

"21 DAYS" OF PRAYER & FASTING

January 5 - 26, 2020

Every January, LOCC encourages prayer & fasting to help us know God's plans & purposes; experience more power, victory & blessings; & see breakthroughs in every realm of life – including salvation for our loved ones.

CORPORATE PRAYER MEETINGS FOR BOTH CAMPUSES

In conjunction with your own daily prayer, we invite you to participate in the following churchwide prayer gatherings, which will include prayer & worship:

**Wednesdays, 7:00 - 8:00 PM* / Saturdays, 9:00 - 10:00 AM / Location - Bear Campus
Special Night of Worship* - Wednesday, January 22, 7:00 - 8:00 PM**

FACTS ON FASTING

If you choose to participate in the fast, here are some points to consider:

About Fasting:

- **Definition.** To abstain from physical nourishment for a time for spiritual reasons.
- **Types.** 1) Water only. 2) Restriction of normal diet (Daniel 10:2-3).
- **Methods.** Choose one day, several days or all 21 days. Choose one meal, two meals or all three. *Or consider maintaining an attitude of personal denial by avoiding unnecessary foods. Note: If you have health concerns, check with your physician first.*

Scriptural Attitudes Toward Fasting:

- **Following Jesus Fully.** Jesus said, "when you fast," not "if you fast." (Matthew 6:16).
- **Turning from Sin.** (2 Chronicles 7:14-15, Daniel 9:1-23).
- **Seeking God's Will.** (Luke 4:1-14, Esther 4).
- **Expecting Answers.** (Daniel 10:1-14, Acts 13:1-4).

Daniel Fast Guidelines:

"... a revelation was given to Daniel ... At that time I, Daniel, ***mourned for three weeks [21 days]***. I ate ***no choice food [bread]***; no ***meat*** or ***wine*** touched my lips ... until the three weeks were over" (Daniel 10:1-3).

Foods to Eat

- **All fruits & vegetables** (including corn & potatoes).
- **Fish** (without breading).
- **Milk, cheese, cream, butter & eggs.**

Foods to Avoid

- **Bread or pasta** (anything made with wheat).
- **Meat** (beef, lamb, pork & chicken).
- **Wine.**

OTHER CONSIDERATION

Limit things that present distractions (i.e. TV, video games, internet & social media).