



2021 MOUNTAIN MOVING FAITH

21 DAYS OF REINFORCEMENT

A Time of Fasting and Prayer

A Biblical Understanding of Fasting

Scripture references: Matthew 6: 16-18; Ephesians 5: 15-21; 1 Corinthians 9:27

Fasting has been a common practice in all ages and among all nations. However, as New Testament Christians and must understand New Testament fasting, we will learn that fasting does not change God, that He is the same before, during and after you fast. But fasting will change you. It will help you become more sensitive to the Spirit of God. You will be encouraged to examine and follow the scriptural reasons for fasting, the length for a fast, an interesting alternative to traditional view of fasting.

Fasting that pleases the Lord. Isaiah 58:1-14

Example:

1. Jesus fasted for 40 days ... Matt 4:1-11
2. Elijah fasted for 40 days ... 1 Kings 19:1-8
3. Moses fasted for 40 days ... Ex. 34: 28-35
4. Daniel fasted 21 days, he ate no pleasant bread. Dan. 1:5-16

What Can I Accomplish by Fasting?

Internally:

- A quality time is set for seeking God without distractions. Isaiah 58: 1-14 speaks about keeping one's flesh (natural or carnal tendencies under and quiet).
- To enhance spiritual awareness.

Externally:

- To loose bands of wickedness
- To undo heavy burdens
- To set the oppressed free
- To break every yoke of bondage

What Can I expect during a Fast?

- Hunger
- Expulsion of toxins will manifest many times by a headache
- A purging, repairing and rejuvenation of your physical body to bring the body into its normal level of chemical balances
- An immediate need to eat when hunger returns but eat slowly depending on the length of the fast

- Once you have settled into the fast, there will be an increased spiritual awareness and power.

What Biblical Fasting is Not!

Some people take even the purest of religious exercises and twist it to their own ends. Fasting is one of those religious acts which people have often misunderstood and misused. So, let's be sure that we are clear on what Biblical fasting is not:

1) A Physical or Psychological Discipline - God never tells people to fast as a purely physical discipline, i.e. dieting for the purpose of making the body beautiful or for some other physical benefit. I'm not saying that dieting is wrong -- only that this is not found in the Bible. Dieting may or may not be helpful to you personally, but the Bible never encourages "fasting" for that reason alone. When the Bible uses the term "fasting" it has spiritual goals in mind -- something very different than Weight Watchers or Low Carb diets.

2) A Manipulative Tool - Sometimes fasting is viewed as an attempt to twist God's arm or to win His approval. But God doesn't respond to pressure. One group of people in the book of Acts tried to get God on their side by manipulative fasting: "In the morning some of the Jews made a plan to kill Paul, and they took an oath not to eat or drink anything until they had killed him. They went to the leading priests and the older Jewish leaders and said, 'We have taken an oath not to eat or drink until we have killed Paul'" (Acts 23:12,14). But God did not hear their prayer and their plan did not work.

We must never think of fasting as a hunger strike designed to force God's hand and get our own way! We don't need to strong arm God. God is good (Psalm 119:8) and eager to answer our prayers. He is generous (James 1:5) and eager to give us 'good things' (Matthew 7:11). Don't use fasting to try to push God into a corner. Maybe God would rather let you starve and join Him in heaven!

3) A Hypocritical Religious Exercise - By Jesus' time fasting had become a very important part of the Jewish life. Perhaps overly important

would be a better way of saying it. Based on Luke 18:12a, we know the Pharisees fasted twice a week. The Talmud tells us that this was on the 2nd and 5th day (Monday and Thursday). Why those days? According to the Pharisees it was because Moses went up on Mt. Sinai to get the Law on the 5th day and returned on the 2nd. At least that's what they said.

But if you look closely into Jewish history, you find another possible reason for the Pharisees fasting on Monday and Thursday. Market day in the city of Jerusalem was on the 2nd and 5th day! Everyone from the countryside came to town on those days. It was on these two days that the Pharisees chose to hold their fasts. They would walk through the streets with their hair disheveled; they would put on old clothes and cover themselves with dirt; they would cover their faces with white chalk in order to look pale; and they would dump ashes over their head as a sign of their humility!! Fasting had become a "look-at-how-spiritual-I-am" exercise. It was a hypocrisy.

Biblical fasting is not hypocrisy. It is not a manipulative tool. It is not a physical discipline.

What Biblical Fasting Is!

First of all, let's look at the root word which is used for "fasting." The Greek word for fasting is **nesteia** -- a compound of ne (a negative prefix) and esthio which means "to eat."

So, the basic root meaning of the word simply means "not to eat."

But what does this "not eating" food mean?

Why did people in the Bible "not eat?"

We find a clue in Leviticus 16:29. This verse says that fasting is synonymous with "**afflicting one's soul.**"

We gain some insight here about how the Hebrews viewed fasting.

Fasting is more than just "**afflicting one's body.**"

It is "**afflicting one's soul.**" In other words, fasting in the Hebrew mind is something my soul participates in. Fasting is denying myself. It is denying not only my own body, but also my own wants. It is a way of saying that

food and my desires are secondary to something else. Fasting is "afflicting one's soul" -- an act of self-denial. But it is not only an act of self-denial and here is where the monks and hermits went wrong.

Biblical fasting is "not eating" with spiritual communication in mind. How do we know this? Because Biblical fasting always occurs together with prayer in the Bible - ALWAYS. You can pray without fasting, but you cannot fast (Biblically speaking) without praying. Biblical fasting is deliberately abstaining from food for a spiritual reason: communication and relationship with the Father.

Types of Fasts

Let's take a look at the different types of fasting in the Bible, because I don't want you to feel overwhelmed by the thought of going without food for days and days.

a. The Normal Fast: There is only one fast command in the Bible and that was the fast on the Day of Atonement. This fast was from sunset of one day to sunset of the next (Leviticus 16:29; 23:32).

b. The Partial Fast: In this type of fast, the emphasis is placed on restriction of diet, rather than abstaining completely from eating. Examples are Daniel, Shadrack, Meshach and Abednego eating only vegetables and drinking only water (Daniel 1:15) and later when Daniel alone practiced a limited diet for three weeks (Daniel 10:3).

c. The Radical Fast: This type of fast is one in which the person refrains from both food and water OR simply food (but not water) for an extended period of time. A radical fast can be harmful to your health and in most cases should not exceed three days. An example of a radical fast can be found with Esther and her household. Esther decided to fast for three days abstaining from both "food and water" both "day and night" (Esther 4:15-16).

Mountain Moving Faith

FASTING and PRAYING

Mark 9:28-29

28. After Jesus had gone indoors, his disciples asked him privately, "Why couldn't we drive it out?" 29. He replied, "This kind can come out only by prayer."

FASTING FACTS

1. Jesus fasted. Before He began His ministry, Jesus fasted forty days. He knew He was going to need spiritual strength to fulfill His purpose. Fasting makes us physically weak but spiritually strong and prepares us to do God's work.

Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, He was hungry. ~Matthew 4:1-2

Jesus returned to Galilee in the power of the Spirit, and news about Him spread through the whole countryside. ~Luke 4:14

2. Fasting is an act of humility and consecration.... I put on sackcloth and humbled myself with fasting... ~Psalm 35:13

Humility results in the grace of God. When we humble ourselves in prayer, we have instant access to the heart of God. As we deny ourselves as an act of consecration, we are able to exercise self-control. We can keep our emotions and desires under control.

3. Fasting helps us become sensitive to the Holy Spirit. While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." ~Acts 13:2

When we deny ourselves of our natural cravings, our spiritual antennas become sharper. We become more sensitive to His voice as we divest ourselves of worldly distractions. We are better able to focus on God and submit to His will. This opens the door for the Holy Spirit into our lives.

4. Fasting brings revival.... in the first year of his reign, I, Daniel, understood from the Scriptures, according to the word of the LORD given to

Jeremiah the prophet, that the desolation of Jerusalem would last seventy years. So, I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. ~Daniel 9:2-3

Fasting helps us prevail in prayer and intercession. Daniel understood that Israel was headed for destruction. He also knew that in times like these, there is only one recourse – intercession through praying and fasting. Throughout human history, God has brought revival and delivered nations from destruction in response to prayer and fasting.

5. Fasting is healthy. Fasting cleanses your digestive system from toxins. Doctors consider fasting a cure for certain allergies and diseases. By learning to deny ourselves and exercising discipline, fasting breaks unhealthy addictions in our lives.

When a man is willing to set aside the legitimate appetites of the body to concentrate on the work of praying, he is demonstrating that he means business, that he is seeking with all his heart, and will not let God go unless He answers.

Spiritual and physical preparation is vital in sustaining a fast, no matter how long it may be.

1. Be in faith! Prayerfully and thoughtfully, fill out the daily reflections of this guide. Choose a prayer partner to stand in agreement with you; this person will be your accountability friend helping you stay on target from dietary and spiritual standpoints. Ask the Holy Spirit for guidance. Be clear and specific about your faith goals in your personal life, family, finances, and church as seen on the back cover. These are what you will believe God for during the fast and the entire year. Expect God to answer. Maintain a thankful heart throughout and after the fast.

2. Plan your calendar. Limit your physical and social activities during this period. You need to conserve physical energy and devote more time to prayer and reading the Bible.

3. Prepare spiritually. In preparation for this special time with God, examine your heart and detect any unconfessed sin. Scripture records that God always requires His people to repent of their sins before He will hear their prayers. In your prayers, confess not only obvious sins, but less

obvious ones as well. These may include worldly-mindedness, self-centeredness, spiritual indifference, unwillingness to share your faith in Christ with others, not spending sufficient time in God's Word and in prayer, or a poor relationship with your family members, your pastor, or other members of your church.

4. Prepare physically. Be smart as you enter into this fast. Do not go to a buffet restaurant on the eve of the fast, hoping to stock up on food in your body. The key is to gradually prepare your body. Start eating smaller portions and meals seven days before you begin your fast. Cutting down on your meals a few days before you begin the fast will signal your mind, stomach, and appetite that less food is acceptable. Avoid food that is high in sugar and fat. Two days prior to the fast, eat raw fruit and vegetables only. Consult a physician if you need to.

DURING THE FAST

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." ~Matthew 6:16-18

1. Seek the Lord. Commit to prayer and Bible reading during the times you usually allocate for meals. Be ready to respond when you hear from God. This guide also has a devotional that we encourage you to go through daily during the fast.

2. Commit to change. Whatever God tells you or puts His finger upon, apply it immediately. If you need to make restitution, immediately contact people you have broken relationships with. If there are habits that need to change, make the adjustment immediately. Ask a trusted friend from your church to hold you accountable.

3. Practical tips

- Avoid medical and even natural herbal drugs. However, if you are under medication, these should only be withdrawn upon the advice of your doctor.
- Limit your physical activity and exercise. If you have a workout routine, adjust it accordingly. A daily one to three-mile walk should be your maximum amount of exercise during an extended fast.
- Rest as much as you can.
- Maintain an attitude of prayer throughout the day. Intercede for your family, pastors, church, nation, our missionaries, world missions, etc.
- Drink plenty of clean water.
- As your body adjusts, be prepared for temporary bouts of physical weakness as well as mental annoyances like impatience, irritability, and anxiety.

Foods To Include During The

21 Day MODIFIED DANIEL FAST

MODIFIED DANIEL ADD PRODUCTS:

Liquids:

- Water (spring, distilled, filtered)
- Soymilk (naturally sweetened)
- Herbal tea (caffeine free)
- 100% Fruit juice
- 100% Vegetable juice

Whole Grains:

- Whole wheat flour
- Rice (preferably brown)
- Millet
- Quinoa
- Oats
- 100% Whole wheat bread
- Rolled oats
- Plain Oatmeal (not instant barley)
- Grits (no butter)
- Whole wheat pasta
- Whole wheat tortillas
- Plain rice cakes
- Popcorn

Seeds:

- All nuts
- Sprouts
- Ground flax
- Cashews
- Walnuts
- Sunflower
- Sesame
- Almonds

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

All vegetables: These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

- Apples •Apricots •Avocados •Bananas •Berries •Blackberries •Blueberries
- Boysenberries •Breadfruit •Cantaloupe •Cherries •Coconuts •Cranberries
- Dates •Figs •Grapefruit •Grapes •Grenadine •Guava •Honeydew melons
- Kiwi

- Lemons •Limes •Mangoes •Melons •Mulberry •Nectarines •Oats •Olives
- Oranges •Papayas •Peaches •Pears •Pineapples •Plums •Prunes •Raisins
- Raspberries •Strawberries •Tangelos •Tangerines •Watermelon

- Artichokes •Asparagus •Beets •Broccoli •Brussel sprouts •Cabbage •Carrots
- Cauliflower •Celery •Chili peppers •Collard greens •Corn •Cucumbers
- Eggplant •Garlic •Ginger root •Kale •Leeks •Lettuce •Green beans

- Mushrooms •Mustard greens •Okra •Onions •Parsley •Peppers •Potatoes
- Radishes •Rutabagas •Scallions •Spinach •Sprouts •Squashes •Sweet potatoes
- Tomatoes •Turnips •Watercress •Yams •Zucchini

Legumes: •Dried beans •Black beans •Cannellini •Pinto beans •Split peas

- Lentils •Black eyed peas •Green beans •Green peas

- Kidney beans •Peanuts (includes natural peanut butter) •Beans •Lentils
- Lupines •White •Peas

Other:

- Tofu •Soy products •Herbs •Honey (small amounts) •Sea salt (small amounts)
- Olive oil (small amounts) •Spices (read the label to be sure there are no preservatives) •Natural sweeteners

FOODS TO AVOID DURING THE DANIEL FAST...

- All animal products including all meat except those allowed, •White bread
- All deep-fried foods •Caffeine •Coffee (including decaf b/c it contains small amount of caffeine) •Carbonated beverages

•Energy drinks •Foods containing preservatives •Refined foods •Processed foods •Food additives •Refined sugar •Sugar substitutes

•White flour •Margarine •Shortening •High fat products •Butter •All leavened breads •Alcohol

All dairy incl. •Milk •Cheese •Yogurt •Cream •Eggs •Mayonnaise

21 DAYS OF FORTIFYING MY FAITH

First Series: Seven Days of Personal Reflection (Days 1-7)

(DAY 1) Leaving the Leftovers

(Wednesday February 17)

(Isaiah 43:16, 18-19) ~ Isaiah 43:16, 18-19

“This is what the LORD says— he who made a way through the sea, a path through the mighty waters...’Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland.”

READ

Fasting is a time when you let go of familiar foods, habits, and patterns. The challenge of those physical constraints could easily command all of your attention during your period of fasting; however, fasting is a powerful spiritual discipline that you can also use to let go of the leftover emotional pains and disappointments of your past. Just as you must turn to God to overcome the physical temptations of the flesh, you can turn to God to overcome your negative emotional challenges, too.

REFLECTION

Are you ready to let go and let God cleanse away the old deserts and wastelands from your past? By allowing God to do a new thing in your life, you can emerge physically, emotionally, and spiritually renewed.

(DAY 2) TIME OUT

(Thursday, February 18)

Romans 12:2

Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.

READ

There are times in our lives where we must quiet ourselves, or to be still and know that He is God. Many may see this as an offensive withdrawal; however, we need this "isolation" to fully meditate on the word of God. Such commitment and concentration ensure He has our full attention. We are unable to survive in this life without establishing intimacy that surpasses any human experience with God, our creator. This should be our most valued relationship. He knew us before we were placed in the womb, and he is the author of our fate. Alone time makes way for God to grant the provision of revelation and an end to the means of the world that seeks to destroy us.

Good relationships take time and effort. Make time to develop a close, personal relationship with God.

REFLECTION

God is intentional. How can you be intentional in establishing a good relationship with Him? What will you do to improve your communication with and commitment to Him?

(DAY 3) Delight In The Lord

(Friday, February 19)

Matthew 6:16-18

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

READ

Christians love to eat. That's why so many chickens have given their lives in service to God! A lot of people can't imagine giving up their favorite foods in order to fast, but we must deny ourselves for God. People give all kinds of excuses for not being able to fast. We already know that an excuse is nothing but a guarded lie, so we must stop lying to ourselves. We can fast. All we need is the desire. God has promised that if we delight in Him, He will give you the desires of your heart according to His will. To fast is to delight yourself in God. Fasting opens the door for God to move on our behalves.

REFLECTION

Spiritual fasting will bring you closer to God's will for your life. It's Day 3 of the fast. Am I making more time for God? Are all my thoughts of what I cannot eat? Am I praying more?

(DAY 4) Don't Give Up

(Saturday, February 20)

2 Samuel 22:29

Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

READ

Trials are difficult for many of us. We tend to dread our season of storms. We sometimes become discouraged and broken when we are faced with trials, and we wonder why we must endure such difficulties. However, we

must not forget that God had to allow the storm to come our way. Surely, He would not permit us to enter a storm that we are not prepared for. He has provided us with the tools and resources necessary to persevere. Therefore, we must use the strength He has given us to push our way through our storms. We must hold fast to our faith that He will fulfill every promise He has made.

Dig inside yourself and locate the seeds that were planted and are ready to bear fruit. Push through until you see the sunshine. God will surely reward your faith and perseverance because His word says so.

REFLECT

With each storm, we should grow and mature spiritually as we gain more insight, more faith and more knowledge. Consider your last storm. Can you see your growth in how you approached this storm in comparison to your last storm?

(DAY 5) Not Just Another Day

(Sunday, February 21)

Psalm 23:6

Surely goodness and mercy shall follow me all the days of life.

READ

Each day brings another opportunity to praise and receive the blessings that God has in store for you. Departing from your routine and being deprived of a few of your favorite indulges set the stage for clear and focused attention on the Father. It is not just another day where you go about your usual routine. You have been granted, by grace, another day to concentrate, listen to, and meditate on Him.

Every day is not easy because you hit low, stormy periods. However, bear in mind that you have undertaken this fast to gain strength, direction, and a closer relationship with God. It is not just another day. It is a day to give

thanks and to seek deliberate connection to the Holy Spirit. When it is difficult to stay on course, ask for help. Each set-back or let-down is a chance to cling to, restore, and deepen your resolve about His presence in your life. What-ever challenges the day might bring, know that God is steady; He is the anchor that keeps us upright, and He is waiting for your closer, focused relationship with Him.

REFLECT

Have you stopped to consider the wondrous works of God, the grace you have experienced, the blessings you are experiencing, and where He wants to lead you now?

(DAY 6) Suit Up

(Monday, February 22)

Ephesians 6:12

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

READ

Have you ever thought about the space suits that astronauts wear? They are designed to protect them from lack of oxygen and extreme temperatures, which, in space, can range from minus 250° to 250° Fahrenheit in the sunlight. The suits have different parts; one part covers the chest, another part covers the arms and connects to gloves, the helmet protects the head, and the last part covers the legs and feet.

As Christians, we need to suit up, too! We war against spiritual forces and need protection. Fortunately, God has provided us with a spiritual suit: "...Putting on faith and love as a breastplate and the hope of salvation as a helmet" (1 Thessalonians 5:8). Weapons are also included: "The weapons we fight with are not weapons of the world. On the contrary, they have divine power to demolish strongholds" (2 Corinthians 10:4).

As you get dressed today and every day, do not forget to put on your spiritual suit!

REFLECT

Are you ready for spiritual battle? What are some things you can do to strengthen your spiritual armor?

(DAY 7) Sacrifice Your Time

(Tuesday February 23)

Hebrews 13:1

By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of [our] lips giving thanks to his name.

READ

The Word of God has been designed for us to read, meditate on, and abide in. He gave His only begotten son so that we may have everlasting life. It is essential that we sacrifice our time and give God our best. God is in search of true worshippers who will worship in spirit and truth. He is always waiting for His children to bow before Him.

God created us in his image and to his likeness. We take on His very characteristics, which we should display at all times. We should learn how to deny ourselves daily and strip ourselves of the things that are not of Him. We should be attentive of the things He whispers to us. We must find that place where we can be still and know that He is God. We must represent Him with confidence and boldness.

REFLECT

Sacrificing time for the Lord is another sign of surrendering. Make the decision to abide in Him, so that He can perfect greatness within you. What are some pleasures you can sacrifice to spend more time with Him?
