



*Building the Pillars of  
Our Faith*

WORSHIP

PRAYER

EVANGELISM

DISCIPLESHIP

MISSIONS

**21 Days of Praying and Fasting**

**Join us in seeking  
God's Guidance as we  
move forward in 2019**

**FASTING DAYS**

**JANUARY 7—27**

## My Prayer Requests

Date	Request	Answered

# Table of Contents

Why Should I Fast?.....	5
Focus Scripture .....	8
Instructions .....	9
Starting the Fast.....	10
Acceptable Foods.....	10-11
Foods to Avoid .....	12
Breaking Your Fast .....	13
Scriptures and Journaling .....	13-34
Conclusion.....	35

Dear NBC Family,

What a great time to be a part of New Beginnings Church; a place where we can grow and go! It is fitting that we sow into 2019 with sacrificial Fasting and prayer as we seek the Lord's will for NBC. During this fast, examine your heart and ask the Lord to reveal and remove anything that would hinder you from receiving all that God desires to show you during this journey. Earnestly seek His face for direction, guidance, and spiritual revival.

Our theme for 2019 is ***Building the Pillars of Our Faith!*** Acts 2:42-47 illustrates the church that we should be. Before we can become that Acts 2 church, we must take deliberate steps to spiritually build our individual walk with Christ before we can build or be the Church.

Over the next 21 days, ask the Lord to show you what steps to take to lay a firm foundation for a building where He desires to dwell.

Blessings,

*Minister Simone Milton*

# Why Should I Fast?

Simply stated, biblical fasting is refraining from food and drink for a spiritual purpose.

## Biblical Fasting

Biblical fasting takes a lot of discipline and strength—which you can only receive from God. Your private discipline will bring you rewards in Heaven (Matthew 6).

## Reasons to Fast:

Are you in the need of a miracle?

Do you need God to touch you in your life?

Do you have dreams that only God can make possible?

Are you in need of a fresh encounter?

Do you desire a deeper intimate relationship with God?

Is there a friend or loved one that needs salvation?

Do you desire to know God's will for your life?

1. Fasting humbles the soul before God (Psalm 35:13).
2. Fasting chastens the soul (Psalm 69:10).
3. Fasting crucifies the appetites and denies them so as to give the entire time to prayer (2 Samuel 12:16-23, Matthew 4:1-11).
4. Fasting manifests earnestness before God (1 Corinthians 7:5).
5. Fasting shows obedience (1 Samuel 15:22, Matthew 6:16).
6. Fasting gives the digestive system a rest.
7. Fasting demonstrates the mastery over appetites.
8. Fasting aids in victory over temptation.
9. Fasting helps to attain power over demons.
10. Fasting develops faith.
11. Fasting crucifies unbelief and aids in prayer.  
(Matthew 4:1-11, 17:14-21).

Throughout the Bible, fasting was considered a key part of entering into and maintaining a powerful and spiritual walk with God. Fasting brings a sacrificial dimension to prayer while bringing your flesh into submission to your spirit and mind. Although our flesh can seem powerful, fasting humbles it. Humbling our flesh is required if we want to live a godly life.

Fasting *'breaks up the hardening of our hearts.'* We have all become hardened and grown cold towards the Lord. We must begin to humble ourselves and to repent of our sin. Our sincere confession tells God we are serious about a change.

Two specific areas to focus on corporately are our leaders and personal finances. The Bible instructs us to continually pray for our leaders (*1 Timothy 2:1-2*). When we lift up our leaders, here in our community, in the United States and around the world, we can expect God to lead us in our lives and in our nation. We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray before we embark on our building campaign, we believe that burdens will be lifted and that financial blessings will be released to aid our members to freely give to the kingdom.

## Examples of Biblical Fasting

- ◆ Moses fasted for 40 days and received the 10 Commandments.
- ◆ Joshua fasted 40 days.
- ◆ Hannah, was distressed over not being able to bear a child, “wept and did not eat.”
- ◆ Daniel fasted 21 days, and often fasted one day at a time.
- ◆ Esther and her people fasted 3 days.
- ◆ Apostle Paul was on at least two fasts, one for 3 days and one for 14 days.
- ◆ Peter fasted 3 days.
- ◆ Jesus fasted 40 days in the wilderness.

# The Purpose of Fasting

## Did Jesus Believe in Fasting?

Biblical fasting is a spiritual discipline that was encouraged by Jesus. (Matthew 6:16, 9:15, Luke 22:35-36, Ephesians 1:3) Jesus said, “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.” (Matthew 6:16 NKJV)

Fasting should be done with an attitude of seriousness and sincerity. You are willingly depriving your body of essential nutrients and sustenance. Therefore your heart and mind must be totally focused on God to strengthen you during a time of fasting. Fasting also draws you nearer to God.

## What Other Scriptures Support Fasting?

- Daniel 1:8-14, 10:2-3
- Nehemiah 1:4
- Proverbs 19:20-21

## What is a Daniel Fast?

The Daniel fast comes from the Book of Daniel 1:8-14. It usually refers to a diet that lasts from 10-21 days avoiding foods that were declared unclean in the Law of Moses. The Daniel fasting diet only consists of eating fruits and vegetables for a certain period of time and abstaining from eating meat products.

### Focus Scripture

#### ACTS 2:42-47 NKJV

8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself. 9 Now God had brought Daniel into the favor and goodwill of the chief of the eunuchs. 10 And the chief of the eunuchs said to Daniel, "I fear my lord the king, who has appointed your food and drink. For why should he see your faces looking worse than the young men who *are your age? Then you would endanger my head before the king.*"

11 So Daniel said to the steward whom the chief of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, 12 "Please test your servants for ten days, and let them give us vegetables to eat and water to drink. 13 Then let our appearance be examined before you, and the appearance of the young men who eat the portion of the king's delicacies; and as you see fit, *so deal with your servants.*" 14 *So he consented with them in this matter, and tested them ten days.*

# Instructions

## Disclaimer



**Special Note:** If you have health issues, please be sure to **contact your health professional** for advice before committing to any fast including the Daniel Fast.

## Purpose



The purpose of this prayer and fasting guide is to align the entire church with the same focus and vision for New Beginnings Church. Our hope and desire over these next **21 days** is that your worship, praise and spiritual connection with the King will increase to a deeper level.

## Benefits



It is our prayer that your desire to grow during this process will overflow with the joy of the Spirit of Christ from the things that the Holy Spirit reveals to you during this precious time.

## Starting the Fast

### Labels

Please make sure that you **READ THE LABELS** when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods.

### Acceptable Foods

**All fruits.** These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, black-berries, blueberries, cantaloupe, cherries, cranberries, dates, figs, grapefruit, grapes, guava, honeydew, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.

**All vegetables.** These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, red potatoes, white potatoes, radishes, rutabagas, scallions, spinach, sprouts, squash, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, and veggie burgers are an option if you are not allergic to soy.

## Acceptable Foods (Continued)

**All nuts and seeds.** This includes but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut 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 whole grain.** This includes but is not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

**All quality oils.** This includes but is 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.** This includes but is not limited to beef, bison, lamb, pork, poultry, fish and seafood.

**All dairy products.** This includes but is not limited to milk, cheese, cream, butter, and eggs.

**All sweeteners.** This includes but is not limited to sugar, raw sugar, honey, nectar, syrups, molasses, and cane juice.

**All leavened bread.** This includes Ezekiel Bread (it contains yeast and honey) and baked goods.

**All refined and processed food products.** This includes but is not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep fried foods.** This includes but is not limited to potato chips, French fries, corn chips.

**All solid fats.** This includes shortening, margarine, lard and foods high in fat.

**Beverages.** This includes but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

## Breaking Your Fast

When your fasting is finished, you will want to begin to eat your normal diet. The way you break your fast is extremely important for your physical and spiritual well-being. Begin by eating gradually. Do not eat processed foods immediately after your fast. Suddenly reintroducing these foods to your stomach and digestive tract will likely have negative, even dangerous, consequences. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

## Scriptures and Journaling

One of the benefits of fasting is being able to hear clearly from God for your circumstances. This next section is designed to allow you to focus on a Scripture each day of the fast. Read, meditate and pray over the scripture passage daily. Allow the Lord to speak to your heart as you seek to have a closer walk and dependence upon Him during this sacred period of fasting. In the section below the Scriptures, write out your own prayer to the Lord as He speaks to you through His Word.

# Monday, January 7

## Forgiveness

### 1 John 1:8-9

If we say that we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

---

---

---

---

---

---

---

# **Tuesday, January 8**

## **Repentance**

### **Acts 3:19**

Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord.

---

---

---

---

---

---

---

**Wednesday, January 9**  
**Eternal Life**

**Romans 10:9-13**

That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. 10 For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation. 11 For the Scripture says, "Whoever believes on Him will not be put to shame." 12 For there is no distinction between Jew and Greek, for the same Lord over all is rich to all who call upon Him. 13 For "whoever calls on the name of the Lord shall be saved. "

---

---

---

---

---

---

---

# **Thursday, January 10**

## **Sanctification**

### **Romans 12:1-2**

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. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

---

---

---

---

---

---

---

---

# Friday, January 11

## Wisdom

### Proverbs 4:5-9

Get wisdom! Get understanding! Do not forget, nor turn away from the words of my mouth.<sup>6</sup> Do not forsake her, and she will preserve you; Love her, and she will keep you. <sup>7</sup> Wisdom is the principal thing; Therefore get wisdom. And in all your getting, get understanding. <sup>8</sup> Exalt her, and she will promote you; She will bring you honor, when you embrace her. <sup>9</sup> She will place on your head an ornament of grace; A crown of glory she will deliver to you.

---

---

---

---

---

---

---

**Saturday, January 12**  
**Providence**

**Proverbs 3:5-6**

Trust in the Lord with all your heart, And lean not on your own understanding; 6 In all your ways acknowledge Him, And He shall direct your paths. 7 Wisdom is the principal thing; Therefore get wisdom. And in all your getting, get understanding.

---

---

---

---

---

---

---

# Sunday, January 13

## Peace

### Philippians 4:6-9

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

---

---

---

---

---

---

---

**Monday, January 14**  
**Perseverance**

**Galatians 6:9-10**

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. 10 Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.

---

---

---

---

---

---

---

# **Tuesday, January 15**

## **Godly Character**

### **Romans 12:9-13**

Let love be without hypocrisy. Abhor what is evil. Cling to what is good. 10 Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; 11 not lagging in diligence, fervent in spirit, serving the Lord; 12 rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; 13 distributing to the needs of the saints, given to hospitality.

---

---

---

---

---

---

---

**Wednesday, January 16**  
**#SpiritualGoals**

**Philippians 3:13-15**

Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, 14 I press toward the goal for the prize of the upward call of God in Christ Jesus. 15 Therefore let us, as many as are mature, have this mind; and if in anything you think otherwise, God will reveal even this to you.

---

---

---

---

---

---

---

**Thursday, January 17**  
**Relationship & Accountability**

**I Thessalonians 5:12-15**

And we urge you, brethren, to recognize those who labor among you, and are over you in the Lord and admonish you, 13 and to esteem them very highly in love for their work's sake. Be at peace among yourselves. we exhort you, brethren, warn those who are unruly, comfort the fainthearted, uphold the weak, be patient with all. 15 See that no one renders evil for evil to anyone, but always pursue what is good both for yourselves and for all.

---

---

---

---

---

---

---

**Friday, January 18**  
**Grace Towards One Another**

**Colossians 4:6**

Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.

---

---

---

---

---

---

---

# Saturday, January 19

## Worship

### John 4:23-24

But the hour is coming, and now is when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. 24 God is Spirit, and those who worship Him must worship in spirit and truth.

---

---

---

---

---

---

---

# **Sunday, January 20**

## **Worship as a Lifestyle**

### **Hebrews 13:15-16**

Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name. 16 But do not forget to do good and to share, for with such sacrifices God is well pleased.

---

---

---

---

---

---

---

# Monday, January 21

## Prayer

### Matthew 6:5-8

And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. 6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. 7 And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. 8 Therefore do not be like them. For your Father knows the things you have need of before you ask Him.

---

---

---

---

---

---

---

## Tuesday, January 22

### Fasting

#### Isaiah 58:6-9

Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? 7 Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? 8 Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard. 9 Then you shall call, and the Lord will answer; You shall cry, and He will say, 'Here I am.'

---

---

---

---

---

---

---

# Wednesday, January 23

## Supplication & Intercession

### Ephesians 6:18-20

praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints— 19 and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, 20 for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.

---

---

---

---

---

---

---

# Thursday, January 24

## Evangelism

### Matthew 5:13-16

You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men. 14 You are the light of the world. A city that is set on a hill cannot be hidden.15 Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. 16 Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

---

---

---

---

---

---

---

**Friday, January 25**  
**Discipleship**

**Luke 6:40**

A disciple is not above his teacher, but everyone who is perfectly trained will be like his teacher.

**Luke 9:23**

Then He said to them all, "If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me.

**II Timothy 2:2**

And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also.

---

---

---

---

---

---

---

**Saturday, January 26**  
**Missions**

**Matthew 28:19-20**

Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age. Amen

---

---

---

---

---

---

---

# **Sunday, January 27**

## **Building the Pillars of Our Faith**

### **Acts 2:42-47**

And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers. 43 Then fear came upon every soul, and many wonders and signs were done through the apostles. 44 Now all who believed were together, and had all things in common, 45 and sold their possessions and goods, and divided them among all, as anyone had need. 46 So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart, 47 praising God and having favor with all the people. And the Lord added to the church daily those who were being saved.

---

---

---

---

---

---

---

---

## Conclusion

This concludes our **21 days** of fasting and prayer. We pray that this time of consecration has intensified your walk with the Lord and positioned you to live with purpose. Continue growing spiritually and persevere to lead others to do the same as we grow and go.

Blessings.

# MYTHBUSTERS

## Myths about Fasting...BUSTED

**Myth #1 ~ Fasting is about weight loss and physical cleansing.** If your purpose is to 'repent' for months of bad eating or to jumpstart a new year's resolution, you've missed the point. The purpose of fasting is to strengthen our relationship with God...period. Anything more would be added perks.

**Myth #2 ~ Spiritual fasting is about food.** A fruit & veggie binge is NOT fasting, and can easily become overeating. Fasting is about sacrificing your desires and denying flesh to become more sensitive to the Holy Spirit. It's hard to focus on God when you're constantly focused on hunger and mourning your favorite foods.

**Myth #3 ~ Accidental eating ends a fast.** If you forget we're fasting and take a bite of something 'taboo'. We tend to think, "I blew it, may as well eat all the contraband in the house." One bite of food doesn't derail your fast...see myth #2.

**Myth #4 ~ A spiritual fast doesn't require medical clearance.** If you are under a doctor's care with medication, do NOT fast without FIRST getting medical clearance. Many chronic health concerns require expert planning with a physician. **Making necessary medical provisions for a successful fast is wisdom, not weak faith.**

**Myth #5 ~ I should warn folks that I'm fasting.** Fasting is private and personal. It should not be broadcasted for sympathy or approval (see Mt. 6:16). Don't neglect your appearance as though you're suffering; the attention you get will be your only reward!



1687 S Edmonds Lane  
Lewisville, TX 75067