

CROSSING OVER

21 Days of Fasting & Prayer

LET US CROSS OVER TO THE OTHER SIDE

WITH NO FEAR

Mark 4: 35-40

full of faith

The Practical: What do I do and how do I do it?

Each day ask yourself:

1. What am I giving up or abstaining from today so that I may better focus on the things of God?
What did I add to my life that will bring greater wholeness or spiritual depth to my life?
What did I do in the earth to advance the Kingdom of God in at least one life that touches mine?
2. Check the fasting calendar to see what foods the COTH family has elected to abstain from for this season and purpose to join in.
3. Check email and/or Facebook for practical ideas and discussions or contact a friend to discuss what you are learning -- this is a community effort, not a solo exercise.
4. Make extra effort to be at every prayer time and service.
5. If you forget, mess up, or just plain give up...don't let it keep you down or away. Just get up and start again.

Progressive Fasting Schedule:

One fasting option is the progressive fast in which some food categories or types are removed from the diet on specific days of the fast. As always, use wisdom in your fast and consult a medical professional when appropriate.

Days 1-7:

Abstain from caffeinated beverages and sweets

Days 8-14:

Abstain from caffeinated beverages, sweets, bread and rice

Days 15-18:

Abstain from caffeinated beverages, sweets, bread and rice, and meat

Day 19-21:

Abstain from all food except juice and water -- liquid only

Daniel Fast Guidelines

The background of the “Daniel fast” is that Daniel and his three friends had been “deported” to Babylon when Nebuchadnezzar and the Babylonians had conquered Judah (2 Kings 24:13-14). Daniel and his three friends were put into the Babylonian court servant “training program.” Part of the program was learning Babylonian customs, beliefs, laws, and practices. The eating habits of the Babylonians were not in complete agreement with the Mosaic Law. As a result, Daniel asked if he and his three friends could be excused from eating the King’s food (which was likely sacrificed to Babylonian false gods and idols). Daniel stepped out in faith believing God had called him to eat such a diet and would protect him.

Food guidelines for observing a Daniel Fast:

You have freedom to modify this fast according to your personal, physical and spiritual needs. You can modify these guidelines as you feel led by the Lord. The main thing is to decide ahead of time how you are going to apply the Daniel Fast, then stick to your commitment.

Daniel only ate things planted for harvest and drank only water. You may want to keep it simple and eat only fruit and vegetables and drink only water.

- Whole Grains: brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat
- Legumes: dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc. Grain legumes include beans, lentils, lupins, peas and peanuts (includes natural peanut butter).
- Fruits: 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, etc.
- Vegetables: artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.
- Seeds: all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
- Liquids: spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices

Food to avoid:

- Meat, fish, poultry, etc.
- White flour and all products using it
- White rice, white bread, hominy and pasta
- Fried foods
- Caffeine
- Carbonated beverages, including diet sodas
- Wine or any other alcoholic drinks
- Foods containing preservatives or additives
- Refined sugar
- High fructose corn syrup
- Chemical sugar substitutes
- Margarine, shortening, animal fat, high fat products

Fasting Tips to Help You Succeed

Some suggestions to make your fasting adventure more manageable:

1. Drink lots of fluids. Keep them on hand and cool if needed.
2. Prepare for fasting by eating lightly the day before you begin.
3. Develop a strategy to avoid food shopping and meal preparation for others.
4. Even as you set aside time to focus on spiritual things, do not sit around thinking about your stomach. Stay busy, plan ahead to have available what you can eat, etc.
5. At normal meal times, study your Bible and pray — even at work. —Snack on the Bible frequently.
6. Pray in the Spirit often, whenever there is opportunity.
7. If fasting a full day and skipping supper, plan for early bedtime to avoid the late evening munchies.
8. If you experience a period of weakness, try fruit juice to get a little sugar into your system.
9. Don't watch TV food commercials — they know how to hook you.
10. Apply spiritual authority to your body when it begins to “talk back.” Remember, the real you is the person on the inside; your spirit. Take authority!
11. Call a spiritual friend or mentor for encouragement.
12. Study fasting in the Bible and in Christian books on the subject. Education on the subject strengthens our resolve and sharpens our focus.
13. Bear in mind that short term fasting is both safe and satisfying and has been endorsed by various medical and health experts as being beneficial.
14. If you reach a point where you are about to give up your fast before you wanted to, try a liquid meal drink — this can often take the edge off enough to keep going.
15. Focus on the fact that the Head of our church, Jesus Christ, has led the way in fasting (40 days on one occasion), and has asked us to follow His example. God's Son would never lead us to harm, only to abundant living (John 10:10)
16. When breaking a fast, don't overeat or you will pay the price. Let your first meal be a light one and then snack later if you are still hungry.
17. Try to limit strenuous activities that will deplete the body of fluids during a fast. Moderate exercise is okay, but watch the heat levels.
18. Headaches can occur when fasting due to the purging of toxins that have been stored in your system. Pray, continue to drink plenty of fluids to flush your system, and feel free to take over-the-counter medication if needed.
19. If you blow it, don't spend time feeling condemned. Successful fasting is learned and practiced. God still loves you and your effort means more to God than not trying at all. You will succeed one meal and one day at a time!
20. A fast does not mean that you cannot eat out, many local restaurants have vegetable plates or salad options that can be modified to accommodate a Daniel fast. You do not have to give up social interaction that may occur over a meal, just focus on the fellowship and not the food.
21. Stay involved with the body as a whole. Allow yourself to be encouraged by others on this fasting journey - share ideas and recipes, pray for one another, etc. Phone calls, email, and the church Facebook group are all great tools to stay connected.

My Commitment

After you prayerfully consider how/what you will fast and what your prayer focus for the fast will include, record those commitments below.

Description of my fast commitment (Daniel Fast or other food or activities you plan to abstain from):

My prayer focus:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Progressive Fasting Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	7 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks	8 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks	9 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks	10 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks	11 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks	12 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks
13 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks	14 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks <input type="checkbox"/> Bread and Rice	15 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks <input type="checkbox"/> Bread and Rice	16 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks <input type="checkbox"/> Bread and Rice	17 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks <input type="checkbox"/> Bread and Rice	18 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks <input type="checkbox"/> Bread and Rice	19 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks <input type="checkbox"/> Bread and Rice
20 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks <input type="checkbox"/> Bread and Rice	21 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks <input type="checkbox"/> Bread and Rice <input type="checkbox"/> Meat	22 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks <input type="checkbox"/> Bread and Rice <input type="checkbox"/> Meat	23 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks <input type="checkbox"/> Bread and Rice <input type="checkbox"/> Meat	24 <i>Fasting:</i> <input type="checkbox"/> Sweets <input type="checkbox"/> Caffeinated drinks <input type="checkbox"/> Bread and Rice <input type="checkbox"/> Meat	25 <u>Liquid Only</u> (Water and fruit juices)	26 <u>Liquid Only</u> (Water and fruit juices)
27 <u>Liquid Only</u> (Water and fruit Juice)						

