# 21 Days of Hope

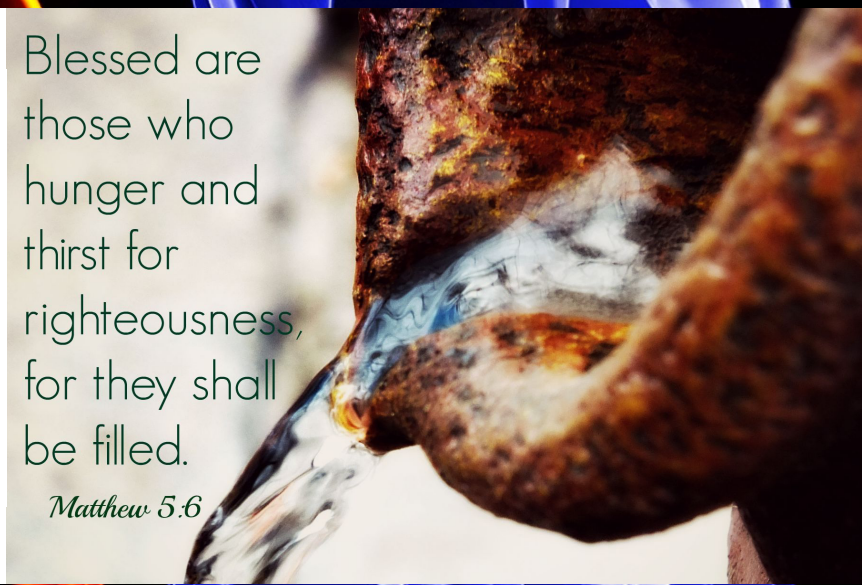
## Solemn Assembly Menu Based Fast Guide & Plans

## October 1st - 21st, 2017

# *Reignite the FIRE!*

**2017 SPECIAL EDITION**

Published from the original FRUITS™ Fast Guide by Colíer McNair Ministries for Zion City in association with FRUITS™ U, Selling You OATS™, EASE™ Your Soul, GINA™, COGEO Entertainment Group, Salt World Spiritual Resources, Vision 120 and/or Kingdom 360.



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The Preface

The goal of this FRUITS™ Menu Based Fast Guidebook and Plan is to help you 1) - develop a healthy eating plan that works for you: in your mind and for your body, 2) - maximize your fasting and spiritual time and efforts, 3) - and create a memorable, enjoyable fasting experience.

## *An enjoyable experience!*

That's really, really important since we (Christians) are expected to fast and pray. So to assist you in this call to obedience and action:

- Information prepared and provided in this guidebook from the original Zion City Fast Guide published in 2009 by Pastor Coliér McNair has been reformatted and reedited for your personal application.
- This guide represents a new Zion City | EASE™ Your Soul | Kingdom 360 brand strategically designed to add uniformity to current and future FRUITS™ U and affiliated publishing materials, tools, and resources. Hence:

  - ✓ The top of the guide cover contains the FRUITS™ U logo.
  - ✓ The top middle section of the guide features cover art from previously published original manuscripts or new ebooks, Salt World materials and the like.
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Henceforth, I will:

- Present to you in this Menu Based Fast Guidebook and Plan a compelling presentation to EASE™ Your Soul in the matter of fasting and praying.
- Endeavor to make a case that if we approach our fasting with deep sincerity and make an earnest effort to give God our very best for 21 days, we can honestly, legitimately, and boldly look to Him to respond in a manner that will lead to fresh direction and bring added favor and prosperity to our lives here on earth.

Basically, after reading and studying this original Menu Based Fast Guidebook and Plan, you'll have less apprehension and anxiety about fasting and prayer, hopefully develop healthier and more consistent eating routines, and enjoy an increased desire in the future to seek God in a very rewarding and fulfilling way.

Book Dedication and Acknowledgements

This fast guide book is perpetually and will forever be dedicated to all members of Zion City International Church Ministries, Inc., its affiliate ministries, and Friends of ZionCity.Org. Additional acknowledgments include:

*Zion City Executive Board of Directors*

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**Name appears multiple times on this list.*

# The Proclamation!

"Now, therefore," says the Lord, "Turn to Me with all your heart, With fasting, with weeping, and with mourning." So rend your heart, and not your garments; Return to the Lord your God, For He *is* gracious and merciful, Slow to anger, and of great kindness; And He relents from doing harm. Who knows *if* He will turn and relent, And leave a blessing behind Him— A grain offering and a drink offering for the Lord your God? Blow the trumpet in Zion, Consecrate a fast, Call a sacred assembly; Gather the people, Sanctify the congregation, Assemble the elders, Gather the children and nursing babes; Let the bridegroom go out from his chamber, And the bride from her dressing room. Let the priests, who minister to the Lord, Weep between the porch and the altar; Let them say, "Spare Your people, O Lord, And do not give Your heritage to reproach, That the nations should rule over them. Why should they say among the peoples, 'Where *is* their God?'"

## Joel 2:15-17

*"And it shall come to pass afterward that I will pour out My Spirit on all flesh; your sons and your daughters shall prophesy, Your old men shall dream dreams, Your young men shall see visions. And also on My menservants and on My maidservants I will pour out My Spirit in those days."*

## Joel 2:28-29

# The Disclaimer!

"*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? *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? 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. Then you shall call, and the Lord will answer; you shall cry, and He will say, 'Here I *am*.'"

## Isaiah 58:6-9

*In chapter 6, a complete exegesis of Isaiah 58 will be provided as commentary.*

Chapter 1: FIRE

It will be one month that Zion City Church will have held worship services in its new location and space at 5202 Regent Street where Lighthouse Christian School once called home and Lighthouse Church continues to reside. Freshly settled now inside our new location, I pray and hope that we're all eager and ready to invade YHWH"s throne of grace and glory with a new Focus, Intensity, Readiness, and Efficacy "FIRE!"

*Reigniting the FIRE* isn't just a simple phrase to describe the theme of this years' *21 Days of Hope Solemn Assembly*. The word *FIRE* will be used as an acronym to help us engage in unified efforts in at least four ways as we seek to realize the divine will and plan of *our God and Father* "YHWH" in and for our own lives and as a corporate body in Jesus Christ.

*Let's take a closer look at each letter formulating the acronym for the word FIRE in this plan*:

## *Focus*

Usually when people are asked to describe *what anointing is or what it means to be anointed* spiritual images and symbolisms may come to mind or one must demonstrate some dynamic form of expression that rises to a level of perception in the minds of followers and potential followers. However, I once heard a very prominent preacher say many years ago that anointing is grounded in one's ability to *focus*. In other words, your ability to deliver a message or performance with minimum distractions is the secret sauce that equates to a person being considered or labeled "anointed." I happened to agree; though I hold within my own thoughts my own personal definition of what it means to be anointed. And it isn't exclusive to services offered in church and/or unto God. But first, here's why I agree that our anointing may very well lie within our ability to *focus*.

Think about the fact that we all desire for others to see us and remember us at our best. Imagine being able to perform a service, routine, or feat, or do whatever it is you want to do. Or, imagine doing something you're really great at doing at a keen level all the time – before any crowd of people large or small! Surely you'd develop a reputation for being one of the best in your business industry, right?

People would probably say "you always deliver or come through! You're always on your A game. You always manage somehow to perform up to the moment or rise to the occasion." That's a good recipe if you want to be called anointed. The problem is: nobody's perfect.

Look, we all have flaws! We all get distracted sometimes which often leads to irritation. I guess you could say finding a way to mask our true reaction and maintain control after running over an unexpected speed bump in a road we thought was a race track is critical to how others may perceive us over time. Or is there another way to think about anointing as it pertains to *focus*?

Shifting to my own definition of anointing: I believe one's anointing is birthed out of one's own experiences coupled with an ability to talk about those experiences openly, confidently, and wisely. These individuals tend to naturally speak with a great deal of conviction, authority, and passion; three traces of one's personality that can assist you well in your ability to relate to your audience and ultimately command the *undivided* attention of others.

Most importantly, these particular individuals would not be able to deliver an impactful message if they did not embody humility or at the very least understand what true humility really means. As such, a great degree of awareness and perspective gained from their experiences, and a demeanor that is prone to listening and learning from every new opportunity, situation, and/or encounter with people, lends greatly to their ability to *harness*, or better yet, *focus* their gifts.

So get ready to *talk* and get ready to *testify*!

## *Intensity*

Intensify, Connect, and Unleash! Those were the action words we *focused* on during our groundbreaking 21 Days of Hope Solemn Assembly Fast in October of 2015 that eventually culminated with the sale of our first owned building located at 1317 Applegate Road. The sale happened right after the building was gifted by Ms. Ann Neviaser. In any case, I want to point out that the second word in our theme, *FIRE,* is not exactly the same. We've actually replaced our action words with nouns.

Remember, grade school? A noun is the name of a person, place, or *thang*. I'm sorry thing. Thang does sound better though because it rhymes with name. But that's not the point here is it? When we look at the word *intensity* it is defined as "the quality or condition of being intense." Key synonyms include: great energy, strength, concentration, vehemence, and/or a high or extreme degree of emotional excitement. It appears to me *intensity* is a natural transition after we've adjusted our *focus*.

So where should we be focusing our *intensity*?

Should it be the Zion City MVP statements? What about the recent violence in our nation? What about the growing violence in our community? How about the clouds of apathy that have been hovering over the Christian church (particularly the evangelical church) for quite sometime regarding matters of race, *poverty, incarceration, education*, mental health, law enforcement abuse of power, marriage equality and same-sex behavior, transgender rights, and other social justice issues? Trust me. I could present to you a bunch of things to focus on.

But how about this: let's all come together for 21 days in October 2017 of fasting, prayer, testimonials, and conversations and seek and beseech God together about the things we should get excited about. I've got a feeling it's going to start with you and me gathered together to *focus* on ways to build each other up in the Kingdom of God as mature individuals and as *One Body*.

I'm telling you, if we do this, things could get intense! *Are you ready?*

## *Readiness*

So how should we prepare or ready ourselves for this 21 day fast?

I wrote a song called *Ready Heart* featured on my "Intimacy" CD. One of the most important lines of the song is the title itself. You may think that the title is suggesting my heart is ready. Ready, of course, to please and love God. Yet, when you listen to the chorus of the song it says:

*Steady my Ready Heart…(that's not all the lyrics, but I'll stop there). "*Steady!"

If you've ever gone horse back riding or tried to manhandle something that was much larger than you, I'm sure you've probably heard the word "steady" used. I imagine this word is common in the construction industry as well whenever big ton size cranes are involved. In other words, in my song I'm saying to my heart "woe there!" Or, "take it easy. Nice. Slow. Be careful. Hold up!"

In the bridge of the song we find words from the scriptures written in Jeremiah 17:9, "The heart is deceitful above all things, and desperately wicked: who can know it?" Of course, I paraphrase these scriptures in the words of the song, but the message is the same: our hearts cannot be trusted. Hope, notwithstanding, rings clearly in the next KJV scriptural verse when YHWH replies: "I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings." Hope, that is, if you're sowing good seeds as oppose to seeds of discord.

In fact, one of the things I love about the revelation of *21 Days of Hope* is that if we approach our fasting with deep sincerity and make an earnest effort to give God our very best for 21 days, we can honestly, legitimately, and boldly look to Him to respond in a manner that will lead to fresh direction and bring added favor and prosperity to our lives here on earth.

If you're ready to proceed, I'm ready to show you in this Menu Based Plan how to maximize your fasting experience and get ready for your next *God inspired-God ordained* encounter.

## *Efficacy*

To talk about the efficacy of something is to talk about its effectiveness and its ability to do what it is supposed to. As individuals and as a collective unit working together in the body of Christ we are called, commanded, and commissioned to seek the face and will of God and worship Him in spirit and in truth (called), love God with all of our hearts, mind, body, spirit, and soul and love our neighbors – enemies too – as we love ourselves (commanded), and follow in the example of Jesus Christ of Nazareth and evangelize/reach the world around us (commissioned).

*So let's start a FIRE together and keep it burning until heaven comes down!*

Chapter 2: Why Fast?

# *How many times have you found yourself just wanting to get to it? Get to what, you say? Well, whatever it is you're being asked or challenged to do!*

I have to be honest: out of "all the things" Christians are expected to do, *fasting and praying* is the least of those things we (*or should I say I?*) want to do, like to do, or look forward to doing in our desire and effort to please God. I guess you can say it is what it is.

Jesus once admonished His disciples in Matthew 26:41 (NKJV) to, *"Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."* Paul, too, discovered as he shared with us in chapter 7 and verse 18-19 in his book to the Romans, *"For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find. For the good that I will to do, I do not do; but the evil I will not to do, that I practice."*

Face it. Food is something most of us all love to eat or at the very least need to eat to nourish our minds and bodies and help us grow and survive. *So why fast?*

Some people fast to lose weight. Others alter or completely change their food diet or eating habits for compelling health reasons and/or to establish new healthier eating patterns and restrictions. But why do Christians fast and why are we expected to fast?

Matthew 17:20, 21 and Mark 9:28, 29 admonishes us: that for some things, notably certain stronghold spirits, only prayer and fasting is effective. Also, when Jesus spoke about fasting, He didn't say if you fast, but *"when you fast"* (Matthew 6:16). Our Lord expects that we, especially those of us who claim to be Christians, will fast.

*I can think of no greater reason than that to fast.*

Chapter 3: More About Fasting?

So what exactly is fasting? At its bear essence, fasting is abstaining from food, activities and other things you do routinely, and sometimes other people for a period of time – if agreeable, specifically in marriage – whenever possible. Fasting is also an expression of wholeheartedness. This is clear from Joel's call to the nation of Israel:

Joel 2:12-14 (NKJV)

*"Now therefore, says the LORD, Turn to Me with all your heart, with fasting, with weeping, and with mourning: so rend your heart, and not your garments, return unto the LORD your God, for He is gracious and merciful, slow to anger, and of great kindness, and He relents from doing harm. Who knows if He will turn and relent, and leave a blessing behind Him…*

Now it's important to understand that fasting is a combination better rendered with praying. Otherwise you're just going without food; on a glorified diet. We cannot fast without praying. Prayer and fasting demonstrates that we are seeking God *"with all our heart."* God said, *"When you seek me with all your heart, I will be found by you" (Jeremiah 29:13, 14).* When we are willing to set aside legitimate appetites to concentrate on the work of praying God will be with us as we seek Him with all our heart.

*Moreover, fasting puts things in proper focus. It is a physical way of saying, "Food and the things of this life are not as important to me."*

Of course, denying oneself food to *focus* on God and His program shows humility. We are told, *"to humble oneself before the Lord"* (Psalm 35:13; 1 Kings 21:29; Ezra 8:21). When we are really concerned about the things of God, we will humble ourselves. There will be times when we will abstain from the enjoyment of food to continue concentration and *focus* on that which is important to God.

# *So when do you fast? How about this for an answer: fasting chooses YOU; especially when you feel the Spirit of God leading you to fast!*

The occasion for fasting is a totally voluntary decision – even when you are asked to engage in corporate fasting which is usually presented in the form of a (church) solemn assembly. On occasion, there may be times when those in authority over us proclaim a fast, as was done by King Saul (1 Samuel 14:24) or Jehoshaphat (2 Chronicles 20:3). Other instances may be found in these references: 1 Samuel 7:5-6; Ezra 8:21-23; Nehemiah 9:1-3; Joel 2:15-16; Acts 27:33-3.

One outstanding account I'd like to make mention of is that the call to fast may also be extended to nations by the hand of leaders from unlikely sources including the example we find in the case of Jonah when he finally obeyed God to go and preach to the people in the great city of Nineveh:

Jonah 3:5-10

*"So the people of Nineveh believed God, proclaimed a fast, and put on sackcloth, from the greatest to the least of them. Then word came to the king of Nineveh; and he arose from his throne and laid aside his robe, covered himself with sackcloth and sat in ashes. And he caused it to be proclaimed and published throughout Nineveh by the decree of the king and his nobles, saying, let neither man nor beast, herd nor flock, taste anything; do not let them eat, or drink water. but let man and beast be covered with sackcloth, and cry mightily to God; yes, let every one turn from his evil way and from the violence that is in his hands. Who can tell if God will turn and relent, and turn away from His fierce anger, so that we may not perish? Then God saw they works, that they turned from their evil way; and God relented from the disaster that He had said He would bring upon them, and He did not do it.*

Surely as God-fearing Spirit lead Christians we are reminded in this passage (by heathens no less) how we may be lead to fast whenever there is a spiritual concern or struggle in our lives. But normally and ultimately that decision is solely between us and the Lord. In the case of Nineveh, Jonah's obedience, though reluctant and stubborn initially, demonstrates how our actions may very well trigger a scenario where decisions are left between people and God who, in an extraordinary turn of events, changed His mind about destroying the people of Nineveh.

# *He did not do it!*

*What does YHWH think about us today?*
*What might He be willing to turn and relent on our behalf? Our neighbor? Our world?*

# We cannot fast and pray expecting God to bless when there is *known* sin in our lives.

Fasting does not impress God with our spirituality to the point that He ignores our disobedience. The same is true when it comes to our gifts and giving (Matthew 5:23-24). On the contrary, genuine fasting will always cause us to examine our hearts to make sure everything is right with YHWH.

The people of Isaiah's day thought that they could fast in disobedience and God would hear them. But God said, *"on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high"* (Isaiah 58:3-4).

In the next chapter, I will introduce to you five key focuses of fasting and prayer from Isaiah 58 and strongly encourage you to incorporate these breakout areas of focus as part of your meditations, prayers, and supplications.

In the meantime, there are a few other *fasting red flags* we should be aware of as we hope to embrace and become better prepared to execute this crucial aspect of higher Christian living.

## *Hygiene, Religious, and Medical obligations*

Regarding *hygiene*, the scriptures speak to how we should present ourselves publicly, whether it be on the job, in school, at church, or otherwise:

Matthew 6:16-18 (KJV)

*Moreover when you fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But*

*thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which sees in secret, shall reward thee openly*.

Reading this passage is pretty self explanatory don't you think? Notice how Christ refers to those who fast with no regard for how they look, smell, and sound to others as hypocrites. The root meaning of hypocrite is *actor*. That's what a hypocrite really is. Someone playing a role.

*There's only one problem: heaven doesn't give out Emmy's and Oscars. And I don't think Hollywood will be looking anytime soon to employ the acting skills of these kinds of hypocrites.*

Here's the point: skipping meals doesn't constitute skipping showers, putting away your lotions and fragrances, letting the hair on your head and/or legs draw (out) furies of compliments of your resemblance to *Cousin Itt (to the right)*, and watching your teeth decay into a color that looks like full blown *dragon-fire-breathe* and smells like something somebody forgot to flush down the toilet, because the anointing is so thick in your life you no longer have time to brush your teeth before you leave *your house* to head down to *God's House* to stand in the face of your neighbor and prophesy "*thus saith the Lord!*"

*Offensive?! (Which way?) You think I'm exaggerating? Well, at the heart of a person whose fasting exploits are followed by a completely different kind of transformation of horrid stench is this next scripture about how we carry on about our religion:*

Luke 18:9-14 (NKJV)
*Also He spoke this parable to some who trusted in themselves that they were righteous, and despised others: "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, 'God, I thank You that I am not like other men—extortioners, unjust, adulterers, or even as this tax collector. I fast twice a week; I give tithes of all that I possess.' And the tax collector, standing afar off, would not so much as raise his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, and he who humbles himself will be exalted.*"

In this scriptural example we find a self righteous person who's misguided by his religious value. Hey, if you want to fast once a week, take communion once a month, or confess to your priest every time you sin, who am I to judge whether or not God is pleased with your approach to

salvation? But it's clear to me in this passage that we must be careful not to compare what we do when we fast and pray to others or impose our righteous deeds on others.

When I first launched *21 Days of Hope* back in 2014 we added a Conference Prayer Line component and called it Live @ 5! and Grits @ 6! Some people were able to call in on time in the morning while others just couldn't or wouldn't. It wasn't long before I started to hear murmuring about who was and wasn't on the prayer line. After while I had to remind people that calling in to pray on the prayer line was an individual decision and *no shows or those who didn't call in*, regardless of titles and positions, was not an indictment of their salvation or faithfulness to the ministry or the Kingdom of God.

Remember, "for all have sinned and fall short of the glory of God" (Romans 3:23). As for as our righteousness? Well, according to Isaiah 64:6, it's just as filthy as any old dirty rag!

Speaking of rags, no one, especially a doctor or physician or nurse, would ever use an old dirty rag to clean a wound or wash the face of a grieving family member. How much less should we be inclined to offer our righteous works as a sign of our spiritual superiority?

## *We'd only be using dirty rags to clean up dirty wounds!*

Matthew 9:14 (KJV)

*Then came to Him the disciples of John, saying, "Why do we and the Pharisees fast oft, but thy disciples fast not?" And Jesus said unto them, "Can the children of the bride chamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast."*

First, if there was ever a scripture that invokes the Church to fast and pray this is it. Secondly, John's disciples seem to think that they are maintaining the status quo while the disciples of Jesus are apparently getting off easy seeing that they have clearly failed to measure up to the same or similar religious obligations. Thirdly, what a glorious rebuttal by Jesus to remind us that He is with us even in times of mourning and one day we will be with Him in heaven and experience great joy and life everlasting!

Obviously, that great day is yet to come and Christ is no longer with us physically on the earth. But for the sake of those who are concerned about keeping to the status quo when fasting in light of medical and pharmaceutical obligations or any other reason, let me drive home this point:

### *This isn't a competition - so don't worry about what other people are doing!*

If you are taking prescribed medicines for mental, emotional, and physical health reasons, unless your doctor or medical physician says otherwise, please don't stop! If you have medical concerns, please consult with your physician first! *More on this at the end of this book*.

Chapter 6: Five Focuses of Fasting: Isaiah 58

In this chapter, I will share with you my own exegetical analysis of Isaiah 58 presented as commentary (in the sidebar columns) for your reading, study, knowledge, and understanding. After which, I will extract from my analysis of these scriptures *Five Focuses of Fasting* to help you narrow your focus, sharpen your prayers, and create a more effective consecration experience according to what God looks for when we fast and pray. *Let's get started shall we?*

Isaiah 58:1-14 (KJV (in red type) and NKJV)

*1 -"Cry aloud, spare not; lift up your voice like a trumpet; show [or] tell My people their transgression, and the house of Jacob their sins.*

Verse 1 - YHWH prompts the messenger in this passage to speak with conviction and authority to His people about their violation of the law (transgressions) and sins. The delivery of the message is interesting as YHWH references the timbre of a trumpet as a comparison to the voice of the messenger as if to encourage a dynamic call to action.

*2 - Yet they seek Me daily, and delight to know My ways, as a nation that did righteousness, and forsook not [or] did not forsake the ordinance of their God. They ask of Me the ordinances of justice; they take delight in approaching God.*

Verse 2 - Apparently, God's people are unaware that He is not pleased with their daily or religious activities. Yet they continue to approach God ignorant to and unaware of their folly and fruitless fervor. You might say the modern church today is also guilty of the same or similar type of behavior.

*3 - 'Why have we fasted,' they say, 'and You have not seen? Why have we afflicted our souls, and You take no notice [or] knowledge?' "Behold [or] In fact, in the day of your fast you find pleasure, and exploit [or] exact all your laborers.*

*4 - Behold [or] Indeed you fast for strife and debate, and to strike with the fist of wickedness. You will not fast as you do this day, to make your voice heard on high.*

Verse 3, 4 - Confused and bewildered by God's response, Israel is admonished about their self-absorbed self-righteous nature. James 3:16 points this out succinctly.

*5 - Is it a fast that I have chosen, a day for a man to afflict his soul? Is it to bow down his head like a bulrush, and to spread out sackcloth and ashes under him? Would you call this a fast, and an acceptable day to the Lord?*

Verse 5 - YHWH poses the first of a series of reflective questions to help Israel gain the right perspective in relationship to what kind of fast is acceptable and pleasing to Him.

*6 - "Is this not the fast that I have chosen: to loose the bonds [or] bands of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?*

Verse 6 - Notice in this verse how YHWH uses sarcasm in the opening question to make contrasting points about Israel's current spiritual disposition relative to specific results and expectations that flow out of proper solemn prayer and fasting.

*7 - Is it not to share [or] deal 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?*

Verse 7 - This passage speaks to the specific expectations mentioned in our previous commentary. To "not hide yourself from your own flesh" speaks to our humanity and character as human beings to treat others like we would want to be treated.

*8 - Then your light shall break forth like the morning, your healing [or] health shall spring forth speedily, and your righteousness shall go before you; the glory of the Lord shall be your rear guard.*

Verse 8 - In this verse YHWH reveals promises connected to our adherence of His command(s) regarding proper spiritual consecration and social justice. I love the fact that health and healing are byproducts of the same; a promise that may benefit society as much as it does the God's Kingdom.

*9 - Then you shall call, and the Lord will answer; you shall cry, and He will say, 'Here I am.' "If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness [or] vanity,*

*10 - If you extend your soul to the hungry and satisfy the afflicted soul, then your light shall dawn in the darkness [or] rise in obscurity, and your darkness shall be as the noonday.*

*11 - The Lord will guide you continually, and satisfy your soul in drought, and strengthen [or] make fat your bones; you shall be like a watered garden, and like a spring of water, whose waters do not fail.*

*12 - Those from among you shall build the old waste places; you shall raise up the foundations of many generations; and you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In.*

*13 - "If you turn away your foot from the Sabbath, from doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the Lord honorable, and shall honor Him, not doing your own ways, nor finding your own pleasure, nor speaking your own words,*

*14 - Then you shall delight yourself in the Lord; and I will cause you to ride on the high hills [or] places of the earth, and feed you with the heritage of Jacob your father. The mouth of the Lord has spoken."*

If the payoff of proper and acceptable consecration unto God is delight in and for the LORD, then prayer and fasting is a critical element of Christian living that needs to be deeply explored!

Psalms 37:4 says, "Delight yourself also in the LORD, and He shall give you the desires of your heart." Now, we all have desires. They may not all be pure, but if *delighting* ourselves in YHWH is the prerequisite for having our desires met, then I'll go out on a limb and say we might just want to take a moment to think about how we can truly and earnestly "delight ourselves in the LORD."

As I stated earlier, particularly in the *second and third parts* of our goal for this fast guidebook, we want to help you maximize your fasting and spiritual time and efforts, and create a memorable, enjoyable fasting experience. Embracing fasting and prayer is one thing; learning to enjoy the experience is something that can only be measured by the extraordinary promises we read about in Isaiah 58.

Verse 9 - This verse is so powerful because everyone who calls on the LORD wants to be answered; and favorably. YHWH makes it crystal clear that if we make fasting and prayer about Him and not us, and stop accusing one another, and tearing each other down, He will not only hear us but be there for us too.

Verse 10 - Have you ever thought about the way those who champion social justice issues are lifted up in our society? It's not enough to teach and preach the Gospel of Jesus Christ to the lost, we must lend our hands and reach out to both the lost and found whenever and wherever possible to meet their needs and address the Kingdom. The difference being it is Christ who is lifted up!

Verse 11 - Now it's just getting better and better. Even in times of dryness and dry places God promises to satisfy our souls. It's no wonder Matthew 5:6 tells us, "Blessed are those who hunger and thirst after righteousness for they shall be filled."

Verse 12 - Whenever I hear the phrase "Repairer of the Breach" I think about the "*any*" of the "*many*" things that separate and divide us. I also think about the fact that the 21st Century Church has become distant from the people we are called to serve and reach creating a wider gap between *us and them*; our enemy Satan has exploited and filled with lies, wickedness, vanity, and pride. But when we offer acceptable consecration before God through prayer and fasting, He promises to close the gaps *and through us* streets and neighborhoods will once again become a safe place not only for which we may dwell, but enjoy with our families, neighbors, and friends.

Verse 13 - In the Old Testaments the Sabbath is appointed as the one Holy Day of Rest unto the LORD. In the New Testaments, no one day is esteemed, but everyday is a day that should be lived unto the LORD (Romans 14:5). *Also see following references: Ezekiel 11:19; 36:26; Jeremiah 31:33; and Hebrews 8:10.*

Verse 14 - "Then you shall delight yourself in the Lord?" What, you mean to tell me we aren't delighting ourselves in the Lord already? It appears to me that the biggest payoff for proper consecration is a new delight in/for the LORD.

With that in mind, I want to introduce you to these *Five Focuses of Fasting* drawn from scriptures in Isaiah 58. As promised, here are five reasons we should fast or five things we should keep in the forefront of our minds when we fast.

## *1. Fast of Thanksgiving and Worship*

In verse 4 we discover that the people were fasting out of pride; to be seen, heard, and praised. We also learn that their fasting is muddled in strife and debate apparently just to see *who can punch who* the hardest and below the belt. There is no humility in anything that they are doing. God is not the one to whom reverence and homage is truly being paid here.

Seeing that the LORD our God is our Father and creator; provider, giver of health and wealth; our light and salvation, and lover of our souls, we should be careful to worship Him only and give thanks unto Him always.

## *2. Fast of Repentance and Forgiveness*

Verse 5 could easily be interpreted in two ways: 1) - YHWH is describing how and in what manner we should present ourselves to Him, or 2) - He is openly mocking what appears to be pleasing in our own eyes or in the eyes of others as an acceptable sacrifice to God, but is nothing more than a pious act of nobility and strange fire from someone who's heart is far from Him.

Either way, when you follow verse 5 up with verse 6, you'll find that what God is looking for here is *repentance and forgiveness* though the words aren't mentioned specifically: *"Is this not the fast that I have chosen: to loose the bonds [or] bands of wickedness, to undo the heavy burdens?"*

Think about it! What the wicked need more than anything is *prayer and forgiveness* for their sins, relief for their burdens, and to have their hearts changed from hearts of stone to hearts of flesh (Ezekiel 36:26). As Christians, we are charged to pray and intercede for people everywhere, enemies notwithstanding, and with this we should never lose sight of the need to for God's divine will to be done; for it is not His will that any should perish (2 Peter 3:9). Moreover, holding bitterness in our hearts creates a heavy burden. And unless we forgive, we will not be forgiven, our burdens will only get heavier, and the wickedness in our hearts will spread.

## *3. Fast of Salvation* and Miracles*

Picking right up where I stopped in verse 6, the scripture continues, "*to let the oppressed go free, and that you break every yoke*? In my book Winning People, Losing America, I talk about the difference between *salvation* and deliverance (the latter we will get to next). Obviously, there is physical oppression, but too many of us are not aware of the spiritual oppression we have in our lives. Though God is concerned with the physical oppression of people, He is more concerned

about the spiritual oppression of both sinners and saints. Matthew 18:8 and Mark 9:43-48 speaks to this: “If your hand or foot causes you to sin, cut it off and cast it from you. It is better for you to enter into life lame or maimed, rather than having two hands or two feet, to be cast into the everlasting fire.” The scriptures go on to say the same thing about your eyes in the next verse, verse 9. If you really want to get graphic about what happens to us if we aren't delivered from spiritual oppression, try reading the passages towards the bottom of Mark 9 where we learn something about “worms never dying!”

Here’s the thing you need to know or be aware of that most new Christian converts struggle with during and/or after the honeymoon phase of their Christian experience/encounter has run its course. *Salvation* is a miracle that leads to freedom and transformation in the mind. To be delivered out of the clutches of spiritual oppression is more powerful than circumstances that hold us back and/or bind us down to the ground. You’ve heard analogies *before right* that compare the circumstances of a disadvantaged or disabled person or incarcerated individual who comes away from their tragic condition with a positive perspective about life exuding radiance and joy while those of us who are well abled and free continue to murmur and complain? Salvation is about the renewing of our minds.

Romans 12:2
*And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.*

Ephesians 4:23
*And be renewed in the spirit of your mind…*

Philippians 2:5
*Let this mind be in you, which was also in Christ Jesus…*

Titus 3:5
*Not by works of righteousness which we have done, but according to His mercy He saved us, by the washing of regeneration, and renewing of the Holy Ghost…*

The Holy Ghost or Holy Spirit will not only break every yoke, but destroys every yoke too! YHWH doesn’t go half in on your salvation! He’s in it all the way. When God (YHWH) sent His only begotten Son Jesus to give His life He didn’t sort of die for us. He didn’t almost die for us. He didn’t practically die for us or play dead! He *was* dead! Period.

When Jesus died it wasn’t a conditional offer available only for those *He knew* would give their lives back to Him. He died whether or not you or I chose/choose to accept Him as Savior, Lord, and King or not. The only conditions you and I are presented with is whether we will *freely* embrace eternal life through Christ or choose to live our lives without Him – which, by the way, means eternal death.

What point am I trying to get across here? When YHWH saves us, He saves us completely! In fact, He saves and delivers us from the yoke of bondage.

Matthew 11:29, 30 (NKJV)
"*Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light*."

Isaiah 10:27 (NKJV)
"*It shall come to pass in that day That his burden will be taken away from your shoulder, And his yoke from your neck, And the yoke will be destroyed because of the anointing oil*."

That doesn't mean we can't or won't become "entangled again…

Galatians 5:1 (NKJV)
"*Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage*."

The problem when it comes to salvation is that we tend to confuse it (salvation) with glorified success and blissful living and the ceasing of struggling, suffering and pain. Jesus never promised to keep us from suffering. In fact, 2 Timothy 2:12 reminds us that, "If we suffer [for Christ], we shall also reign with Him: if we deny Him [Christ], He also will deny us."

If you really want to go there, 1 Peter 4:1-2 and 12-19 (KJV) blows the hinges off the door:

"Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin; that he no longer should live the rest of *his* time in the flesh to the lusts of men, but to the will of God…" picking up at verse 12: "Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when His glory shall be revealed, ye may be glad also with exceeding joy. If ye be reproached for the name of Christ, happy *are ye*; for the spirit of glory and of God resteth upon you: on their part He is evil spoken of, but on your part He is glorified. But let none of you suffer as a murderer, or *as* a thief, or *as* an evildoer, or as a busybody in other men's matters. Yet if *any man suffer* as a Christian, let him not be ashamed; but let him glorify God on this behalf. For the time *is come* that judgment must begin at the house of God: and if *it* first *begin* at us, what shall the end *be* of them that obey not the gospel of God? And if the righteous scarcely be saved, where shall the ungodly and the sinner appear? Wherefore let them that suffer according to the will of God commit the keeping of their souls *to Him* in well doing, as unto a faithful Creator."

And for good measure:

Romans 8:14-18 (KJV)

*For as many as are led by the Spirit of God, they are the sons of God. For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God: And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with Him, that we may be also glorified together. For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us*.

Think about it this way: when you get married, you're married. But you still have a *life to live* and *work to do* to build on your love, relationship, and commitment to your spouse. Now you may be thinking to yourself, "if you knew my marriage you'd know that it's taken every bit of resolve, counts of forgiveness, dollars worth of counseling, and ounce of faith just to stay together." Well, you are not alone. The beautiful thing about salvation is that it is a gift. A miraculous gift at that!

As Jesus neared the end of His purpose on earth, He continued to minister to His disciples revealing to them, particularly after He is prompted by Philip, in John 14:16-17 (KJV) saying, "And I will pray the Father, and He shall give you another Comforter, that He may abide with you for ever; *Even* the Spirit of Truth; whom the world cannot receive, because it seeth Him not, neither knoweth Him: but ye know Him; for He dwelleth with you, and shall be in you."

The promise of the Comforter comes to fruition in Acts chapter 2 and throughout the book of Acts. What unfolds in Acts 2 is nothing short of miraculous! Peter actually articulates in Acts 2:38, 39 that the Holy Ghost or Holy Spirit is a gift promised to us all: "Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost. For the promise is unto you, and to your children, and to all that are afar off, *even* as many as the Lord our God shall call."

## *4. Fast of Healing and Deliverance***

In verse 7 we read, *"Is it not to share [or] deal 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?"*

Hunger is a health issue. To be evicted and/or without shelter or naked without clothing is all related to our well being. *Healing* becomes necessary when our health and well being is compromised. In such cases, the only natural next step is *deliverance*.

You may have noticed the *asterisk* at the end of the word *Salvation* in our previous or third focus of fasting. For your understanding, I wanted to stress that true *salvation* includes *deliverance* or is closely or perhaps even seamlessly followed by *deliverance*. In our fourth focus here, the *double asterisks* at the end of the world *deliverance* are refer to all other forms of deliverance or entanglement "again" with the yoke of bondage as noted in Galatians 5:1.

To be clear, YHWH may save us from our sins, but not heal our body. YHWH may save us from wanting to give up on life despite the fact they we may be jobless or homeless. The point I want to make and reiterate again is this: deliverance is a package deal when it comes to salvation, but salvation, though it may be strongly implied, isn't necessarily the case just because you may have been delivered. Remember the 10 lepers Jesus healed? Only one came back to give Him thanks. What about all of the people Jesus healed during His time of ministry on earth? How many of those you think stuck around when Jesus was being nailed to the cross? Hopefully, they all were numbered among those who received salvation on the Day of Pentecost. We don't know.

When Paul admonishes us in Galatians 5:1 to "*Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage*," it is implied, at least in my mind, that Christ has completely freed and delivered us from our bondage and that we are now to stand firm in *that* freedom and not allow ourselves to go back to the place where we were once bound. By the way, all addictions are (a type of) bondage.

So the primary objective in this fourth focus is healing and deliverance that is non-spiritual. Healing and deliverance from sickness and disease, poverty and lack, violence and abuse, addictions and dependencies, and any other health or life threatening, mental, emotional, social, physical, financial, natural *destructive* Acts of God, devastating events, and/or disasters.

## *5. Fast of Power and Anointing*

Summarized in the rest of the verses are the promises wrought through our obedience in proper consecration and the spiritual and economical power that follows: "*The Lord will guide you continually, and satisfy your soul in drought, and strengthen [or] make fat your bones; you shall be like a watered garden, and like a spring of water, whose waters do not fail*."

We encourage you whenever you participate in one of Zion City's organized solemn assemblies to please consider the *Zion City 5 Focuses of Fasting* along with any suggested scriptural readings before and during your time of fasting, praying, and seeking God's face.

These five scriptural focuses of fasting and prayer have been prayerfully and carefully constructed according to the scriptures and represent default areas of focus to help you/us stay aligned with what our God and Father and LORD Jesus Christ of Nazareth is looking for whenever we present ourselves to Him through the solemn assembly fasting and prayer.

One Asterisk (*) - Includes Spiritual Deliverance
Two Asterisks (**) - Refers to all other forms of deliverance or entanglement "again" with the yoke of bondage - Galatians 5:1

Chapter 9: Three (3) Types of Fasting in the Bible

## *1. RADICAL FAST (also called Complete, Full or Total 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 (A radical fast lasts for 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

1. The rabbi Ezra and the apostle Paul also went without food and water for three days (Ezra 10:6-9; Acts 9:9).
2. David is another example of a radical fast. He went seven days without food (but probably with liquid) as a plea to God to save the life of his child (2 Samuel 12:15-20).
3. Fasts that extend beyond three or seven days can be found in the Bible, but these exceptions were based upon direct guidance from God or a supernatural ability given by God to complete the fast. Examples of these extreme fasts are: Moses (Deuteronomy 9:9-18 and Exodus 34:28); Elijah (1 Kings 19:8); and Jesus (Matthew 4:1-11).

## *2. NORMAL FAST*

There are very few rules when it comes to fasting. What you do is really between you and the Lord. *That’s why I get so excited about our original Menu Based approach to fasting*. Moreover, 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). So in this type of fast the person abstained from food and liquid for a period of one day (from sunset to sunset). This is a normal fast.

## *3. PARTIAL FAST (Includes Daniel Fast - see next)*

In this type of fast, the emphasis is placed on restriction of food, rather than abstaining completely from eating. Examples are: Daniel, Shadrach, Meshach and Abednego eating only vegetables and drinking only water (Daniel 1:12) and later on when Daniel alone practiced limited food for three weeks (Daniel 10:3). Some people would argue that this isn't really a fast at all, but (Daniel 10:2) does use the word "mourned" which is a Biblical occasion for fasting.

## *DANIEL FAST*

What is the Daniel Fast? This is basically a Vegan diet without leavening, processed foods or sweeteners. We recommend visiting the Daniel Diet website (http://www.daniel-fast.com/), purchasing the book, and sharing recipes with others taking on this fast. (*See Fast Plans for more information about the Daniel Fast*)

Chapter 10: Fast Plan Numbers, Steps, and Descriptions

Pastor Coliér has designed a special Personal Menu Based Daily Fast Planner to assist you in planning and preparing the very best fast experience for your spiritual, physical, mental, emotional, social, and financial health.

Before you fill out your Personal Menu Based Daily Fast Planner, please read and follow these simple steps below:

1. Choose Your Primary Plan from *1 of all 4 plans FP1-FP4 listed below* or a COMBO of any of the plans for the entire 21 days. †***
2. Choose a Single Plan to stick to for a minimum of 3 days before switching to another plan or between plans until you complete 21 days. ††**
3. Choose the Partial Fast/Daniel Fast 1 for the entire 21 days. †††*
4. Consult Your Physician if you have medical concerns and desire to fast.
5. After you have decided on your plan below, then complete and follow your Personal Menu Based Daily Fast Planner for the entire 21 days.

FP1 Complete or Radical Fast (No Food or Liquids) - *New Day begins at midnight*
- Midnight 12 am to 4 pm in the afternoon
- Food after 4 pm: c*ontinue with no food/water or revert to the Daniel or H2O Fast Plan.*
- Beverages: water, natural juices, fruits, yogurts, teas (no sugars or sweeteners)

FP2 Regular Fast (Water or Juice Only) - *New Day begins at midnight*
- Midnight 12 am to 4 pm in the afternoon
- Food after 4 pm: *Eat according to your Menu Based Daily Fast Planner and Schedule*
- Beverages: water, natural juices, fruits, yogurts, teas (approved sweeteners only)

FP3 Partial Fast/Daniel Fast 1 (Fruits, Vegetables and Water) - *Continuous for 21 days*
- Only fruits and vegetables
- Only water for a beverage
- No sweeteners and no breads for 21 days

FP4 H2O Partial Fast 2 (Only natural liquids including soups (*no meats except fish/sea, chicken, turkey, tofu, vegan meats*) or broths; fruits and vegetables allowable, Ensure, instant breakfast and non-salted crackers ok) - C*ontinuous regularity for 21 days with no hourly intervals*
- Approved sweeteners only

*Sweeteners allowable for entire fast are: Agave and Honey. Absolutely no sugars or derivative forms of sugar, including brown sugar, should be consumed – Please disregard sugar restrictions if under medical directives. Otherwise, please follow closely the instructions prepared in your Personal Menu Based Daily Fast Planner.*

Difficulty level of plans to complete and/or follow:
† Ability to Complete: †††Low • ††Medium • †High
* Ability to Follow: *Easy • **Moderate • ***Hard

**Menu Based Regular Fast Plans (Major Food Group Types)**

# *Daily Regular Fast Plan Options*

- ☐ Regular Fast Plan - 12 am to 4 pm without food or *all day* using food group fast schedule
- ☐ 30 Minute Plan - Meal #1: ___:___ am/pm • M#2: ___:___ am/pm • M#3: ___:___ am/pm
- ☐ One-Time Meal Plan Schedule (3 Hours Total) - Start ___:___ am/pm to ___:___ am/pm

| FAST DATES AND FOOD GROUPS | Fruit Group | Vegetable Group | Grain Group | Meat Group† | Dairy Group | Oils and Other | Special (Write-In) | Water & Tea† |
|---|---|---|---|---|---|---|---|---|
| Choose 6 | | | | | | | | √ |
| Start Date:___/___/___. | | | | | | | | |
| Choose 5 | | | | | | | | √ |
| Start Date:___/___/___. | | | | | | | | |
| Choose 4 | | | | | | | | √ |
| Start Date:___/___/___. | | | | | | | | |
| Choose 3 | | | | | | | | √ |
| Start Date:___/___/___. | | | | | | | | |
| Choose 2 | | | | | | X | | √ |
| Start Date:___/___/___. | | | | | | | | |
| Choose 1 | | | | | | X | | √ |
| Start Date:___/___/___. | | | | | | | | |
| End Date:___/___/___. | | | | | | | | |

## *How it works?*

Mark a √ to select or choose a combination of a certain number of food items or food from 1 or more of the 5 major food groups to eat. The number is written under each date and reads "Choose"). Eliminate 1 food group after a number of set days – depending on the length of your fast – until you reach 1 or 0. Mark an X by each food group you eliminate. An X marked group excludes all foods and items in that group. *Blank date rows may be used for food details or notes*.

- ★ Proteins† = All protein foods (i.e., meats, poultry, fish) should be baked, boiled, or grilled. Teas = herbal; caffeine free.
- ★ Oils and Other includes = Any ancillary ingestants outside of food groups including; oils, butter/margarine, added sugars and sodium derivatives, dressings, seasonings, etc.
- ★ Special = coffee (**C**), snacks (healthy & unhealthy) (**Sn**), technology & social media (**T**), non-food items or activities (**NFA**), unhealthy habits (**UH**). *SPECIAL NOTE*: Instead of marking a (√) in the "specials" column, you must SPECIFY which item in this column you are choosing to continue using and *exclude all other items or labels included in this category*.

Personal Menu Based Daily Planner and Schedule - 21 Days of Hope 2017

| Day | Month: Day of the Week | Use Menu Plan or Insert Fast # | Description of Menu Plan (See Menu Based √ Sheet) | Added Fast Items (+/-) | Special Notes |
|---|---|---|---|---|---|
| 1 | Sunday, October 1 | *Choose 6* | *START OF FAST PLAN! No Food or Water until 4 pm* | *Thanksgiving and Worship* | *All Fast Plans start after midnight 12 am* |
| 2 | Monday, October 2 | | | Fellowship with your Life Group | |
| 3 | Tuesday, October 3 | | | Watch Christian Movie w/family | |
| 4 | Wednesday, October 4 | | | Listen to Gospel Music CDs | |
| 5 | Thursday, October 5 | | | Listen to Christian Radio | |
| 6 | Friday, October 6 | *Choose 5* | *NEW PLAN BEGINS! No Food or Water until 4 pm* | *Repentance and Forgiveness* | *Consult Physical if concerned about diet* |
| 7 | Saturday, October 7 | | | Spend Time with Family | |
| 8 | Sunday, October 8 | | | Put away Social Media devices | |
| 9 | Monday, October 9 | | | Pick, Buy, Finish a Book | |
| 10 | Tuesday, October 10 | | | Watch Christian Movie w/family | |
| 11 | Wednesday, October 11 | *Choose 4* | *NEW PLAN BEGINS! No Food or Water until 4 pm* | *Salvation and Miracles* | *Consult Physical if concerned about diet* |
| 12 | Thurday, October 12 | | | Read, meditate on scriptures | |
| 13 | Friday, October 13 | | | Pray using Five Focus of Fasting | |
| 14 | Saturday, October 14 | *Choose 3* | *NEW PLAN BEGINS! No Food or Water until 4 pm* | *Healing and Deliverance* | *Consult Physical if necessary.* |
| 15 | Sunday, October 15 | | | No TV for entire week | |
| 16 | Monday, October 16 | | | Married Refrain If Consented | |
| 17 | Tuesday, October 17 | *Choose 2* | *NEW PLAN BEGINS! No Food or Water until 4 pm* | *Power and Anointing* | *Consult Physical if necessary.* |
| 18 | Wednesday, October 18 | | | Complete 21 DoH Fast Guide | |
| 19 | Thursday, October 19 | | | Focus on theme Reigniting FIRE | |
| 20 | Friday, October 20 | *Choose 1* | *NEW PLAN BEGINS! No Food or Water until 4 pm* | Worship, sing, meditate, read | *Consult Physical if necessary.* |
| 21 | Saturday, October 21 | | | Pray, intercede, listen, document | *Fast Ends at midnight today!* |

Note: This pre-filled schedule may be used *as is* based on our original *Menu Based Regular Fast Plan* format or you may choose to fill in your own Fast Plan # based on the four (4) plans provided previously in this fast guide. Added Fast Items are for suggestions only.

Personal Menu Based Daily Planner and Schedule (Salt World Spiritual Resources)

| Day | Month:<br>Day of the Week | Fast Plan # | Description of Menu Plan<br>(See Menu Based √ Sheet) | Add Fast Item<br>(+/-) | Special Notes |
|---|---|---|---|---|---|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
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| 19 | | | | | |
| 20 | | | | | |
| 21 | | | | | |

Note:

Fasting Help and Completion Tips!

Anytime you enter into a significant change to your diet and exercise routine, it's a good idea to contact your health professional for his or her input and modify your eating plan in a way that is a appropriate to meet your health needs.

Please consult your doctor, especially if you have health problems or you are taking special medications. Limit physical exercise when going on any type of fast. If this is your first fast, please consider combining your Fast (Plans) or starting off slow with a Partial Fast.

Here are a few additional tips to consider:

- Before you begin your fast you may want to develop the right mind set. For starters, to fast effectively is to develop a very healthy eating plan. (*Complete the Personal Planner*)
- Developing a quality Fast Plan may be one of the best moves to help you *break bad eating habits* and create a healthier diet long term. (*Your health is important to God*)
- Understand, you are making a *DECISION* to alter your eating habits for a period of time for higher spiritual purposes that may only be attained through fasting and prayer. *Please Understand: No One Is Making You Do This!*
- During fasting please refrain from non-spiritual entertainment and activities.
- These are guidelines, not law! fasting is given for us to grow, not to crush us. *As a point of clarification: fasting should never harm the body!*
- Anytime you enter into a significant change to your diet and exercise routine, it's a good idea to contact your health professional for his or her input and modify your eating plan in a way that is a appropriate to meet your health needs.

Keep in mind fasting is about food and restricting all or some foods for a spiritual purpose and *always* has to do with our spiritual life. Without that aspect it's just a diet. This may come as a surprise to you, but fasting isn't for God, *IT'S FOR YOU!*

Please consult your doctor, especially if you have health problems or you are taking special medications. Limit physical exercise when going on any type of fast. If this is your first fast, please consider combining your Fast (Plans) or starting off slow with a Partial Fast.

## *Suggestions For Ending Fast*

End your fast slowly. Start back slowly on your regular eating schedule. Don't overeat when the time comes to end your fast. Begin eating solid foods gradually and eat smaller portions of foods until your body is re-accustomed to eating solid foods. *Make healthier eating your new goal!*

## *If yours was a Total or Complete Full Fast*

The first 2 days begin with juice or broth. On the 3rd and 4th days you may add fruits and vegetables. After the 4th day, slowly add meats, fish, breads and sweets and add dairy products last - and slowly. If discomfort takes place, back down to the 4th day again and slowly add in your suggested food groupings. *Remember, you may always consult your physician.*

Sources: Other References, Bibliography, and Credits

## *Other Scripture References for Fasting*

The following scriptural references speak to fasting in relationship to reading God's Word, the humble admittance or acknowledgment of need, forgiveness of sin, comfort over grief, sorrow or loss, concern over circumstances or situation of an individual, a city, nation, or the need for guidance and direction from the Lord:

‣1 Samuel 1:6-8, 17-18; 7:6; 31:13; 1 Kings 21:27-29; Nehemiah 1:4-11; Esther 4:1-3; Psalm 35:13; 69:10; 109:24; Daniel 9:3, 20; Joel 2:12; Luke 2:37; Acts 10:30; Acts 13:2

*A Humble Request for Help (closely linked above passages):*

‣Decision - Judges 20:26
‣Healing - 2 Samuel 12:16-23
‣Safety & Protection - Ezra 8:21-23
‣Deliverance - Esther 4:16; Jonah 3:3-10; 2 Chronicles 20:3, 4; Jeremiah 36:1-9

*Corporate Fasting:*
‣1 Samuel 7:5-6; Ezra 8:21-23; Nehemiah 9:1-3; Joel 2:15-16; Jonah 3:5-10; Acts 27:33-3

*Sexual Fast:*
‣1 Corinthians 7:3-6

## *Bibliography*


- The King James Version Bible
- The New King James Version Bible
- Public domain food group sources


## *Credits*

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