

CrossLand Family Fast

At this critical time in the life of CrossLand Community Bible Church, the leadership, in obedience to God's calling, has appointed a time for the family to come together as one for prayer and fasting. We are excited about what will occur over these next several days. Together, we will take this journey and go the distance to discover God's plan.

FASTING GUIDELINES

1. Focus and purpose:

"When you fast..." (Matthew 6)

As a Biblical mandate from our Father, it is a spiritual discipline designed to better connect us with Him. As a church family, we are fasting to deepen our relationship with God, to walk in step with His Plan and Purpose, engage in spiritual warfare and humble ourselves before Him. A prime way to do this is to redirect our food source. We can accomplish this through substituting our regular food intake with Bible study, praying, listening to Him and journaling. The overall goal is to receive from Him and experience a genuine hunger for spending time with God.

2. Timeline:

Tuesday, March 20, 2007—24-hour fast

We will drink water, natural fruit juice and herbal caffeine-free tea. Lunch will be our last meal and we will resume meals at dinner on Wednesday.

Wednesday, March 21, 2007—Begin the "Daniel Fast"

For this evening meal we will introduce pure foods of fruits and vegetables and continue this plan for the remainder of the week.

Sunday, March 25, 2007—Break the fast

We will come together as a family and end our time of prayer and fasting with communion and sharing.

3. Menu:

The "Daniel Fast" is a partial fast derived from Daniel chapter one, and expresses a desire to release ourselves from defilement as we meet with God in a most intimate fashion. We will eliminate some common things from our daily diet and still have generous options available. As Daniel and his friends did, we will subsist on fruits and vegetables and whole grains and water...pure and simple meals. Attached is a list of foods to eat and foods to avoid.

If you have any condition which would prohibit you from being a part of the Daniel Fast, there are other options. Consider choosing something to eliminate from your daily routine and fast in that manner, focusing on God rather than these other items. Examples include specific foods or beverages, TV or other technology, etc. Fast in that manner instead, for the four days of the "Daniel Fast."

Pursue God and communicate with Him. Remember, the details are not as important as the spirit in which you participate.

4. Suggested reading:

Daniel chapter 1; Zechariah chapter 7; Matthew 4:1-11; Matthew chapter 6; Luke 18:9-14

FAST FORWARD

We truly believe that by joining with us in the commitment to prayer and fasting, God is certain to bless your life in new and exciting ways and you will connect with Him on a deeper level in a most intriguing and intimate fashion. We urge you to journal. Write down your prayers and the many ways God reveals Himself to you. Praise Him for the work He is doing in you and the church family.

On the attached page you will find the guidelines for the "Daniel Fast." In addition, there are questions to ask God for helping guide your prayer and journaling time.

If you have any known medical conditions or physical liabilities, or you suspect such conditions, please consult your doctor before beginning the fast.

The "Daniel Fast"

FOODS TO EAT

Whole Grains, such as brown rice, oats, barley.

Whole, unprocessed fruits, such as apples, apricots, bananas, all type of berries, cherries, cantaloupe, figs, grapefruit, guava, melons, kiwi, lemons, limes, mangoes, nectarines, papayas, peaches, pears, pineapples, plums, prunes, raisins, strawberries, tangerines.

Whole, unprocessed vegetables, such as artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squash, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini.

Legumes, such as pinto beans, black beans, black eyed peas, lima beans, dried split peas, navy beans, etc.

Seeds and nuts, such as almonds, peanuts, pecans, walnuts, sesame seeds, pumpkin seeds, poppy seeds, pistachios, cashew nuts, etc.

Liquids: water, unsweetened soy milk, herbal tea, natural fruit juices (no sugar added) and honey.

FOODS TO AVOID

Meat, poultry, fish, white rice, fried foods, caffeine, coffee, tea, carbonated beverages, foods containing preservatives or additives, sugar or sugar substitutes, white flour, margarine or shortening, dairy (milk, butter, cheese, yogurt, etc.)

QUESTIONS TO ASK WHILE PRAYING AND JOURNALING

1. Lord, what do You want me to see?
2. What do You want me to see about me?
3. Please help me to see anything that You want to expose to me.
4. What am I to be about at this time?
5. What is our church to be about at this time?

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Notes from John on this fast:

- ❖ God has chosen this time to allow us to see what has been going on
- ❖ He is going to be victorious!!! ... and we are with Him, so we are going to be victorious!
- ❖ He desires us to...
 - expect victory... requires us to lean on God!
 - have confidence... requires us to lean on God!
 - be bold and proceed without hesitation... though we enter the unknown
 - requires us to lean on God!
- ❖ We are to... "Laugh in the face of fear"...
 - confidence... boldness... no fear
 - We are seeking to permanently close doors that have given the enemy access in the past
 - We are entering into the enemy's "operation room"
 - As we walk through the corridors of the enemy's operation suite, we are not threatened by the enemy "operators"
 - we can see who they are and they know who we are
 - They are powerless over us even though we are in their area
 - They must remove their masks and throw them at our feet.
 - The masks hide who they truly are and without them they can not "operate"
- ❖ the time is now!

Patterns we have discerned in how the enemy has attacked us. Watch for these especially this week as you pursue the Lord. Watch for them not just at church and with Crossland members but also in your relationships, at work, at play, etc.:

- ❖ Unusual weariness and oppression
- ❖ Confusion, feeling unusually discouraged
- ❖ Despair, feelings of hopelessness
- ❖ Unusually critical, not believing the best
- ❖ Division
- ❖ Willfulness

One of the primary avenues the enemy has used to accomplish these things is through "twisting communication". Causing misunderstanding or confusion in us that leads to the above feelings.