**Dinner** - Vegetable juice or vegetable broth soup

## SAMPLE MENU 3: MODIFIED DANIEL FAST

**Breakfast** - 1 - 2 servings whole grains with fresh fruit juice

**Mid-morning Snack** - Fresh fruit or fresh chopped vegetables

**Lunch** - 1 - 2 servings whole grains; fresh salad with legumes and light dressing

**Mid-afternoon Snack** - Fresh fruit juice or fruit smoothie with protein

**Dinner** - 1 - 2 whole grains; fresh salad with legumes and light dressing

## What should I do while fasting?

Drink lots of water. Have a daily quiet time. Listen to worship music. Think. Keep a daily journal. Write any revelations that God gives you about yourself and about life in general.

## How to have a daily quiet time.

It's best to do this in the morning. Why? Because once your day begins, there will be a million distractions. Learn to put God first in your day, and he will multiply your time. You'll find that you get more done in less time.



During your quiet time, go through the daily devotional/prayer guide this way:

1. **Scripture:** Read the scripture passage listed for that day.
2. **Observation:** Think about what you see that clicks with you. What do you think it means? Are you going through a similar situation?
3. **Application:** How do you think this scripture applies to you personally?
4. **Prayer:** Pray and ask Jesus to make those applications real. Is there something you need to change? Someone you need to speak to? Apologize to? A different way you need to act? Is there something God is asking you to do that you've never done before?

You may have noticed that the pattern spells SOAP. Wash your brain with the Word of God. Easy to remember. You can continue this practice in your daily time with Jesus.

## **Prayer Life During the Fast**

There is a question you will need to answer. When you are fasting, will you seek Him, give Him a listening ear and the quality time He deserves?

He desires us, as His dear children, to know Him. He desires your love, your attention, your fellowship (more than just being related to Him through Jesus), He also desires a time of communion, an intimate time of personal exchange and involvement, and finally a release of His will and manifest Presence in the earth through prayer.

As you pray for your needs and the needs of others, you are actually becoming a prayer warrior, an intercessor, just as Jesus was and is today for each of us. Jesus is constantly interceding for us to our Heavenly Father. It is written that Jesus was sent to destroy the works of the devil, 1 John 3:8. We are to do the same. We have the power and authority through Jesus Christ. All we have to do is live in the promise of the Word of God and to use His Precious Name.

The most powerful weapons we have are the Name of Jesus Christ and God's Holy Word against Satan and his foul wicked demons. No power of darkness can stand against the Word of God in the Name of Jesus Christ, and through the Blood of Jesus Christ.

He will constantly separate you from dependence on the world. Consequently, your time alone with Him may become more frequent than you originally planned, and needless to say, your prayer life will greatly improve. How appropriate that Jesus and Moses spent extensive time in the desert alone with God. It is ironic that the Hebrew name for desert is *madbar*, meaning "to speak." You will hear His voice throughout the day in a powerful way. Wisdom

will cry out to you in the streets. As the stars in heaven declare the glory of God, so every corner will reveal to your willing soul the mysteries of His Kingdom that have been withheld from the rulers of this age (Proverbs 8:1-3, Psalm 19, and 1 Corinthians 2:7).

You will hear Him when you are driving, talking on the phone, or counseling a friend. Expect to hear Him loud and clear

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## PRAYER AGENDA 2024

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### DAY 1- Prayer for Submission to God

Begin your fast by totally committing your life to Christ.

**Scripture Meditation:** Romans 12:1-2; Luke 9:23

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### DAY 2-Prayer for Sanctification

Pray that you will be set apart for particular use in a special purpose and holy.

**Scripture Meditation:** 1 Thessalonians 5:23-24

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### DAY 3- A.C.T.S. The Lord's Prayer

You can use this as a simple guide to praying for the next 19 days.

**A**doration **C**onfession **T**hanksgiving **S**upplication (Prayer Requests)

**Scripture Meditation:** Matthew 6:9-13

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### DAY 4- Prayer for Your Identity in Christ

Pray that God would reveal your purpose and the secret things of your heart.

Ask God to help you to see yourself the way he sees you.

**Scripture Meditation:** Galatians 2:20; Romans 5:8; 1 Corinthians 15:3; Colossians 2:11; 1 Peter 2:24; Philippians 1:20-21; 2 Corinthians 2:14

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### DAY 5- Prayer for Filling of the Spirit

During this fast, Pastor. is encouraging all of us to ASK for the ability to pray in the Spirit.

**Scripture Meditation:** Ephesians 5:18; Galatians 5:16; Galatians 5:25

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### DAY 6- Prayer for Family to come H.O.M.E.

Pray for your immediate family; your relatives to become **H**-Healthy (physically, spiritually and emotionally) **O**-Overcome their past, present and future pain **M**-Making Moves **E**-Evolving

**Scripture Meditation:** 1 Samuel 12:23

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**DAY 7- Prayer for Growth in Christ**

Pray for a greater desire to know and please Him; greater love and commitment to Him; grace to practice His presence; grace to glorify Him in your life. To be ALL-IN.

**Scripture Meditation:** Psalm 61:2-4

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**DAY 8- Prayer for Growth in Wisdom & Knowledge**

Pray that God will grant you supernatural wisdom and knowledge.

**Scripture Meditation:** James 1:13-15, 2 Chronicles 1:10

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**DAY 9- Prayer for Spiritual Insight**

Pray that God will give you a supernatural capability to clearly discern and understand the word of God.

**Scripture Meditation:** Psalm 25:4-5

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**DAY 10- Pray for Double Favor**

Pray that you will have favor with both God and man.

**Scripture Meditation:** 1 Samuel 2:26; Luke 2:52; Deuteronomy 8:6-18; Psalm 75:6-7

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**DAY 11- Pray for Miracles, Signs and Wonders**

Ask God to reveal himself to you in a new way. Pray that as the fast draws to a close you will continue to see the manifested works and presence of God.

**Scripture Meditation:** Hebrews 2:3-4; Deuteronomy 10:21; Matthew 21:21; Ephesians 3:20-21; Mark 16:17-20; John 14:12

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**DAY 12- Pray for your Finances**

Pray for sales and bonuses, raises and commissions. Pray that money would come to you. Ask for strength to remain focused in savings, tithing, and prosperity this year.

**Scripture Meditation:** Philippians 4:19, Proverbs 21:20

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**DAY 13- Pray for our Pastor and his Family**

Pray for strength and encouragement; for God's provision and protection. Pray for wisdom and peace of mind. Pray that God would renew their spirits and strengthen their spiritual gifts. Pray that their children will continue to grow in the word of God and always have a heart after God and the people of God.

**Scripture Meditation:** Jeremiah 3:15; Matthew 18:19; 1 Peter 4:11; Job 1:10; Isaiah 26:3

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**DAY 14- Pray for Staff, Leaders, and Volunteers of RCM**

Pray for unity and that all their personal needs are met. For continued creativity. Pray that they will always walk in the spirit of excellence. Pray that God will continue to fuel their fire and their passion for his people and the ministry.

**Scripture Meditation:** 2 Chronicles 20:12; Exodus 33:15; 1 Kings 3:9; Colossian 1:9-10; Ephesians 6:19; 2 Timothy 4:7

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**DAY 15 – Pray for RCM**

Pray for unity that all needs are met. Pray that we would be light in the city drawing people to Christ. Pray that when people enter they would feel the love of Christ and forever love Him back.

**Scripture Meditation:** Ephesians 4:4-6

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**DAY 16- Prayer for Finances for Church**

Pray that budgets are met and that we are walking in overflow. Pray for the ability to provide in reach and outreach. Pray for angel donors. Pray that we are a 100% tithing

**Scripture Meditation:** Malachi 3:10

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**DAY 17- Pray for Children and Teens**

Pray that our children will come to know God and live for him. Pray that they will grow in wisdom and knowledge. Pray that they will walk in a spirit of discernment and character as well as excel academically. Pray that their thoughts will be pure, and they will be givers.

**Scripture Meditation:** Matthew 19:13-15; 2 Peter 3:9; Matthew 22:37-39; Philippians 4:8; Exodus 35:29

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**DAY 18- Pray for the Lost (Those who don't know Christ)**

Pray for opportunities to share the good news of salvation with friends, relatives, neighbors, coworkers, etc.

**Scripture Meditation:** Ephesians 6:19; Isaiah 52:10

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**DAY 19- Pray for the Government and World Affairs**

Pray for a spiritual revival in our country, pray for peace among nations and all current events and concerns. Pray for world leaders. Pray for the president and that he will have wise counsel.

**Scripture Meditation:** Proverbs 14:34; Proverbs 21:1; Daniel 2:21

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**DAY 20- Pray for Irondale and Surrounding Areas**

Pray for the poor and hungry; the oppressed and persecuted. Pray that Mayor Stewart would have wise counsel. Pray for the leaders of the city. Pray for the reduction of violence and crime. Pray that we would be a model

**Scripture Meditation:** Psalms 85:4,7; Matthew 25:35-36

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**DAY 21- THANKSGIVING!!!**

Pray and thank God for his presence and for his power. Ask him to continue the good work he began. Rejoice in the answers he has given and for those still to come. Pray that he will keep you in perfect peace. Pray that you will stand strong against the enemy.

**Scripture Meditation:** 1 Thessalonians 5:18

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**We will officially end the fast by giving a Sacrificial Faith Seed on Sunday!**

**Trust God for the next 21 days and seal it with your faith seed and watch God work! It's our time for double favor, double joy, double prosperity!**

## AFTER YOUR FAST

Ending your fast properly is just as important as beginning your fast properly. Just as you prepared yourself to begin a fast, you must prepare yourself to stop or break your fast.

**Here are a few questions you can ask yourself as you end your fast:**

- What are the key lessons learned?
- What new habits or disciplines do you want to keep?
- What new dietary rules will you follow?
- What foods will you begin eating and not eat anymore?
- What dreams and visions have you seen pertaining to your personal walk with the Lord or your ministry?

### **Get In The “Fast Lane”**

Before you end your fast and establish a regular eating schedule, it will be important to set aside time to get in the “Fast Lane” on a regular basis. This is vital if you are going to apply and live out the lessons learned during your fast.

1 Corinthians 11:24-28 says that Paul “fasted often.” But why? You must view fasting as a new way of life, not just a vacation from the old way. According to 2 Corinthians 5:17, “The old is gone and the new has come.” Fasting regularly will help you maintain a level of discipline and spirituality that is necessary to hold the ground surrendered by Satan.

Regular fasts will keep the flesh in submission and serve as a reminder as to who is in charge of your life. Choose a regular fasting schedule to follow. There are those who have chosen to fast one twenty-four-hour period per week. Others fast sun up to sun down, one day per week. You must pray and design a format that you feel God wants for you, a system that you can be faithful to and consistent with.

### **Physically**

Controlling your eating habits when you end your fast will be important. After you fast, you will feel good about yourself, that you deserve “a break today,” tomorrow and the next day. Remember, the abuse of food, not food itself, was the root of many evils. If you allow food to take its place back on the throne of your heart, you are allowing bad habits to take root and push God farther from the center of your heart than He was before you began your fast.

Once you begin to eat again, if you are not careful, you will feel uncomfortable. Your stomach will feel bloated and full. Introduce solid food slowly. There is a very good chance you will experience stomachaches and diarrhea from the shock on the digestive system.

## **Emotionally**

Satan will be working to take back the ground he has surrendered over to the Lord and he will use your emotional vulnerability to accomplish his goals. It could be an intense time of discouragement leading to depression. Remember to be mindful of this and to eat wisely once you break your fast.

In 1 Kings 18-19, when Elijah is challenged by the 450 prophets of Baal who all followed Jezebel in a most vile and immoral religion. God confronts and defeats them through one man, Elijah. But after this great spiritual victory, Elijah finds himself running for his life from one woman, Jezebel. She had threatened his life and he felt all alone. He became incredibly discouraged and asked God to end his life. Elijah experienced a supernatural and spiritual high, followed by an emotional low. You very well could experience this same type of roller coaster ride.

**Join us Sunday, January 29, 2023 for our Vision Casting Sunday come and hear what God has spoken to our Pastor and become a part of the Vision of RCM.**

**We Are RCM**

**weLIVE**

**weLOVE**

**weLEARN**

**weLAUGH**

**If It Ain't Kingdom Quality**

**It Ain't Happening Here!**