

The Park Church Fresh Start: 21-Day Church Wide Fast

Monday, January 3 – Sunday, January 23, 2022

As we prepare for a new year – whether out of excitement or desperation for something new – it is quite tempting to create plans for ourselves and then ask God to bless them. When we begin the year (or anything) by initiating our agendas, we tune out what God desires to do in, through and for us, and limit the blessings that are far beyond our imaginations. But what if we started differently? What if our sole plan was to seek our heavenly Father for His plans concerning us? Can you imagine what the year would be if we simply committed the first three weeks to fasting, praying and asking the Lord to mature us spiritually, emotionally and socially? Imagine no more: Now is that time.

Welcome to a Fresh Start!

During the Fresh Start 21-Day Fast, we will also incorporate Bible reading, engaging exercises and prayer. Prayer is a key practice in our relationship with God because this is the way that we communicate with Him. We pray using words and silence; listening and waiting on the Holy Spirit to direct us is a major component of prayer. *A humble heart and a mind open to Jesus is what He expects, and the Holy Spirit will do the rest (Romans 8:26, 27).*



Why Should We Pray?

- **We pray** because we love God.
- **We pray** to worship God for who He is.
- **We pray** to say thanks to our Father.
- **We pray** to God to praise Him.
- **We pray** to petition God.
- **We pray** to confess our sins.
- **We pray** to intercede for others.
- **We pray** against the enemies of God.
- **We pray** to listen to God.
- **We pray** to resist temptation.
- **We pray** because He directs us to pray.

The Model Prayer

“Our Father Who art in heaven, hallowed be Your name”

The prayer principles of adoration (praise for who God is) and thanksgiving (praise for what He has done).

“Your kingdom come; Your will be done on earth as it is in heaven”

The principle of affirmation, that is, agreeing with God’s will and submitting to it.

“Give us this day our daily bread”

The principle of supplication, in which we make requests both for ourselves (petition) and for others (intercession).



“And forgive us our debts as we also have forgiven our debtors”

The principle of confession in view of our need for forgiveness of sins.

“And lead us not into temptation, but deliver us from the evil one”

The necessity of renewal as we face the temptations of the world, the flesh, and the devil.

“For Yours is the kingdom and the power and the glory forever”

A closing prayer that honors the Lord and completes our thoughts.

As you petition God in prayer for your concerns, also pray daily for:

- Sensitivity to the work and guidance of the Holy Spirit
- Bishop Alexander and his family
- Wisdom for the Kingdom Team



What is a Fast?

A fast is a period of abstaining from something; denying self from a desire. There are multiple types of fasts, which we will address.

Why Should I Fast?

Fasting and Prayer combined can bring about a transformational revival in you, the nation and the world. The ultimate purpose of the fast is not you and what you seek, but God and what He seeks. Fasting is a true way to sacrifice for God and humble oneself to Him ([Psalm 35:13](#); [Ezra 8:21](#)). Fasting is an act of worship and honoring.

How Should We Prepare for a Fast?

Spiritual Preparation

- Pray before you fast. Ensure that you communicate with God and seek His guidance regarding your fast.
- Ask God to help you to examine your heart, detect and repent any unconfessed sins.

Physical Preparation

- **Consult a doctor before fasting in order to ensure that all of your vitals are stable.**
- If you have severe medical maladies, you should definitely have professional supervision while fasting.



- Decrease the amount of food that you eat a couple of days prior to starting the fast, in order to prepare your mind, stomach and appetite for less food.

The best way to choose the appropriate fast is to follow the lead of the Holy Spirit. Pray purposefully in identifying God's purpose and direction in your fast. His direction is the only thing that will make the fast meaningful and significant.

Types of Fasts

- **Partial Fast:** Abstain from food for a set time; eat a simple meal of bread & water; sacrifice a certain food.
- **Daniel Fast:** Abstain from delicacies, meats, and wines and focuses on fresh foods such as fruits and vegetables.
- **No Food Fast:** Abstain from all food, including milk (protein), and only drink liquids and water.
- **Water Only Fast:** Abstain from everything except water.
- **Absolute/Supernatural Fast:** Abstain from any food or liquids, including water (the 40-day fast of Moses and Jesus and the 3-day fast seen in [Esther 4:16](#)).

During the fast It is important to focus on God, rather than food. The spiritual focus and growth will replace the normal presence of food during the fast. It is our prayer that the Lord's most wonderful love and blessings will be poured out on you as you take this exciting step of faith.



Foods to **Include** in Your Diet for The Daniel Fast

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water.

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.

Please make sure to **read the labels** when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable food.



Fresh Start: 21 Days of Fasting Schedule

Week 1: Spiritual Maturity

Day 1: Monday, January 3rd

Omit one meal today

Embrace the Blessing of Being God's Beloved [Read Matthew 3:16-17](#)

Jesus was affirmed by God the Father before “doing” anything in his earthly ministry. What does that say to you? Read the passage slowly three times. What’s grabbing your attention as you read? How is God affirming you through the passage as you embark upon the new year?

Day 2: Tuesday, January 4th

Omit one meal today

Be Open to a Heart Examination [Read 139:23-24](#)

A part of spiritual maturation begins with being aware of what resides in the heart; awareness is a gift. Turn today’s passage into your personal prayer. Acknowledge what the Holy Spirit reveals – unconfessed sin, unforgiveness, pride, fear, doubt, disobedience, etc. - and thank him for his grace and forgiveness. To close the time, listen to the song, A Heart that Forgives by Kevin LaVar & One Sound.

Day 3: Wednesday, January 5th

Omit one meal today

Prayer of Submission to God's Will [Read Luke 22:40-46, Philippians 2:1-11, Philippians 3:13-14](#)

Spend time in prayer seeking God about his will for you. As you read the passages, journal what the Holy Spirit reveals about the will of God in these verses. How do these passages encourage you to submit to God's will for your life?



Day 4: Thursday, January 6th

Omit one meal today

Surrender to Silence [Read Habakkuk 2:20 \(The Message\)](#)

It is easy to become addicted to the noise around us. The “noise of the world” distracts us and drowns out the voice of God. Today, carve out some time to detach from noise - do 1 activity with God in silence (reframing from reading books or engaging on social media during your silent time). A few examples include a commute to and from work without the radio or phone calls, eating a meal in silence, unplugging from social media for a couple of hours, or setting your alarm to sit in silence until the alarm chimes. Journal your experience with God while in silence – was it good, challenging, enjoyable?

Day 5: Friday, January 7th

Omit one meal today

Take Time for Solitude [Read Mark 1:35, Mark 6:30-32, Luke 5:16](#)

Jesus took time to be alone to seek his Father and invited his disciples to come away. How do you feel about Jesus’ intimate invitation to be alone with him? What are some of the ways that you already spend time alone with Him? What will you incorporate in 2022 to spend (and protect) your alone time with God? Share your desire and plan with a friend.

Day 6: Saturday, January 8th

Omit one meal today

Eliminate Distractions [Read Matthew 4:1-11](#)

Seek God for a personal focus Scripture. The Scripture will be your meditation verse in the area that the enemy tempts you most (an area that challenges you).

Day 7: Sunday, January 9th

Pause the fast for a time of communion with God, family and friends



Sabbath Rest (Delight) [Read Genesis 2:2 1-3, Exodus 20:8-11](#)

Our culture informs us to constantly be on the move and to prove our importance by producing. God gives us the gift of a Sabbath. He modeled rest for us and commands us to follow him. Receive God's gift of rest. Practice sabbath delight for a 24-hour period. Spend time in communion with God, family and friends, and enjoy activities that are life giving to you.

Week 2: Emotional Maturity

Day 8: Monday, January 10th

Omit one meal today

Emotional Maturity Awareness (and Assessment) [Read John 16:13](#)

Click here <https://www.emotionallyhealthy.org/mature/personal-assessment/> to take the free Emotionally Healthy Discipleship Personal Assessment by Peter Scazzero. Speak to God about the results and surrender the areas where he is calling you to grow, ask the Holy Spirit to make you sensitive to the happenings that are designed for your emotional growth.

Day 9: Tuesday, January 11th

Fast (liquids only) from 6 a.m. - 6 p.m.

Slow Down [Read Luke 4:42, Luke 10: 38-42](#)

How do you respond to God invitation to a slower pace? What hinders you from accepting his invitation? Take these cares to the feet of Jesus and write your reflections from the bible passages. Intentionally reduce your speed in all of what you do today: walking, eating, talking with others, working, driving, etc. Before bed, journal the feelings and the thoughts that arose, as you relinquished the tendency to rush.

Day 10: Wednesday, January 12th

Omit one meal today



Responding to Disappointment [Read Psalm 42, Isaiah 30:15, 2 Samuel 1:4, 17](#)

Life is full of its share of disappointing news. How is God leading you to respond to disappointment when things don't go as you hoped or planned? What have you learned about God, yourself or others from experiencing disappointment in the past? How can that help you with disappointments that you are facing now (or may face in the future)?

Day 11: Thursday, January 13th

Omit one meal today

Growing in Vulnerability [Read 2 Corinthians 12: 7-10](#)

How intentional are you about sharing your weaknesses, shortcomings, mistakes, fears with others? Today, practice vulnerability. Confide in a trusted friend, or prayer partner about any of the areas listed above and/or your feelings about a current situation that you are facing.

Day 12: Friday, January 14th

Liquids only from 6 a.m. – 6 p.m.

Looking Back, Moving Forward [Read Nehemiah 1:4-9](#)

Spend time identifying the godly and ungodly character traits that you received from your family; acknowledge how these family blessings and sins impact you today. Spend time praising God for the blessings (spiritual, emotional, financial, intellectual, etc.) that you have inherited. Write a letter to God confessing the sins of your family. Pray for forgiveness and breakthrough in those areas.

Day 13: Saturday, January 15th

Daniel Fast (no meat, dessert, or strong drink)

Less is More (Decrease) [Read John 3:22- 30](#)

We live in a culture that advertises that bigger is always better and going after more should be our aim. In the Kingdom of God, however, sometimes increase equals reduction. And at all



times, the expansion of Jesus in our lives is a result of less of our pride and push to expand our own agendas. Lay yourself and your plans before God; in what ways is inviting you to decrease. What does John's words from today's passage, "He must increase, but I must decrease," mean to you?

Day 14: Sunday, January 16th

Daniel Fast (no meat, dessert, or strong drink)

Rest In Christ [Read Matthew 11:28-30 \(The Message\)](#)

Practice sabbath delight. Spend time in communion with God, family and friends, and enjoy activities that are life giving to you.

Week 3: Social Maturity

Day 15: Monday, January 17th

Liquids Only (6 a.m. - 6 p.m.)

Embracing the Mission of the Church [Read Matthew 28:16-20](#)

As Believers redeemed by the grace of God, through the blood of Christ, He invites us to join him in his redemptive work. The Park Church exists to extend the Love, the Life, and the Lordship of Jesus Christ to every person, in every way, in every place, and at every time that the opportunity is given. Pray to sensitivity to the Holy Spirit as lead us (The Park Church, corporately) and you (personal) in practical ways of carrying out the Great Commission, in everyday living.

Day 16: Tuesday, January 18th

Water and 100% Juice Only (Midnight to Midnight)

Positioned on Purpose [Read Esther 4](#)



God has placed us in our families, neighborhoods, and places of employment on purpose. How do you hear God speaking to you as you read Esther 4? How do you discern God calling you to serve him at home, work and in your daily life? What is God asking you to consider? What are some action steps that you can take?

Day 17: Wednesday, January 19th

Daniel Fast (no meat, dessert, or strong drink)

Share a Testimony About Jesus [Read John 4: 2- 29](#)

Pray for an opportunity to share a testimony God's goodness with someone today (or this week), in private or in a post social media.

Day 18: Thursday, January 20^h

Daniel Fast (no meat, dessert, or strong drink)

Prayer for Family and Ministry [Read Matthew 5:13-16, Colossians 3:22-24](#)

Pray for family, ministry, sharing Christ with others, helping others grow in Him, vocation. What action steps is God calling you to take where you live, work and play?

Day 19: Friday, January 21st

Daniel Fast (no meat, dessert, or strong drink)

Prayer for Our Land and the Government [Read 2 Chronicles 7:14, Proverbs 14:34-35](#)

Watch or read the news and pray for current events, COVID 19, and racial tension in our nation. Pray for spiritual revival in our local, state and national government.

Day 20: Saturday, January 22nd

Daniel Fast (no meat, dessert, or strong drink)



Moving Outward [Read Isaiah 43:10-12](#)

What are some of the ways that you enjoy serving others? Research service opportunities offered at the church, on your job, in your neighborhood / community. Sign-up to volunteer, and / or prayerfully consider starting / leading an initiative.

Day 21: Sunday, January 23rd

Water Only from 6 a.m. - 12 p.m.

Closing Prayer and Celebration [Read Psalm 16: 7-11](#)

Practice sabbath delight. Spend time in communion with God, family and friends, and enjoy activities that are life giving to you. Take some time to reflect on all that God stirred in you and your church during the Fast. Give him thanks, offer praises for this Fresh Start and commit the rest of the year to God with a prayer. Consider writing the prayer in a journal, a planner or posting it in a place that you can revisit it often.