“21 DAYS” OF PRAYER & FASTING
January 5 - 26, 2013

Every January, LOCC encourages prayer & fasting to help us know God’s plans and purposes, & experience more power, victory & blessings for ourselves, as well as salvation for our loved ones. If you choose to participate, consider this:

About Fasting:
• **Definition.** To abstain from physical nourishment for a specific period of time for spiritual reasons.
• **Types.** (1) Water only or, (2) water & juice only, or (3) restriction of the normal diet (Daniel 10:2-3).
• **Methods.** Choose one day, several days or all 21 days. Choose one meal, two meals or all three. Note: If you have health concerns, check with your physician first. Or consider maintaining an attitude of personal denial by avoiding unnecessary foods & drinks such as desserts, coffees, sodas, etc.

Scriptural Attitudes Toward Fasting:
• **Obedience.** Jesus said, “when you fast,” not “if you fast” (Matt. 6:16, Is. 58).
• **Humility & Repentance.** Seek the Lord. Confess & turn away from all known sins (2 Chronicles 7:14-15, Daniel 9:1-23).
• **Commitment.** Pray & seek God through His Word (Luke 4:1-14, Esther 4).
• **Expectancy.** Believe He will answer you (Daniel 10:1-14, Acts 13:1-4).

Daniel Fast Guidelines:
Daniel denied himself of choice food, along with all meat and wine, & received significant answers to prayer (see reverse side, Daniel 10:2-3, 12-13).

**Foods to Eat**
- All fruits & vegetables, fresh, frozen, dried, juiced or canned, including corn & potatoes.
- All nuts & seeds, including peanut butter.
- All legumes, canned or dried (ex. pintos, kidneys, black, split peas, etc.)
- All oils from plants, including olive, canola & peanut.
- Beverages. Water or fruit juice without processed sugar.
- Other. Soy products, vinegar, seasonings, salt, herbs & spices.

**Foods to Avoid**
- All meat & animal products (ex. beef, pork, poultry, fish, eggs, etc.).
- All dairy products (ex. milk, cheese, cream, butter, etc.).
- All grain products (ex. all breads, whole grains, white or brown rice, oats, barley, pasta, rice cakes, etc.).
- All sugar-based beverages (ex. soda, alcohol).

-For more info, visit LoveOfChristChurch.org or BillBright.com/HowToFast.

PUT GOD FIRST IN THE NEW YEAR
Offer Firstfruits & Receive His Blessings

I. What are **Firstfruits**?
An offering to God from the first part of the harvest that acknowledges He is the source of all fruitfulness & prosperity. In offering it to God first, it also declares that the rest of harvest to come will also be blessed.

“Honor the LORD with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.” (Proverbs 3:9–10)

II. What is the **Principle of Firstfruits**?
What we give God first releases blessing upon everything else.

“… seek first his kingdom and his righteousness, and all these things will be given to you as well.” (Matthew 6:33)

III. Four Ways to **Experience the Blessings** of Firstfruits

1. **First of the Year:** Seek God Through **Fasting & Praying**

   “… I, Daniel, mourned for three weeks. I ate no choice food [desired] food [grain, bread]: no meat or wine touched my lips;’ ’… 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…” (Daniel. 10:2-3, 12–13)

2. **First of the Week:** Worship God Through **Gathering & Hearing the Word**

   “… if you call the Sabbath a delight and the LORD’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob.” (Isaiah 58:13–14)

3. **First of the Day:** Hear God Through **Reading & Praying**

   “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” (Mark 1:35)

4. **First of Your Income:** Honor God Through **Tithing**

   “A tithe [tenth] of everything from the land, whether grain from the soil or fruit from the trees, belongs to the LORD: it is holy to the LORD … The entire tithe of the herd and flock — every tenth animal that passes under the shepherd’s rod — will be holy to the LORD.” (Leviticus 27:30–32)