



21 DAY

Prayer Guide

Prayer is a simple conversation with God. Well, we say it's simple but so many of us struggle to accept the invitation to engage with God in this way. We don't know what to say or where to start, but God is gracious and patiently waiting for each one of us to enter into relationship with Him through prayer. Our hope during this fast is that God uses our time together in the Psalms to draw you into daily and ongoing conversations with Him. We pray that His WORD teaches you to use your own words to express your heart to Him in prayer.

Day 1

Psalm 145

Prayer for praising God's goodness

Day 2

Psalm 104

Prayer for celebrating God's provision

Day 3

Psalm 77

Prayer for faith when God seems silent

Day 4

Psalm 119: 1-32

Prayer for delight in God's Word

Day 5

Psalm 27

Prayer for faith in the face of fear

Day 6

Psalm 25

Prayer for God's direction

Day 7

Psalm 90

Prayer for contentment

Day 8

Psalm 86

Prayer for times of need

Day 9

Psalm 6

Prayer for mercy

Day 10

Psalm 23

Prayer for comfort

Day 11

Psalm 51

Prayer for restoration

Day 12

Psalm 10

Prayer for Justice

Day 13

Psalm 100

Prayer for thanksgiving

Day 14

Psalm 139

Prayer for God to examine me

Day 15

Psalm 143

Prayer for guidance

Day 16

Psalm 142

Prayer for rescue

Day 17

Psalm 146

Prayer for hope

Day 18

Psalm 84

Prayer for longing for the Lord

Day 19

Psalm 63

Prayer for trusting God's faithfulness

Day 20

Psalm 116

Prayer for a heart of praise

Day 21

Psalm 136

Prayer for a life of gratitude

The book of Psalms consists of many different hymns, songs, & prayers composed by individuals & used by the community. This record of the responses of God's people in worship & prayer serves the purpose of teaching us how to relate to God in various circumstances of life.

Content from shereadstruth.com

"Psalm from Prayer"



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Fast Guide

Fasting allows us to seek more of God and less of ourselves by eliminating something from our lives and filling that void with intentional communion with God. This year we will be embarking on the Daniel fast as a church. This, of course, is only if you're physically able to participate in a food based fast. If not, please don't let this discourage you there are plenty of non-food based fast options you can participate in. On the Daniel Fast, you eat plant-based meals that are nutritious and delicious, while setting aside other foods as an act of worship and sacrifice to the Lord. The following list explains the categories of foods to eat and foods to avoid on the Daniel Fast. However, keep in mind this is not meant to be legalistic, it's about seeking God.

FOODS TO EAT

Whole grains: barley, brown rice, buckwheat, millet, oats, purple rice, quinoa, rye, spelt, whole grain pasta, whole wheat, and wild rice.

Beans and legumes: Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

Nuts and seeds: Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts, pecans, pepitas, pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

Vegetables: All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

Fruit: All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

Oils: Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.

Unleavened bread: (whole grain bread made without yeast, sugars, or preservatives).

All herbs, spices, and seasonings are allowed, including salt and pepper.

Beverages: Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well.

FOODS TO AVOID

Animal products Meat: (bacon, beef, bison, chicken, lamb, pork, and turkey), dairy, (butter, cheese, cream, milk, and yogurt), fish/seafood, eggs.

Added sugar: Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.

Yeast: Yeast (and, therefore, leavened bread) isn't part of the Daniel Fast.

Refined grains: White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel — the bran, germ, and endosperm.

Processed food: Foods that contain artificial flavorings, chemicals, food additives, and preservatives. Deep-fried food Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients. Check the label for "baked" to be sure.)

Solid fats: Butter, lard, margarine, and shortening. Chocolate Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.

Caffeinated and alcoholic beverages: Alcohol, coffee, caffeinated tea, and energy drinks.

You can find more resources and recipes at ultimatedanielfast.com