

Call to Prayer & Fasting  
Zoe Christian Fellowship of Whittier  
Pastor Ed Smith

Joel 1:14 – “Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the Lord your God, and cry unto the Lord.”

**Beginning Monday, March 14, 2011** we as a congregation and as an extended body of believers will start a Daniel Fast. The Daniel Fast is a biblically based method of fasting that we will use as we enter into the spiritual discipline of prayer and fasting for the next twenty-one days.

The purpose of the call to **Prayer & Fasting** is to commit ourselves to prepare our hearts in agreement for the harvest. During the twenty-one days please remember the purpose for which we are coming together for this season of **Prayer & Fasting**:

1. Prepare the hearts of men, as we give ourselves to intercessory prayer, resulting in the outpouring of the Holy Spirit upon all flesh, drawing men to receive the salvation and life changing power in Jesus Christ.
2. Prepare our hearts to willingly and humbly say yes to go into the fields that are already ripe for Harvest.
3. Go, being directed and empowered by the Holy Spirit, to reap the Harvest in the fields wherever we live, work or encounter lost and hurting people.

“Call a solemn assembly”

Joel 1:14;

“Is not this the fast that I have chosen?”

Isa 58:6;

“But this kind does not go out except by prayer and fasting”

Matt 17:21 (Amp)

“I ate no pleasant bread...till three whole weeks were fulfilled”

Dan 10:3

“And it shall come to pass...that I will pour out of My Spirit upon all mankind...”

Act 2:17 (Amp)

“pray, ...that he will send forth laborers into his harvest”

Matt 9:38

“For as soon as Zion travailed, she brought forth her children”

Isa 66:8

“Ask of me and I will give you the nations as your inheritance...”

Psalm 2:8 (Amp)

**CAUTION: If you have concerns, or are currently experiencing any serious health or physical problems, be sure to consult your health professional before going on the Daniel Fast or making any major dietary changes.**

### **Foods to include in your diet during the Daniel Fast**

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

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

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

## **Foods to avoid on the Daniel Fast**

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

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

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

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