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**Mount Calvary Holy Church of Winston Salem, NC**

**STEP – UP 21 DAY FAST:**

**DATES: JANUARY 5TH – JANUARY 25TH**

**TYPE OF FAST: DANIEL FAST**

**SCRIPTURAL BASIS FOR A DANIEL FAST**

**Daniel 1:12***“Please test your servants for ten days, and let them give us vegetables to eat and water to drink.”*

**Daniel 10:3 KJV***“I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”*

**FOOD FOR THE MOUNT CALVARY DANIEL FAST**

SUNDAY, JANUARY 5TH – TUESDAY, JANUARY 14TH: *FRUITS, VEGETABLES (COOKED/UNCOOKED, SOUPS, ETC…), WATER ONLY (10 DAYS)*

WEDNESDAY, JANUARY 15TH-SATURDAY, JANUARY 25TH: *FRUITS, VEGETABLES (COOKED/UNCOOKED, SOUPS, ETC…), DECAFFEINATED COFFEE/TEA*

**WHAT IS FASTING?**

Fasting is a discipline that helps to shift our priorities. It puts Him first and allows us to hear His plan, receive His direction and His blessings. If you want success in your life, in your marriage, in your work—putting God first is the key. Simply stated, biblical fasting is refraining from food for a spiritual purpose where we eat only sparingly or of certain kinds of food, especially as a religious observance.

When God is our first priority, He can use us to help others. God hears the cry of the oppressed and the unsaved. The words of Isaiah 58:6-14 give us insight into how significantly God views the power of fasting.

Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says [Matthew 6](http://www.biblegateway.com/passage/?search=matthew6;&version=9). When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

**Reasons to fast**

* Are you in need of healing or a miracle?
* Do you need the tender touch of God in your life?
* Is there a dream inside you that only He can make possible?
* Are you in need of a fresh encounter?
* Do you desire a deeper, more intimate and powerful relationship with the Lord?
* Are you ready to have heightened sensitivity to the desires of God?
* Do you need to break away from bondages that have been holding you hostage?
* Is there a friend or loved one that needs Salvation?
* Do you desire to know God’s will for your life?

**BIBLICAL FASTING FOCUS (scriptures that support fasting)**

1 TIMOTHY 2:1-2

*“I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.”*

ROMANS 12:1

*“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service.”*

MATTHEW 6:33

*“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”*

ISAIAH 58:6

*“[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”*

We want to encourage you to target your prayers during the fast. Two specific areas Mount Calvary Holy Church will focus in 2014 are leadership/leadership development of members and marriage.

**FASTING INFORMATION
Prepare Spiritually**Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended ([Mark 11:25](http://www.biblegateway.com/passage/?search=Mark11:25;&version=9;); [Luke 11:4](http://www.biblegateway.com/passage/?search=Luke11:4;&version=9;); [17:3-4](http://www.biblegateway.com/passage/?search=Luke17:3-4;&version=9;)). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you ([Romans 12:1-2](http://www.biblegateway.com/passage/?search=Romans12:1-2;&version=9;)).

**What to Expect**

* When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains.
* Limit your activity and exercise moderately.
* Take time to rest. Fasting brings about miraculous results. You are following Jesus’ example when you fast.
* Spend time listening to praise and worship and watching Christian television. Limit your intake of secular music and secular TV. Pray about your personal time allotment in this area.
* Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God’s face.
* Read biblical scriptures daily! You can follow the same reading plan for the STEP-UP CHALLENGE (reading the Bible in 90 Days) or a 21 Day Reading Plan reading the Bible Twice a Day (Two-A-Days). See Below:

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| **DAY** | **Scripture #1** | **Scripture #2** |
| Day 1 | Romans 1 | Psalm 1 |
| Day 2 | Romans 2 | Psalm 2 |
| Day 3 | Romans 3 | Psalm 3 |
| Day 4 | Romans 4 | Psalm 4 |
| Day 5 | Romans 5 | Psalm 5 |
| Day 6 | Romans 6 | Psalm 6 |
| Day 7 | Romans 7 | Psalm 7 |
| Day 8 | Romans 8 | Psalm 8 |
| Day 9 | Romans 9 | Psalm 9 |
| Day 10 | Romans 10 | Psalm 10 |
| Day 11 | Romans 11 | Psalm 11 |
| Day 12 | Romans 12 | Psalm 12 |
| Day 13 | Romans 13 | Psalm 13 |
| Day 14 | Romans 14 | Psalm 14 |
| Day 15 | Romans 15 | Psalm 15 |
| Day 16 | Romans 16 | Psalm 16 |
| Day 17 | Psalm 17 | Proverbs 17 |
| Day 18 | Psalm 18 | Proverbs 18 |
| Day 19 | Psalm 19 | Proverbs 19 |
| Day 20 | Psalm 20 | Proverbs 20 |
| Day 21 | Psalm 21 | Proverbs 21 |

***Disclaimer:*** *Fasting should never bring harm to the body. Mount Calvary Holy Church and senior leadership encourages all of its members and fasting participants to individualize their level of participation in this fast. Should you have medical concerns, be sure to consult your health professional before going on the Daniel Fast or making any major dietary changes.*

**Resources used in this fasting plan:**

<http://www.jentezenfranklin.org/join-fastingmovement/>

[www.biblein90days.org](http://www.biblein90days.org)