

FASTING

21

21 DAYS

21 DAYS OF

**Fasting**  
**&**  
**Focus**



**F&**  
**F**

+PRAYER

FASTING

**21**

21 DAYS

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+PRAYER

# Table of Contents

---

5

---

INTRODUCTION

**Beginning Your Fast**

6

---

WEEK ONE

**Come Back to  
Your First Love**

14

---

WEEK TWO

**Consecrate Yourself**

22

---

WEEK THREE

**Focus**

30

---

**21 Day Daniel  
Fast Guidelines**

33

---

**Your Guide to Dining Out  
While on the Daniel Fast**

**“Blow the trumpet in Zion; declare a holy fast, call a sacred assembly. Gather the people, consecrate the assembly; bring together the elders, gather the children, those nursing at the breast. Let the bridegroom leave his room and the bride her chamber. Let the priests, who minister before the LORD, weep between the porch and the altar...”**

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**JOEL 2:15-17A**

*NIV*

**Repentance**

# Beginning Your Fast

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What would happen if Ft Scott Nazarene fasted, prayed, and repented from sin? What might occur if Ft Scott Nazarene consecrated themselves for God's exclusive use and contended for the next great outpouring of God to be released? What might be the fruit if Ft Scott Nazarene stood in the gap for Kansas?

We invite you to join us as we feel led by the Spirit of God to corporately empower our spirits through prayer and fasting. Each day you are encouraged to set aside time to feed your spirit by feasting on the Word of God and communing with Jesus through times of prayer and worship.

As we begin our fast, it is highly encouraged to daily set aside 30-60 minutes to worship, pray, read the Word, and prepare your heart for that day's fast. When we purposefully put God first, our relationship will deepen with supernatural power to overcome sin and temptation. We will see breakthrough for things we have been contending for.

*"Fasting will change us, not God. God does not need to change."*

-Apostle Maldonado

WEEK ONE

# Come back to your first love

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01/03

## Repentance

“But I have this [one charge to make] against you: that you have left (abandoned) the love that you had at first [you have deserted Me, your first love]. Remember then from what heights you have fallen. Repent (change the inner man to meet God’s will) and do the works you did previously [when you first knew the Lord], or else I will visit you and remove your lampstand from its place, unless you change your mind and repent.”

**Revelation 2:4-5 AMPC**

DAY ONE

## Repentance

Welcome to day one of The Daniel Fast! This week we are focusing on repentance and going back to the things we did when we first invited Jesus into our hearts. Things in life can creep their way into our devotion to the Lord and we may find that we have drifted away from our First Love, Jesus. Today we will spend some time asking Holy Spirit to search our hearts and to reveal any sin we need to repent from.

*"Search me inside out and reveal to me what I have ignored long enough to forget that it is still there."*

-Pastor Jay Koopman

## Prayer

Holy Spirit, please illuminate any areas in my life that I need to repent of and turn away from. I desire to come back to my First Love, Jesus, and reconnect my devotion to Him.

# Repentance

## DAY TWO

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“God, I invite your searching gaze into my heart. Examine me through and through; find out everything that may be hidden within me. Put me to the test and sift through all my anxious cares. See if there is any path of pain I’m walking on, and lead me back to your glorious, everlasting ways—the path that brings me back to you.”

**Psalm 139:23-24 TPT**

I am so thankful that we serve a loving God who faithfully pursues us whenever we may get off track. He is a loving Father who is not afraid of our wounds. He desires to bring healing and freedom to every part of our lives.

## Prayer

Father, today I choose to expose my heart to You. I invite You to heal every painful wound that may be hidden in my heart. Thank You for Your gentle love that washes my pain away, so that I can follow You with a free, healed heart.

# Repentance

## DAY THREE

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“As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.”

**Ephesians 2:1-5 NIV**

Today, as we begin day three we can move forward knowing that we have a fresh start. Because of the price Jesus paid on the cross we have the opportunity for a new beginning. It does not matter what you have done or how you may have fallen short. We all have a past that Jesus wants to cover with His love and sacrifice. Not only is He the God of second chances, but He is the God of one hundred and second chances.

## Prayer

Jesus, thank You for new beginnings! Thank You for the price You paid so that I can start with a clean slate knowing that I am fully accepted and loved by You.

# Repentance

## DAY FOUR

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“How happy and fulfilled are those whose rebellion has been forgiven, those whose sins are covered by blood. How blessed and relieved are those who have confessed their corruption to God! For he wipes their slates clean and removes hypocrisy from their hearts.”

### **Psalm 32:1-2 TPT**

Be encouraged today as you enter day four of your fast, knowing that your sins are forgiven and covered by the blood of Jesus. Have you ever struggled with the regret of sinful choices that you have made? You can move forward leaving all shame and regret under the finished work of the cross.

## Prayer

Father, please help me to accept Your forgiveness. Help me to forgive myself and give me the strength to keep my eyes focused on this new season, as I chose to let go of the old.

# Repentance

DAY FIVE

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“Since we are now joined to Christ, we have been given the treasures of redemption by his blood—the total cancellation of our sins—all because of the cascading riches of his grace. This superabundant grace is already powerfully working in us, releasing within us all forms of wisdom and practical understanding.”

**Ephesians 1:7-8 TPT**

Today, I invite you to meditate on the beautiful gift of God’s grace over your life. Grace is God’s unmerited divine favor, giving us what we do not deserve! Journal about what He has done for you today. How he has cancelled the punishment for your sin; how He treats you as if you have never done anything wrong; and for how He has adopted you into His family.

## Prayer

God, we are so thankful for Your grace that covers our lives and frees us from the eternal consequence of our sins.

# Repentance

DAY SIX

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“What shall we say [to all this]? Should we continue in sin and practice sin as a habit so that [God’s gift of] grace may increase and overflow?”

**Romans 6:1 AMP**

As we enter day six of our fast let’s consider this truth regarding grace: God’s grace is not a ticket to live a sin-filled life. God’s grace empowers us to turn away from sin, so we can wholeheartedly follow Jesus.

## Prayer

Jesus, thank You for taking the punishment we deserved for our sin. Father, thank You for giving us the grace that we do not deserve. Holy Spirit, fill me today with Your power, so that I can completely turn away from sin and follow Jesus.

# Repentance

## DAY SEVEN

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“But he continues to pour out more and more grace upon us. For it says, God resists you when you are proud but continually pours out grace when you are humble.”

**James 4:6 TPT**

Congratulations! You have completed the first week of your fast! As you have repented and purposed in your heart to come back to your First Love, Jesus, you are encouraged to record and journal any testimonies, breakthroughs, or struggles you have encountered during this first week.

He will faithfully empower you to journey onto week two!

## Prayer

Thank You Lord for helping me to get through my first week of this fast.

Thank You for moving in my life in ways that I cannot see yet. I am so expectant to experience more of Your breakthrough power in my life.

WEEK TWO

# Consecrate Yourself

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02/03

## Consecration

To be consecrated to God means to be completely yielded and set apart for God's exclusive use.

*"Holiness begins with a burning passion that denies all other 'loves' a seat at the table."*

-Pastor Gwen Gibson

As we continue on our fast we can decide to offer ourselves as a living sacrifice to God. During your time of meditating on the Word of God and as you pray, you are positioning yourself to hear from God.

Be expectant to grow in your relationship with Jesus!

Consecration

# Consecration

## DAY ONE

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“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?”

**Isaiah 43:18-19 NIV**

How exciting is this passage in Isaiah? God is telling us to let go of the former things: our past failures, sins, addictions, disappointments, and regrets. At times we may find ourselves feeling like we are stuck in a place and feel as though we cannot move forward. God is so gracious by telling us not to dwell in the past. He is earnestly ready to bless our lives with new things, but we must be willing to keep moving forward and posture our hearts to receive from Him.

## Prayer

Father, thank You for Your grace to keep moving forward. Please strengthen me as I chose to lean into You this week, by forsaking my former way of life and I fully yield myself to You.

# Consecration

## DAY TWO

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“He answered, ‘The scriptures say: Bread alone will not satisfy, but true life is found in every word, which constantly goes forth from God’s mouth.’”

**Matthew 4:4 TPT**

As we move into the second week of our fast, our flesh may be screaming for foods we are trying to avoid during this time. We may also be tempted to give into particular sins that we have been attached to. I encourage you to allow the Lord to detox you from those fleshly cravings and invite Him to fill every part of your heart. Journal about the struggles and temptations you may be facing and invite Jesus to provide what your heart is needing today.

## Prayer

Jesus, I cry out to You today! Please help me to overcome those things that my flesh is desiring and fill me with Your love, hope, and grace to overcome every temptation that compromises my devotion to You.

# Consecration

## DAY THREE

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“And have nothing to do with sexual immorality, lust, or greed—for you are his holy ones and let no one be able to accuse you of them in any form.”

**Ephesians 5:3 TPT**

Choosing to live a sexually pure life can be challenging for many. Today we have easy access for us to sin with the lust of our eyes. Many people do not value their bodies as the temple of God (1 Corinthians 6:19). One of the ways to live a consecrated life is purposing in your heart to walk in sexual purity, whether you are married or single.

Today, let's meditate on Psalm 101:3 AMP “I will set no worthless or wicked thing before my eyes. I hate the practice of those who fall away [from the right path]; It will not grasp hold of me.”

## Prayer

Jesus, today, I determine in my heart to align my mind, body, and spirit with Your word. I declare that I will rid my life of all unholy things that draw me away from You. I declare that I will live a life of holiness, and sin will not have a grasp on me!

# Consecration

DAY FOUR

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“Joshua told the people, ‘Consecrate yourselves, for tomorrow the LORD will do amazing things among you.’”

**Joshua 3:5 NIV**

As you move forward in the second week of your fast be excited to see the things the LORD will do as you commit to consecrate yourself for His exclusive use. God says He will do amazing things; there is a command for us (consecrate yourself) that is attached to this promise He will fulfill.

## Prayer

Lord, I want to know and recognize Your voice. I declare that I will walk in Your ways all the days of my life.

# Consecration

DAY FIVE

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“Your lives light up the world. Let others see your light from a distance, for how can you hide a city that stands on a hilltop? And who would light a lamp and then hide it in an obscure place? Instead, it’s placed where everyone in the house can benefit from its light. So don’t hide your light! Let it shine brightly before others, so that the commendable things you do will shine as light upon them, and then they will give their praise to your Father in heaven.”

**Matthew 5:14-16 TPT**

This week our focus has been on living a life set apart for God’s exclusive use. God sent his only Son to be a sacrifice for our sins so that we could live an abundant life. God calls us to shine the light of Christ in this dark world. If we live a life full of compromises, the world will not see the light of Christ shining through us. When we choose to live our lives fully surrendered to Him, His light shines through us expelling the darkness of the world.

## Prayer

Jesus, help me to let my light shine so that the world may see You radiating in my life. I declare that my life will be a shining light that will lead others straight to You!

# Consecration

DAY SIX

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“And he has taught you to let go of the lifestyle of the ancient man, the old self-life, which was corrupted by sinful and deceitful desires that spring from delusions. Now it’s time to be made new by every revelation that’s been given to you. And to be transformed as you embrace the glorious Christ-within as your new life and live in union with him! For God has re-created you all over again in his perfect righteousness, and you now belong to him in the realm of true holiness. So discard every form of dishonesty and lying so that you will be known as one who always speaks the truth, for we all belong to one another.

But don’t let the passion of your emotions lead you to sin! Don’t let anger control you or be fuel for revenge, not for even a day. Don’t give the slanderous accuser, the Devil, an opportunity to manipulate you! If any one of you has stolen from someone else, never do it again. Instead, be industrious, earning an honest living, and then you’ll have enough to bless those in need. And never let ugly or hateful words come from your mouth, but instead let your words become beautiful gifts that encourage others; do this by speaking words of grace to help them.”

**Ephesians 4:22-29 TPT**

## Prayer

Father, thank You for the revelation that my life has been re-created all over again in Christ’s righteousness. I declare that I will continually embrace my life union with Christ and I will not be manipulated by the schemes of the enemy.

# Consecration

## DAY SEVEN

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Congratulations, you have completed two weeks of your fast! As you spend your quiet time with Jesus today, revisit the verses for this week and journal what God has been revealing to you.

## Declaration

Today, I declare to forget the former things and I will not dwell on the past. I declare that I will daily feast on the Word of God. I declare that I will live a sexually pure life all the days of my life. I declare that I will live a consecrated life for God's exclusive use so that the world will see the light of Christ shining in my life.

WEEK THREE

# Choosing the Narrow Road

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03/03

## Focus

*"The narrow road is the width of the cross.  
The narrow road denies access to everything  
outside of the consecrated heart. It will cost  
everything to walk in this path, yet I will live  
the most extravagant life as I walk with the  
one who opened this path to me."*

-Pastor Gwen Gibson

# Focus

## DAY ONE

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“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only few find it.”

**Matthew 7:13-14 NIV**

Welcome to the final week of your fast! God is here to meet you in your current state of this journey and fill you with a holy satisfaction that only

He can give you. He is ever present, calling us to come up out of the ordinary and to rise above and join Him on the narrow road. Take some time today to journal what you hear the Lord calling you to do during this last week of your fast.

## Prayer

Jesus, I will enter through the narrow gate and I will embrace the narrow road of Your cross, forsaking all things that lead me to destruction. I declare that I will invite others to join me on the narrow road of following You.

# Focus

## DAY TWO

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“See, I set before you today life and prosperity, death and destruction.

For I command you today to love the LORD your God, to walk in obedience to him, and to keep his commands, decrees and laws; then you will live and increase, and the LORD your God will bless you in the land you are entering to possess.”

**Deuteronomy 30:15-16 NIV**

By stepping deeper into week three of your fast, you are entering into a spiritual life of increase as you obey His commands, decrees, and laws.

You are being prepared for spiritual prosperity to go in and take the land that God has given you! This land God has given you: it is for your family, friends, and for everyone. Take some time today to pray for the lost –those family members and friends who do not know Jesus as their personal Lord and Savior.

## Prayer

Jesus, today, I chose life and spiritual prosperity. I decree that I will demonstrate my devotion to the world that You are my LORD! I decree that I will purpose in my heart to invite others to join me on the narrow road.

# Focus

## DAY THREE

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“I am the LORD, who opened a way through the waters,  
making a dry path through the sea.”

**Isaiah 43:16 NLT**

The narrow road is not the easy road, it definitely comes with challenges. But we can take full confidence in God’s word found in Isaiah. As we follow Him, He will make a way for us through every challenge we may face. God is reminding us in verse 16 that He makes a way that will be passable for us. God wants to remind us that we can fully trust Him.

## Prayer

Lord, thank you for making a passable way for me today. Thank you for faithfully guiding my every step. I declare that I will walk by faith and not by sight. I will be led by Holy Spirit and the Word of God. I declare my feelings will not dictate my dedication to following Jesus on the narrow road. I declare that I will walk by faith and not by sight.

# Focus

## DAY FOUR

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“I don’t depend on my own strength to accomplish this; however I do have one compelling focus: I forget all of the past as I fasten my heart to the future instead. I run straight for the divine invitation of reaching the heavenly goal and gaining the victory-prize through the anointing of Jesus.”

**Philippians 3:13-14 TPT**

Today, as you choose to move forward into all the things that God has in store for you, declare over your life that your significance is found in who He says you are and in what lies ahead of you, not in what is behind you. I declare that my past does not define who I am. I declare that I will walk in the fullness of who He created me to be.

## Prayer

Jesus, today, I joyfully put my trust in who You say I am. Please help me to keep my eyes on You, looking to what lies ahead, and no longer looking at what is behind me. Thank you for Your fresh anointing to help me attain the victory-prize!

# Focus

DAY FIVE

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“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.”

**Hebrews 12:1 NKJV**

What weights do we need to lay down today and forsake so that we can run the race on the narrow road? Keep in mind that this is a life-long race; we are not sprinting. In order to cross the finish line we need to permanently lay down every besetting sin. In your journaling time today ask Holy Spirit if there is anything that is holding you back and slowing you down.

## Prayer

Holy Spirit, I am excited to follow Jesus and run the race with endurance. Please illuminate any weight (sin) that I need to permanently lay down. I declare that I will passionately pursue my Savior, keeping my eyes fixed on Him. I declare that I will run this race with His strength and I will endure.

# Focus

DAY SIX

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“All you thirsty ones, come to me! Come to me and drink! Believe in me so that rivers of living water will burst out from within you, flowing from your innermost being, just like the Scripture says!”

**John 7:37-38 TPT**

As you are nearing the finish line of your fast take a moment and see how far you have come.

- (01) You have repented and come back to your First Love, Jesus.
- (02) You have purposed in your heart to live a life set apart for God.
- (03) You have empowered your spirit and have grown in your communion with Jesus.
- (04) You have declared powerful truths over your life.
- (05) You have made strides in your walk with your Shepherd.

## Prayer

Jesus, thank you for empowering me to cross the finish line of this fast.  
Thank you for filling me with living water.

# Focus

## DAY SEVEN

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“So I kneel humbly in awe before the Father of our Lord Jesus, the Messiah, the perfect Father of every father and child in heaven and on the earth. And I pray that he would unveil within you the unlimited riches of his glory and favor until supernatural strength floods your innermost being with his divine might and explosive power. Then, by constantly using your faith, the life of Christ will be released deep inside you, and the resting place of his love will become the very source and root of your life. Then you will be empowered to discover what every holy one experiences—the great magnitude of the astonishing love of Christ in all its dimensions. How deeply intimate and far-reaching is his love! How enduring and inclusive it is! Endless love beyond measurement that transcends our understanding—this extravagant love pours into you until you are filled to overflowing with the fulness of God! Never doubt God’s mighty power to work in you and accomplish all this. He will achieve infinitely more than your greatest request, your most unbelievable dream, and exceed your wildest imagination! He will outdo them all, for his miraculous power constantly energizes you.”

**Ephesians 3:14–20 TPT**

## Prayer

Father, thank you for Your grace to complete this fast! Thank You for continuously working in my life. I declare that I will rise up in my identity as Your son or daughter and I will live a consecrated life for Your exclusive use. I declare that I will allow the light of Christ to shine through my life and I will invite others to join me on the narrow road! I declare that I will answer Your call to be a part of the great coming revival! I declare that I will continue to grow and flourish in my relationship with you! I declare that You will take me from glory to glory!

GUIDELINES

# 21 Day Daniel Fast

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The Daniel Fast is a religious, partial fast based on the book of Daniel. In **Daniel 10:2-3** Daniel abstains from meat, wine, and rich foods. His diet consisted of vegetables, fruits, and nuts.

# Daniel Fast-Food List

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## **ALL FRUIT**

fresh, frozen, dried, juiced, or canned.

## **ALL VEGETABLES**

fresh, frozen, dried, juiced, or canned.

## **ALL WHOLE GRAINS**

barley, brown rice, oats, quinoa, amaranth, millet, and whole wheat.

## **ALL NUTS & SEEDS**

almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds, all natural nut butters are also included.

## **ALL LEGUMES**

canned or dried; black beans, black eyes peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.

## **ALL QUALITY OILS**

avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.

## **BEVERAGES**

distilled water, filtered water, and spring water.

## **OTHER**

unsweetened almond milk, coconut milk, rice milk, or soy milk. herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.

# Foods to Avoid on the Daniel Fast

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## **ALL MEAT & ANIMAL PRODUCTS**

bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.

## **ALL DAIRY PRODUCTS**

butter, cheese, cream, milk, and yogurt.

## **ALL SWEETENERS**

agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, and sugar.

## **ALL LEAVENED BREAD & YEAST**

baked goods and Ezekiel bread (if it contains yeast and honey).

## **ALL REFINED & PROCESSED FOOD PRODUCTS**

artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.

## **ALL DEEP-FRIED FOODS**

corn chips, french fries, and potato chips.

## **ALL SOLID FATS**

lard, margarine, and shortening.

## **BEVERAGES**

alcohol, carbonated drinks, coffee and energy drinks.

YOUR GUIDE TO

# Dining Out While on the Daniel Fast

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The Daniel Fast is a religious, partial fast based on the book of Daniel. In **Daniel 10:2-3** Daniel abstains from meat, wine, and rich foods. His diet consisted of vegetables, fruits, and nuts.

# Dining Out While on the Daniel Fast

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## ALL FRUIT

fresh, frozen, dried, juiced, or canned.

## STONE FIRE GRILL

Garden Salad

Mediterranean Salad Bowl without the pita bread

Golden state kale salad without dressing

## URBAN PLATES

Antioxidant Salad without blue cheese and dressing

Local Mixed Beet Salad without goat cheese and dressing

**Hot Sides:** roasted rosemary potatoes, mashed potatoes made with organic potatoes, rainbows carrots, golden beets, brown rice

**Cold Sides:** fresh sliced fruit, roasted vegetable farro

## URTH CAFFE

Berry Bowl without whipped cream, yogurt or cottage cheese

Organic oatmeal without granola, brown sugar and milk

Urth Crunch Gluten-free cereal without milk

## FRESH JUICE BAR

Fresh Mixed Veggie Juice

Urth's Green Juice

Mixed Green Salad without dressing

Fresh fruit plate

**Side Dishes:** hummus, grilled veggies

Mediterranean Platter without pita bread and feta cheese

### **PANERA BREAD**

Steel cut oatmeal with almonds, quinoa and honey

Summer fruit cup

Seasonal Greens Salad without dressing

Modern Greek Salad with quinoa without feta cheese and dressing

### **CHIPOTLE**

Vegetarian Bowl

### **APPLEBEE'S**

Steamed Veggie Plate

Sizzling Veggie Skillet

### **CALIFORNIA PIZZA KITCHEN**

Roasted Vegetable Salad

### **CHICK-FIL-A**

Fruit cup

Side salad without cheese

Superfood side salad without dressing

### **NEKTAR**

Acai Bowls without granola

Juices

Smoothies

**Dining Out**



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