

JANUARY 8-28 2018

DANIEL FAST

21 DAYS: FAST, PRAY, STRATEGIZE



DANIEL FAST

REVOLUTION | 2018

21 days of prayer, fasting and strategy

*"To enable the Church to learn the
technique of overcoming,
God ordained the infinitely wise program
of believing prayer."*

*- Paul E. Billheimer
Destined for the Throne*

**Prayer Revolution | 2018
Daniel Fast & Prayer - January 8-28th**

Summit - January 25-28, 2018



NEW HORIZON CHURCH

OUR CULTURE

WHERE HEAVEN MEETS EARTH

OUR MISSION

TO REACH AND RESTORE

A NEW HORIZON PUBLICATION

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DANIEL FAST

21 days of prayer, fasting and
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JOIN A HEAVEN ON EARTH REVOLUTION

We at New Horizon believe that Jesus Christ came to revolutionize our lives. When we yield to His victorious life and receive His promises, He changes everything - from how we think about ourselves, to how we interact with each other, and even our place in society. Every year we invite you to take some time to dedicate yourself to the furthering of that change.

If you need answers to your future, breakthroughs in relationships, or want to see more effectiveness in your influence, then join us in this pursuit of worship, friendship and sonship for 21 days.

Come together with us as we fast, pray and strategize. We've set aside 21 days to pursue three primary goals. During this time we invite you to identify your own personal goals as we join together in corporate pursuit of a revival atmosphere and a more effective reach into our community.

THE REVOLUTION WE DESIRE IS:

1. A revival for every person.

Every person who joins us will find a new richness in their walk with God. Look for Father to release uncommon wisdom regarding purpose, influence, relationships, vocation and Christlikeness.

2. A stronger church.

For us, devoting 2018 to the Lord will bring a revival within the atmosphere of New Horizon; our hearts will burn with the mission, power and passion of Jesus Christ.

3. A more effective expression of God's Kingdom in culture and society.

We will see the Kingdom of God permeate the Kingdoms of this world. We will see a growing spiritual hunger and brokenness in the lost so they will find their lives in Jesus Christ.

THIS REVOLUTION WILL REQUIRE:

1. Unity.

When a unified people give themselves to prayer and fasting it shifts history. You are a part of our pursuit. Join us with fasting, prayer and strategy from heaven. Your agreement will cause all of us to go higher in the Lord.

2. Focus.

Intense focus will yield the best results. Distractions might rage against us as we strive to keep a burning devotion of prayer and fasting for the full 21-day period.

3. Commitment.

This fast is meant to interrupt your normal routine for a more challenging but beneficial one. Your commitment will mean rearranging your life to fit with this season. If you wish to implement lasting change in your own life, your church and your community, commit yourself to this higher good.

“If it were not for the purifying and preserving influence of the church on earth, the fabric of all we call civilization would totally disintegrate, decay and disappear.”

***-Paul E. Billheimer
Destined for the Throne***

Genesis 11:6

And the Lord said, Behold, the people is one, and they have all one language; and this they begin to do: and now nothing will be restrained from them, which they have imagined to do.

This revolution will be ignited by:

1. Passionate prayer.

A planned and purposeful increase of frequency, duration and intensity in your personal and our corporate prayer life for these 21 days.

2. Sacrificial Fasting.

A purposeful giving up of certain foods and specific activities. These things are perfectly lawful and allowable, but we will sacrifice them for the revolution.

3. Purposeful hearing and strategizing.

A focused process of identifying what God needs from you, what you need from God, and the directions He has for your life in 2018.

You are about to embark upon 21 days of fasting, prayer and strategic listening that will change your life, our church, and our region.

For each of us, our 21-day period will begin with worship, humility, and repentance, as it was with Jehoshaphat in 2 Chronicles 7:14:

...if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

Expect God to meet you during and following the 21-day period. Each prayer, each gathering, each sacrifice, and each year builds spiritual momentum.

This booklet is meant to compliment your experience during this 21-day period. You'll find fasting tips, prayer guides, journal pages and food suggestions. God bless you as you pursue Him and release His presence into your life, your church, and the world.

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FUEL FOR A REVOLUTION

1. Passionate Prayer

If desire for God is linked to discipline then it will result in delight. The discipline of this season is to increase the frequency, intensity and duration of your prayer times.

Guidelines for personal engagement in passionate prayer:

1. Set aside 30 minutes for God at least 3 times each day for the 21 day period.

These periods should be times of worship, meditation, dreaming, prophecy and warfare, away from distraction. If possible, center these 30 minute times around your meals. If you simplify your diet yet omit passionate prayer you've only made a physical shift, not a spiritual one. Remember our goal is to become a history-shaper. If you are at work during the day, go out to your car during your lunch break.

2. Passionate prayer sessions could follow the Lord's outline and include:

Matthew 6:9-11

“Pray, then, in this way: Our Father who is in heaven, Hallowed be Your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread.”

Worship – Our Father which art in heaven.

- Honor God for all that He has done and for all that He is. Use some worship music, read the Psalms out loud as your own worship, and enumerate all your blessings.

Intercession/Proclamation – Thy kingdom come, thy will be done, on earth as it is in heaven.

- Acknowledge the superiority of His will. Consider your personal goals and allow God to speak to you concerning your life. Reference things that are on the enclosed prayer agendas. Declare God's will and word coming to pass in your life, your church, and our nation.

Personal Growth – Becoming a healthier Christian.

- Maturity in Christ
- Marriage/relationships
- Family life
- Personal ministry
- Influence in culture
- Health and household
- Vocation
- Finances

Petition – Give us this day our daily bread.

- Name your needs and noble desires clearly - with thanksgiving and faith.
- Release the goodness of God to flow into your situations.

Repentance – Forgive us our debts as we also have forgiven our debtors.

- Repent for sin (personal, corporate and national).
- Declare a release of mercy to those who have brought hurt into your life.

Warfare - Lead us not into temptation, but deliver us from evil.

- Renounce the tactics of the enemy and pray a wall of protection around your own life and others.

Thanksgiving – For thine is the kingdom and the glory and the power forever and ever.

- Close your time of prayer with thanksgiving and confidence in Him.

3. Guidelines for congregation-focused prayer.

This world is a laboratory in which those destined for the throne are leaning in actual practice how to overcome Satan and his hierarchy.

***- Paul E. Billheimer
Destined for the Throne***

The Church at large - Becoming a stronger church.

- Church leadership
- Your pastors and leaders
- Elders
- Ministry administration
- Finances
- Worship
- Building and technical
- Generations ministry
- Preschool & kids
- Altar workers
- Outreach

Church revival

- Prophecy a thirst for repentance, prayer, worship and righteousness.
- Prophecy a hunger for the Word of God.
- Prophecy the serving of one-another in the church, as well as the community.
- Prophecy a fullness of love and depth of connection with one another.

Missionaries

Networks and affiliations

Kingdom harvest

- Ask Father to send us people from every nation.
- Ask Father for the poor, the widow and the orphan.
- Ask Father for the business owners, the successful and the influential.
- Declare the Lord bringing to us those that are held captive by the power of the enemy.
- Ask the Lord to make you more effective in reaching and making disciples.

4. Guidelines for Kingdom-focused prayer in the 7 Mountains of Culture.

***The prayer closet is the arena that produces the
overcomer.***

***- Paul E. Billheimer
Destined for the Throne***

Government

- Intercede for our president, his cabinet and leadership.
- Intercede for the Supreme Court as well as the entire judicial branch.
- Intercede for our senators, governor, and representatives on the state and national levels.

Media and Communication

- Proclaim that purity, truth, hope and love invade and dominate media.

Arts and Entertainment

- Prophecy an increase in godliness, purity and righteousness in films, games, books, music, and the arts.

Business, Economics and Finance

- Pray for the godly leaders to experience more favor and walk in more wisdom. Pray that the proud are humbled and the meek are lifted up.

Education and Higher Learning

- Prophecy a revolution of goodness and godliness in our school systems.

Marriage and the Family

- Declare marriages strong and for divorce to subside.
- Declare that the hearts of the fathers are turned to the children and the children to the fathers.

Religion

- Prophecy for false religions to collapse and give up their captives.
- Declare churches and pastors revived, receiving boldness.
- Declare unity, love and faith dominating the atmosphere of the church of Jesus Christ.

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FUEL FOR A REVOLUTION

2. Sacrificial Fasting

***He who buries his head into the nosebag of food
cannot hope to see the invisible world.***

Abu Al-Ghazali (1058-1111)

The Jesus Fast – Lou Engle

Sacrificial fasting.

We are embarking upon the “Daniel Fast” of Daniel chapter 10. Daniel set aside 21 days to seek God in prayer, as well as a strict diet of healthy foods that demonstrated his desire to hear from heaven.

It's always exciting to read about the real heroes of the faith that fasted and prayed and got their breakthrough, but me? Us? Here? Now?

Yes, here with us, now!

We are committing to no meats, no sweets or wine for these 21 days. See the section defining the fast for more information.

Daniel 10:2

In those days, I, Daniel, had been mourning for three entire weeks. I did not eat any tasty food, nor did meat or wine enter my mouth, nor did I use any ointment at all until the entire three weeks were completed.

Should I fast?

Yes, you should! As we look at the world financial crisis, the political situation, the moral state of decay and the fight we find ourselves in personally, it is more apparent than ever that we need to revive this discipline.

Fasting has been practiced for thousands of years to bring about historical change. Jesus did not say 'If you fast,' but 'When you fast.' Fasting was and still is an expectation for the spiritual man or woman of God. He also taught that your private discipline will bring you rewards from Heaven.

Matthew 6:16-18

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Fasting and setting a time apart to hear from God at the beginning of the year is giving a first fruit offering. The first fruit principle is how the “whole” of a thing is sanctified. The whole of 2018 will be sanctified as you seek the Lord for His wisdom and favor upon the coming year.

If you are facing anything that is bigger than you, then you need to fast. If you have a longing for more of God's presence, then you need to fast. If you have a God-sized dream and a human-sized capacity, then you need to fast.

What is fasting?

In its purest Biblical form, fasting refers to giving up earthly food for spiritual food. Instead of eating things that are totally legal and acceptable, a Christian will pray and meditate on the Bread of Life, and minister to the Lord while listening for direction and breakthroughs.

A fast is the decision to put strict discipline to our fleshly satisfaction and seek spiritual satisfaction. Our bodies demand a lot from us.

Our need for food quite often goes beyond need. Over-indulgence and potential gluttony can become a driving force in our lives instead of Christ ruling in our day-to-day life. A time of fasting can help put food in its rightful place in a Christian's life.

There are fasting choices.

There are complete fasts with only water.

There are partial fasts which are focused on a more restricted, simpler, healthy diet. Ideally, this diet is easy to prepare and clean up since prayer becomes the main agenda of our day instead of meals.

Lastly, fasting can include exchanging other (legal and typical) pleasurable experiences for prayer, meditation and doing the will of God. These experiences might include television, movies, personal time, recreation, music, etc.

Just as important as giving up something is the prayer that you are to replace it with. Fasting is not simply going without food: fasting is exchanging food for spiritual growth.

What are the benefits of fasting?

Fasting brings about miraculous results. Nothing better positions you before God to hear and be heard. Nothing obtains mercy and grace like fasting combined with prayer, because it's a demonstration of faith and deep-seated trust.

Fasting is eating the meat of God's will. You are choosing to elevate the will of God in the earth.

John 4:31-34

Meanwhile his disciples urged him, "Rabbi, eat something." But he said to them, "I have food to eat that you know nothing about."

Then his disciples said to each other, "Could someone have brought him food?"

"My food," said Jesus, "is to do the will of him who sent me and to finish his work."

Benefits from fasting and prayer:

1. God's voice becomes more distinct and clear.
2. God's will prevails over your darkened or partial understanding.
3. The physical body is cleansed and receives a rest from the toxins of repetitive foods.
4. The body requires less energy to process food, therefore resulting in more lift.
5. Your spirit flourishes as you give it center stage.

Biblical and historical precedent for fasting

Fasting has been a common practice. There is more teaching in the New Testament on fasting than on repentance and confession. Jesus taught more on fasting than on baptism and the Lord's Supper!

Jesus fasted.

Matthew 4:1-2

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after He had fasted forty days and forty nights, He then became hungry.

The early church fasted.

1 Corinthians 7:5

Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

Paul fasted.

2 Corinthians 6:3-6

Giving no offence in anything, that the ministry be not blamed: But in all things approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses, In stripes, in imprisonments, in tumults, in labors, in watchings, in fastings; by pureness, by knowledge, by longsuffering, by kindness, by the Holy Ghost, by love unfeigned...

2 Corinthians 11:27-28

In weariness and painfulness, in watching's often, in hunger and thirst, in fasting's often, in cold and nakedness. Beside those things that are without, that which cometh upon me daily, the care of all the churches.

Paul and Barnabas spent time in fasting and prayer For appointing elders.

Acts 14:21-23

And after they had preached the gospel to that city and had made many disciples, they returned to Lystra and to Iconium and to Antioch, strengthening the souls of the disciples, encouraging them to continue in the faith, and saying, "Through many tribulations we must enter the kingdom of God." And when they had appointed elders for them in every church, having prayed with fasting, they commended them to the Lord in whom they had believed.

Church heroes fasted during periods of reformation.

Fasting is not limited to believers the Bible mentions. The early reformers including Martin Luther, John Calvin and John Knox fasted. Knox fasted and prayed so much that Queen Mary said she feared his prayers more than all the armies of Scotland.

John Wesley, the renowned English preacher, missionary and founder of Methodism, fasted twice weekly from sun up until late afternoon.

Charles Finney, a revivalist of the 1800s, fasted regularly each week and would often go three days without eating when he felt any diminution of spiritual power at his meetings. The enemies of revival counted a gentleman called Father Nash as a full partner to Finney in the work of revival. They feared and hated his praying at least as much as they did Finney's preaching.

The best-known revival of this period in American history was that which occurred in Rochester, New York. Over 100,000 were considered to have been converted during those meetings. Father Nash teamed up with a brother named Clary in fervent prayer and distress of soul.

Privately they prayed, and publicly God answered. "Practically everyone in the city was converted. The only theater in the city was converted into a livery stable, the only circus into a soap and candle factory, and the grog shops (bars and taverns) were closed."

More recently, Frank Bartleman was a catalyst for the Azusa Street revival in 1906, a revival that is still impacting the world.

Franklin Hall birthed a fasting movement in the 1940's that spawned the "latter day reign" movement and launched many culture-changing ministers into America and the world, including Billy Graham, Bill Bright, Oral Roberts and many more.

Today Lou Engle and many others carry the torch of moving heaven and earth through fasting.

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UNDERSTANDING THE DANIEL FAST

Daniel lived during the Old Testament times when Israel was in captivity to the King of Babylon. Daniel was a man that loved and served God. He set himself apart from the situation he found himself in, sought God through passionate prayer, sacrificial fasting, and a set-apart life-style. Through his willingness to engage in spiritual warfare he was put into a very influential place and eventually saw the Hand of God move on his behalf. We can be inspired and use his story to pattern our own pursuit of God through the troubling times we find ourselves in as well.

Daniel 10:2-13

In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled. On the twenty-fourth day of the first month, as I was standing on the bank of the great river the Tigris, I looked up and there before me was a man dressed in linen, with a belt of the finest gold around his waist. Then I heard him speaking, and as I listened to him, I fell into a deep sleep, my face to the ground. A hand touched me and set me trembling on my hands and knees. He said, "Daniel, you who are highly esteemed, consider carefully the words I am about to speak to you, and stand up, for I have now been sent to you." And when he said this to me, I stood up trembling. Then he continued, "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia."

Daniel had developed a habit of fervent prayer three times each day. When Daniel saw that a prophetic word of the restoration of Israel was not coming to pass, he added fasting to his prayer schedule.

Daniel 9:1-3

In the first year of Darius the son of Ahasuerus, of Median descent, who was made king over the kingdom of the Chaldeans--in the first year of his reign I, Daniel, observed in the books the number of the years which was revealed as the word of the LORD to Jeremiah the prophet for the completion of the desolations of Jerusalem, namely, seventy years. So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth, and ashes. Three days after his 21 days of mourning over Israel an

angel of the Lord came to him with answers. We're told that it was Daniel's persistent prayers and sacrificial fasting that empowered angelic forces to break through spiritual resistance and bring Daniel an answer.

Likewise, God has spoken many powerful things over us as a church and a people. These are days of hope for the body of Christ, and 2018 is destined to be a year of increase. But we each play an important role in bringing God's promises up in prayer and calling upon Him to intervene in our affairs. This is why we are asking you to join us for 21 days of seeking the will and favor of our God.

Daniel Fast – Why 21 days?

The 21-day fast represents the persistency that was necessary for a breakthrough, a change and an answer. Demonic forces were resisting Daniel and his prayers for Israel. You need more than what a short burst of prayer can bring, or a temporary victory against the enemy. You need permanent breakthroughs and, more often than not, it takes a period of reoccurring days to make an impact in spiritual territory.

Daily persistence in prayer, in authority, and in faith is a biblical key to unlocking the promises of God and push resistance back. We get permanent breakthroughs when we persist through the full period of petition, supplication, believing, warfare and confrontation.

The prince of Persia (demonic resistance) was resisting the prayers of Daniel because it meant freedom for Israel. Michael, the angelic prince of Israel, had to come and assist this angel in getting the answer through to Daniel.

What's resisting you and your prayers?

How long will this go on if you don't confront it with fasting and prayer?

You and I have to realize that our prayers empower angelic beings to do warfare on behalf of the Kingdom of God. We want that warfare to be consistent. Daniel knew the power of passionate, persistent prayer and sacrificial fasting for a 21-day period.

Daniel Fast Diet

Daniel lived in the palace of the king of Babylon. He had been selected by the king as one of the best and brightest Israel had to offer. This position came with the privilege of eating the palace foods. It was perfectly fine for Daniel to eat the choicest meats and delicacies. But Daniel's desire to hear from God was greater than his desire for food. Daniel chose to give up meat, sweets and wine, as well as the luxury of lotions and oils that were afforded to him. He set aside these comforts to show God he was willing to sacrifice to hear from Him. He was willing to suffer in the natural for spiritual advantages.

A Daniel fast is defined as the following:

1. Prayer 3 times a day for 21 days.
2. No sweets.
3. No meats.
4. No wine.
5. Giving up certain comforts.

We're asking you to join us in a similar - if not identical - way. Some people include dairy products such as milk, cheese and eggs. Others do not. Some say no bread at all, others say whole grain, non-sweet breads are fine. Some give up TV, movies, and other recreation.

We will not judge you as to what you define as your fast.

You need to define what your fast will be and what you have the faith to do. Then write that down and commit to it. We are encouraging you to make a sacrifice and make an exchange for increased prayer.

Practical Daniel Fast diet tips.

JOIN US FOR 3 WEEKS OF DANIEL FAST FOOD RECOMMENDATIONS AND HEALTHY EATING. THIS CLASS WILL BE WEDNESDAY NIGHTS AT 7:00PM AT NEW HORIZON CHURCH. CHILDCARE WILL BE PROVIDED. CLASSES MEET: JANUARY 3RD, 10TH & 17TH

Break it down.

What do you love that is already Daniel fast-friendly? Are there certain vegetables and fruits that you love? Stock up on all of the fruits and vegetables you can eat and remember to shop smart - you do not want to over-buy. Be realistic in how many servings you can or will eat per day. You might even want to challenge yourself by trying something you have never tried before.

Dehydration

The number-one thing to remember whenever you are changing your eating lifestyle to foods that are more cleansing is to drink a lot of fluids. H₂O is your best friend. Here's a tip: take your weight and divide it in half. This is the number of fluid ounces you should be drinking daily. You should drink more fluids in the winter/rainy season. But again, be smart. Soda and some fruit juices can contain large amounts of processed sugars which can be hard on your metabolic system. Try replacing them with green teas and other drinks that use natural sweeteners such as Truvia, Stevia, Agave Nectar or honey. This is also a great time to use your juicing machine. Caffeine will dehydrate your body, so cut your normal consumption of these beverages by at least half.

Balance

A balanced food lifestyle includes nutritional fruits, fibrous vegetables, lean proteins, complex carbohydrates such as whole wheat, sprouted grains, and lentils. Also, healthy fats such as Omega 3 & 6 found in fish, olive oil, avocados and nuts are wonderful. You may want to start using a good multi-vitamin supplement if you do not do so already.

Making time.

Take a little time to plan and make your food, on the web go to meatlessmonday.com for some great recipes and ideas for this type of diet. Nutritiondata.com helps you see just how much protein you really are getting without meat! The pleasure of eating it will be much more rewarding. If you are extra busy, set aside one day of the week to prepare a large container of veggie stew or lentils that will last for a few days and add extra healthy snacks for in-between.

A little shopping help.

A clean slate is the best way for a clean start, so take the time to go through your cupboards and refrigerator and get them prepared for your new eating lifestyle. Then be sure to make yourself a shopping list. This will save on time and stress when you are in the store.

Superfoods

Superfoods are foods that are calorie-deficient and nutrient-packed. They carry extreme amounts of vitamins and minerals as well as antioxidants. Imagine a superfood -- not a drug -- powerful enough to help you lower your cholesterol, reduce your risk of heart disease and cancer, and, for an added bonus, put you in a better mood. Did we mention that there are no side effects? You'd surely stock up on a lifetime supply. Guess what? These life-altering superfoods are all a part of the Daniel fast. "The effect that diet can have on how you feel today and in the future is astounding," says nutritionist Elizabeth Somer, author of *Nutrition for a Healthy Pregnancy, Mood, and The Essential Guide to Vitamins and Minerals*. "Even people who are healthy can make a few tweaks and the impact will be amazing," Somer says. "I'd say that 50% to 70% of suffering could be eliminated by what people eat and how they move: heart disease, diabetes, cancer, hypertension can all be impacted."

Some superfoods are:

- Avocados
- Beans and lentils
- Blueberries, cranberries, strawberries and blackberries
- Broccoli, cabbage, cauliflower and brussel sprouts
- Oats
- Oranges
- Pumpkin
- Quinoa
- Soy
- Spinach and other greens
- Tea (green or black)
- Tomatoes
- Walnuts
- Yogurt

Some shopping list staples:

Fruits:

All types and any kind. Expand your fruit vocabulary and surprise your taste buds!

- Apples
- Oranges
- Pears

Vegetables:

All types and any kind. They are vital to your health and aid in keeping you full. As we drop meat from our diet, you would be surprised to know how much protein is in vegetables.

- Broccoli/cauliflower/cabbage- 1 cup=2-4g protein
- Peppers- 1 cup=1g protein
- Carrots- 1 cup=1g protein
- Tomatoes- 1 cup=1g protein
- Spinach- 1 cup=1g protein
- Leafy greens- 1 cup=2g protein
- Sweet Potatoes 1 cup=4g protein

Proteins/complex carbs:

If you must have the meat flavor, try using substitutes.

There are several brands available at the grocers. Be aware that some may contain small traces of egg white or milk if you are choosing to not do any animal products. There is a good amount of protein in the following complex carbs. These are based on one cup of cooked grain.

- Beans- 1 cup=15g protein
- Lentils- 1 cup=16g protein
- Whole-grain rice- 1 cup=5g protein
- Barley- 1 cup=4g protein
- Quinoa- 1 cup=8g protein

Be creative with rice, grain and mushroom concoctions. Create festive tacos or wraps by using whole-grain tortillas, a sprig of cilantro, a spritz of fresh lime and garden salsa. Slice up Spicy Italian Sausage Tofurkey, saute with peppers and red onion and serve over hot brown rice. Nuts are a great way to get your protein. Almonds in the raw and pistachios have the highest amount of protein and the least amount of fat/calories, and they can also lower your cholesterol. Try them all natural - they taste great without the salt.

Healthy fats:

- Avocados- 1 cup=5g protein
- Olive oil
- Nuts:
- Almonds- 1 cup=33g protein
- Sunflower seeds- 1 cup=23g protein
- Peanuts- 1 cup=38g protein

Menu Ideas

Breakfast

Oatmeal is a great way to start your day. Add some toasted pine nuts, sunflower seeds and dried cranberries for a filling and satisfying breakfast. Cold cereals such as Raisin Bran or Cheerios with soy, almond or hemp milk can be found at any grocery store or Marlene's Markets. Whole grain breads and sprouted grain breads not only help you to get more fiber, but they taste great. Dave's Killer Bread is great toasted. Granola is sweet, crunchy and very delicious. It's available in many varieties and in bulk at Fred Meyer's. You do need to watch out for the high fat content, though. Top off cut-up fresh or canned fruit with a bit of granola and healthy nuts. If it isn't already sweet enough for you, drizzle with agave nectar. Agave is found next to the honey, but it doesn't have as strong of a flavor. This will not only satisfy your sweet tooth, but it will boost your confidence that you can overcome. Frozen grapes are always a good standby, also.

Lunch

Ezekiel Bread and Healthy Way are sprouted grain breads with no flour, and they are both organic. Use a leaf of lettuce and make a roll using cheese and tomato. Hummus is great on those whole grain breads. Always have a bag of baby carrots and other veggies for snacks. Nuts and seeds are great snacks, as well. Sweet potato fries are great baked with a bit of oil and seasoning salt.

Dinner

Lentils are nature's perfect grain. They are packed full of fiber and protein, and will keep you full for hours. Add brown rice, ripened tomatoes, celery and onion. Veggie stir-fry with whole grain rice added is very filling. Soups filled with barley or quinoa - as well as any of the beans - are full of protein.

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FUEL FOR A REVOLUTION

3. Purposeful Strategy

We encourage you to journal every time you pray. Journal when you wake up. Expect you'll be hearing from the Holy Spirit throughout your 21 days and following.

Habakkuk 2:2

Write the vision And make it plain on tablets, That he may run who reads it. NKJV

We are including space for notes in this booklet for you to write out what you hear and discern regarding strategy for the coming year. Feel free to use these tools as they fit your lifestyle. This book is a companion to help you capture everything that God gives you during your prayer and fasting.

Habakkuk was a prophet that was asking God for help and direction. God answered him, and the first thing he said was to write down what He was going to say so that it could be turned into action.

God loves to answer our cries, but we often lose our answers because we don't capture what he says and then purposefully strategize with what He gives us.

When you hear from God, what will you do with what you hear? It's our desire that you capture every word and turn it into action, and that you are able to run with it and keep it in your vision as you run.

Fill out the following pages to define what you are needing to hear from God on, then as you hear, write it down and follow God's wisdom for 2018.

Consider the following trees of life and fill in what you are needing/wanting to see in each area. Then, as you pray and hear from the Lord, write down what you hear and fill in the strategy that you'll use to fulfill it as you receive clarity.

My strategy for 2018:

My Marriage or Relationship goals:

What promise I'm holding onto:

What God is saying over my life in this area:

My Family Life:

What promise I'm holding onto:

What God is saying over my life in this area:

My Ministry and serving:

What promise I'm holding onto:

What God is saying over my life in this area:

My Health:

What promise I'm holding onto:

What God is saying over my life in this area:

My Education:

What promise I'm holding onto:

What God is saying over my life in this area:

My Vocation:

What promise I'm holding onto:

What God is saying over my life in this area:

My Finances:

What promise I'm holding onto:

What God is saying over my life in this area:

Prayer Revolution | 2018

21 days of fasting, prayer and strategy

21 DAYS OF DEVOTION

Day 1

We start our fast with repentance, humility and admitting our need for Father's help.

Acts 3:19

"Repent therefore and return, that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord."

Have you slipped? Have you let the pressure get to you?
Have you doubted? Have you sinned?

I have...

I've let pressure get to me, and I've had to repent. Repentance is a doctrine I love and have come to embrace. Mercy and grace only flow where there is true repentance, because God is not under obligation to help me if I don't run to Him.

Spend some of day one running to Him presenting to Him a soft heart.

Day 2

Repentance, by definition, is turning away from lesser thoughts and behavior toward God's higher thoughts and behaviors. Repenting is how we reconcile with God, turning back toward our Father.

Repenting is an important step toward deliverance. It's important because it shows your will and desire to turn away from sin and self-fulfilled solutions. Turn away from wrong fears, harmful emotions, or behaviors.

Romans 6:16

Do you not know that when you present yourselves to someone as slaves for obedience, you are slaves of the one whom you obey, either of sin resulting in death, or of obedience resulting in righteousness?

Ephesians 5:11-12

Have nothing to do with the fruitless deeds of darkness, but rather expose them. It is shameful even to mention what the disobedient do in secret.

The world system feeds on impurity. We put ourselves at risk when we enmesh our lives with the uncleanness so easily available as the cultural norm.

Ask the Holy Spirit for the wisdom to separate yourself unto Jesus.

Day 3

We should take some time to pray on the new man re-created in the image of Jesus.

Ephesians 4:22-24

That, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth. NASB

Col. 3:9-10

Do not lie to one another, since you laid aside the old self with its evil practices, and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him...NASB

Day 4

Confession means “to speak,” but in the context of the Bible it means to “say the same thing God is saying” about yourself: about life, about each essential tree of life, about your purpose, His promises, your relationships and everything else.

This, the speech of agreement, is how we release the power of the New Creation and the new self, while beginning to taste of resurrection life.

Confession, the speech of agreement, is the expression of the renewed mind. When the renewed mind is expressed in faith (through speech) the inner nature and all patterns begin to change.

Until the seeds of a renewed mind are planted, they cannot bear fruit. Therefore, the renewed mind alone will not yield the satisfactory fruit of the New Creation.

The renewed mind must have an expression of faith to bring a complete release of transformational power.

When you confess what God has said about you, you are releasing the seeds of God to grow.

Isaiah 55:11:

“So shall My word be which goes forth from My mouth; it shall not return to Me empty, without accomplishing what I desire, and without succeeding in the matter for which I sent it.”

Day 5

Fasting has been likened to atomic power. Franklin Hall started a fasting revival around the time of the newly developed atomic bomb dropped on Japan. The explosive quality of this relatively small fasting movement disproportionately shook the earth. Such is the power of fasting. It is a far larger spiritual reality than merely skipping food and praying. Rather, it is a weapon of divine proportions, sadly underutilized in the arsenal of the church.

Do not overlook the chronology of revival and its effect. Corporate fasting breaks out in 1946. Healing in 1947. The modern era's most profound evangelistic ministries soon followed: Bill Bright in 1948, Billy Graham's tent revivals in 1949.

God still works through this tool to advance His kingdom. We become those who plow up the hard ground in fasting and prayer.

Hosea 10:12

Sow righteousness for yourselves, reap the fruit of unfailing love, and break up your unplowed ground; for it is time to seek the LORD, until he comes and showers his righteousness on you.

Day 6

Purpose to fill your 21 days with Thanksgiving and praise. Praise drives the enemy away. Praise is married to faith and fuels your faith tank.

***Praise is the detergent that purifies faith and purges
doubt from the heart.***

***- Paul E. Billheimer
Destined for the Throne***

Isaiah 61 is the passage that Jesus quoted when he started His ministry. When you lean into what He has done for you, put on the garment of praise. Regardless of what's happening, heaviness will flee.

*He has sent me to bind up the brokenhearted,
To proclaim liberty to captives
And freedom to prisoners;
To proclaim the favorable year of the LORD
And the day of vengeance of our God;
To comfort all who mourn,
To grant those who mourn in Zion,
Giving them a garland instead of ashes,
The oil of gladness instead of mourning,
The mantle of praise instead of a spirit of fainting.
So they will be called [d]oaks of righteousness,
The planting of the LORD, that He may be glorified.*

Day 7

Set your mind on the victory that you have inherited through Jesus.

Set your mind on the goodness of heaven that is yours.

Set your mind throughout this day.

Proverbs 23:7

...as a man thinketh, so is he.

Proverbs 4:20

...guard your heart for out of it comes the well springs of life

Philippians 4:4

Think on these things... whatsoever is lovely, praiseworthy, of a good report...

Day 8

You and I are made for more. We groan within to bring influence. It's through prayer that we bring influence. This is why it's fought against so strongly. Satan will allow you to do anything else but pray. History is shaped by the intercessors.

Isaiah 62:1

For Zion's sake I will not keep silent, for Jerusalem's sake I will not remain quiet, till her vindication shines out like the dawn, her salvation like a blazing torch.

If it were not for the purifying and preserving influence of the church on earth , the fabric of all we call civilization would totally disintegrate, decay and disappear.

***- Paul E. Billheimer
Destined for the Throne***

Day 9

Heroes will arise from the dust of obscure and despised circumstances, whose names will be emblazoned on heaven's eternal page of fame.

-Frank Bartlman (revivalist and reformer)

Proverbs 4:18

The path of the righteous is like the light of dawn, that shines brighter and brighter until the full day."

When you enter your prayer closet each day during this fast, you are entering the hero life, whether others know it or not. Father will be your reward as will the fruit of the coming generations.

**- Lou Engle
The Jesus Fast**

Day 10

During Israel's darkest hours and in the times of its greatest moral decline, God raised up individuals and prophetic companies of Nazirite young people: men and women to stem the tide of apostasy. They could not be bought. They could not be stopped. They knew their assignment and where their power came from. This is the modern day, overcoming church.

Jeremiah 51:20-24

*“You are my war club, my weapon for battle—
with you I shatter nations, with you I destroy kingdoms,
with you I shatter horse and rider, with you I shatter chariot
and driver,
with you I shatter man and woman, with you I shatter old
man and youth,
with you I shatter young man and young woman,
with you I shatter shepherd and flock, with you I shatter
farmer and oxen,
with you I shatter governors and officials.
“Before your eyes I will repay Babylon and all who live
in Babylonia for all the wrong they have done in Zion,”
declares the LORD.*

Day 11

Heaven's incense is more than smoke: it's symbolic of prayer in the book of Revelation, which describes the "golden bowls full of incense, which are the prayers of the saints."

Revelation 5:8

And when he had taken it, the four living creatures and the twenty-four elders fell down before the Lamb. Each one had a harp and they were holding golden bowls full of incense, which are the prayers of God's people.

Malachi, the last prophet of the Old Testament, anticipates a time when worship and prayer are combined before the throne of God. In villages, towns, and cities; at work and at home; in the mountains, coastlands and deserts; and from dusk to dawn – every place and every time – "incense is going to be offered" before the return of Christ.

Amos saw this as the restoration of the tabernacle of David. (Amos 9:11).

Rejoice, as we are living in the fulfillment of these very things.

***– Lou Engle
The Jesus Fast***

Day 12

The prayer closet is the arena that produces the overcomer. To enable the Church to learn the technique of overcoming, God ordained the infinitely wise program of believing prayer. This world is a laboratory in which those destined for the throne are learning in actual practice how to overcome Satan and his hierarchy.

-Paul E. Billheimer

Destined for the Throne

Ezekiel 22:30

I searched for a man among them who would build up the wall and stand in the gap before Me for the land, so that I would not destroy it; but I found no one.

Isaiah 6:8

Then I heard the voice of the Lord, saying, "Whom shall I send, and who will go for Us?" Then I said, "Here am I. Send me!"

Day 13

People's lives, even the destinies of nations, are shifted on the fulcrum of desperate, focused fasting.

1 Samuel 31:12

When the people of Jabesh Gilead heard what the Philistines had done to Saul, 12 all their valiant men marched through the night to Beth Shan. They took down the bodies of Saul and his sons from the wall of Beth Shan and went to Jabesh, where they burned them. 13 Then they took their bones and buried them under a tamarisk tree at Jabesh, and they fasted seven days.

The whole of 2 Samuel is the story of David, the restoration of the nation of Israel and the rising of David's kingship... Throughout the Bible you will find that the major transitions in Biblical history were the seasons of united Corporate fasting and prayer.

***-Lou Engle
The Jesus Fast***

Day 14

Ephesians 6:10-18

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Day 15

Millions don't defy God consciously; they default to cake and television. Except for the periodic rush of sex and sport and cinema, life yawns. There is no passion for significance. For many, no passion at all.
- John Piper

Proverbs 29:18

Where there is no vision, the people perish...

Elijah was moved for the freedom of Israel and led by God to raise up the next generation of sons and daughters who would defeat Jezebel and the influence of Baal. Fasting and prayer has been one of God's keys to raise up the next generation.

Fasting fathers have a unique capacity to unleash the generation of double portion sons. This is the lesson of Elijah's life.
- Lou Engle
The Jesus Fast

Day 16

Heroes will arise from the dust of obscure and despised circumstances, whose names will be emblazoned on heaven's eternal page of fame. Frank Bartlman

The dawn can push back the night so it is with heroes. "the path of the righteous is like the light of dawn, that shines brighter and brighter until the full day" (Proverbs 4:18)

Through fasting and prayer you are entering the hero's life and the impact of God through your humility will influence much more than just your generation. The ripple will be felt in the next 10 generations. Keep the faith. Keep pressing in. Keep presenting yourself as a humble servant of the Lord.

Day 17

2 Chronicles 16:9 For the eyes of Yahweh run back and forth throughout the whole earth, to show himself strong in the behalf of them whose heart is perfect toward him. Herein you have done foolishly; for from henceforth you shall have wars." Young's Literal Translation

Even today the Lord is looking for those who will be mindful of what is on His heart. he is looking for those who will who will engage with His will. This He loves. This delights Him. Sons and Daughters who seek His bidding.

Day 18

Daniel's regimen of prayer and fasting inaugurated a war in heaven between holy archangels and the demonic "prince of Persia" (See Daniel 10:13). After 21 days of spiritual battle, an archangel from heaven, aided by Michael, the angelic prince over Israel, not only dislodged the demonic prince of Persia from its position of influence over the human kings, but gained proportionate influence in its stead.

Daniel 10:12-13

Then he said to me, "Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. But the prince of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes, came to help me, for I had been left alone there with the kings of Persia.

Day 19

Daniel stands in a place of high esteem because he is faithful to this larger mission of receiving and releasing. Knowing this, the Bible reveals archangels waiting for him to breathe on the prophecies with a word of release. Heaven waits to sanction the word of release when man agrees with heaven's decrees. Prayer actually deploys angelic powers that shift eras and entire empires, though not without great resistance. Thus, when we fast and pray in concert with the agenda of God, we inaugurate war in the heavens.

As Mike Bickle says, "angelic and demonic authorities are over the natural authority structures of the nations... Daniel fought the demonic prince by agreeing with God in prayer and fasting."

2 Corinthians 1:20

For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us.

Day 20

John the Baptist fasted in such a way that God could trust him on the stage of history. The same invitation extends to you and me. Prophets are forged in the deserts of fasting, not the desserts of feasting. Be faithful in little and persevere for years if need be. Divine delays and desert disciplines are preparing you to fulfill your destiny. This is what happened to John the Baptist. America needs a 180-degree turn-around, and Luke 1:80 is the prescription:

Luke 1:80

So the child grew and became strong in spirit, and was in the deserts till the day of his manifestation to Israel.

Day 21

It's a paradox that God needs us, and has bound Himself to a partnership in the earth. You are a signer on the check!

Checks used by some business firms require the signatures of two individuals to make them valid. One signature is not enough, both parties must sign. This illustrates God's method of operating through the prayers and faith of His people.

***– Paul E. Billheimer
Destined for the Throne***

As soon as Zion travailed, she brought forth her children.
(Isaiah 66:8)

Let's rejoice that Father is releasing a great breakthrough through our sacrifice in prayer!

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