

THE 21 DAY FAST

The Pastors and Diaconate of Evangelical Latin Church invite the whole church to participate in Daniel's Fast. 21 days of seeking the presence of the Lord. The fast will begin on Sunday, January 13 and end on Saturday Feb 1.

This fast is required for every Pastor, Deacon and Leader of Evangelical Latin church. Every member of the Church is invited to participate voluntarily.

The general purpose is:

Personal and family spiritual growth

Dying to our flesh to hear the voice of God

Ministerial growth and soul salvation

We recommend that you have clear goals about your fast. Pray in the anointing of the Spirit on your goals. The purpose is to achieve these goals and create a spiritual impact that gives you an approach for the rest of the year. We have Ministerial and personal objectives for which we must pray.

MINISTRY

- Salvation of Souls
- Retention of Souls
- Numeric growth in each ministry
- Effectiveness of each event
- Anointing on each event
- Spiritual and emotional health of each Leader and member
- Anointing on Pastors and Deacons
- Spiritual Guidance in the administration of the Church
- Listen to what God wants us to do

PERSONAL

- Spiritual Growth
- Baptism in the Holy Spirit
- Victory over any sin or secret struggle
- Spiritual and vocational training
- Hear the voice of God
- Self-Dominion, submission to God
- Integrity, Honesty and righteousness
- _____
- _____
- _____

FAMILY

- Family Unit
- Marriage Unit
- Dedicate our Children to God
- Cessation of Conflicts
- Tenderness and mutual care
- _____
- _____
- _____

HOW TO PRAY

Find the place you will always use. Pray at least 1 hour per day.

- 1 full hour
- Two times of 30min
- 3 times of 20min
- 4 times of 15min

Pray, Sing, Read the word of God. Do not fall asleep while praying ... If you sleep, start the prayer time again. In your prayer glorify God, thank God, put your requests, intercede for everything God puts in your mind. Pray for Baptism in the Holy Spirit, speak in tongues, Let God minister your life.

THE STORY BEHIND THIS FAST

Daniel's fast is a partial fast. This 21-day fast is based on the facts of Daniel chapter 10. In chapter 10 we see that Daniel is fasting, seeking revelation from God about visions he had received. According to verses 2 and 3, Daniel says he did not eat delicate delicacy, nor meat, nor wine, nor anointed himself with perfume. For three weeks he resisted the things that were pleasing to his body. At the end of these 21 days of fasting, an angel arrived to answer the request that Daniel had before God.

¿WHO CAN DO THIS FAST?

All the restrictions in this fast are Biblical and based on the fast that the prophet Daniel elaborated in chapter 10 of the book of Daniel.

This 21-day fast, done strictly or in moderation, can be practiced by anyone. At this time we "overthrow the stomach king" and show him who's boss.

DURING THE FAST

All fasting consists in sacrificing something physical instead of something spiritual. It is fasting, NOT diet. It is extremely important that fasting have a purpose, it can be as general as, pleasing God or a more specific request such as spiritual growth. Set aside time each day to read the Bible, meditate on it and pray constantly.

ABOUT MARRIAGE INTIMACY

This is a difficult fasting topic, especially a 21-day fast. Biblically we cannot refrain from intimate relationships without the permission of our spouses (1 Corinthians 7: 3-5).

- If your spouse does not agree to abstain, continue with the fast and let your partner initiate.
- If you fight in the area of lust and this is part of your motivation to fast, then abstain.

FASTING WITH THE CHILDREN

The degree of participation of your children in Daniel's fast will depend on age and spiritual maturity. Ask the Lord to show you what will work best for your family's dynamics and trust that He will give you wisdom.

The following is a list of ideas that will help you move forward at each stage of your fast:

- Sit down with your family and discuss the definition of fasting. Look at the scriptural examples, such as when Esther called a 3-day fast (Esther 4:16) or when the Israelites prayed before their 900-mile trip to Jerusalem through dangerous territory (Ezra 8: 21-23). Talk about how God answered your prayers.
- Read - the story of Daniel's 10-day trial in Daniel 1 to give his children an idea of Daniel's character and how he refused to violate his convictions. Visit Daniel's 21-day fast story in Daniel 10. Explain how Daniel's fast today is following the example of the prayer devotion prophet.
- Talk - about what foods you will give up during your fast. Emphasize that such foods are not bad but that you are temporarily abstaining from them as a way to honor the Lord.
- Pray - together every night. This commitment will be a challenge, especially with school and church activities during the week. However, make an effort to make this family time a priority. Be creative with your ideas, and your children will be eager to present their needs to the Lord.

THERE IS PAIN

Most of the time, our bodies demand food 3 times a day and complains when they are denied. A little time will soon clear up this discomfort.

You cannot use food as an emotional crutch to give pleasure, satisfaction and escape. Instead, you must depend on God for your comfort.

In fasting you will face other painful problems in your life. God reveals the need to forgive, repent of evil ways, stop running away from God and begin to trust Him. Therefore, there is also a spiritual and mood detoxification that occurs when we fast.

He will be tempted to give up fasting. Jesus experienced this in the desert with Satan (Matthew 4: 1-10). Great spiritual victories are won in our will to endure difficulties and spiritual temptation for love and faithfulness to the Lord.

You will experience weakness at times, and we like to feel strong and in control. Fasting teaches us dependence on God.

THE RULES

MEALS YOU CAN'T EAT

All meat, seafood included, and all food derived from an animal must be eliminated. This means that you will not eat eggs or dairy products of any kind, such as milk, cheese, butter, butter and so on.

Eliminate any food that is very processed or high in fat and opt for organic or integral options when possible. Under this rule, sweets, sugar, fried foods with pork fat (use olive oil if possible), white bread, cookies, jams and all other similar foods that have preservatives are eliminated.

Drink only water. This is because many juices have a high amount of sugar and artificial ingredients. It would be better to eat the orange instead of drinking a glass of orange juice or preparing the juice to make sure it is completely natural. One of the great rewards of this fast - in addition to the spiritual - is to learn how to practice self-control, mastering your own desires by dethroning the "stomach king" who always gives us orders.

Coffee - it's a bean, but it's also an addictive drink. The purpose of fasting is to subject the flesh to pleasures. If coffee is a cause of pleasure, decide not to drink coffee during the 21 days, or drink it black, without sugar or creams or milk.

FOOD WHAT YOU CAN EAT

If you want to eat something that is not listed, remember the rules detailed above.

All kinds of fruits: Apples, oranges, grapes, melons, strawberries, blueberries, cherries, lemons, carambola, guava, peach, watermelon, raspberries, pineapple, plums, raisins, kiwi, grapefruit, figs, mangoes, etc.

All kinds of vegetables and groceries: Tomatoes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili pepper, cabbage leaves, corn, cucumber, eggplant, garlic, ginger, kale, Lettuce, mushrooms, mustard greens, onion, parsley, potatoes, bananas, cassava, spinach, pumpkins, sweet potatoes, avocado, etc.

All types of legumes: Beans, beans, peas, lobsters, lentils, etc.

All nuts and seeds: Peanuts, including peanut butter, sunflower seeds, cashews, peanuts, sesame, almonds, hazelnuts, pistachios, unprocessed etc.

Whole grains: Whole wheat, brown rice, millet, quinoa, oats, barley, grains, whole wheat pasta, whole wheat tortillas, rice crackers and popcorn.

To cook continue using the oils (olive oil is better), vinegar, salt and other herbs and species to your liking, ensure that it does not contain any animal fat in the ingredients.

Avoid all 'animal' food or that comes out of 'animal'.

Avoid all food that is processed.

WARNINGS AND SUGGESTIONS

This fast is quite demanding and it is important that people who suffer from any disease or have a medical condition, consult their doctor before starting this fast. It is recommended that you bring a copy of this article to a consultation with your doctor and that you adapt the list together. Do not use fasting to avoid medical treatment if you need it.

ATTENTION: If necessary, for medical reasons, you can eat 6oz of Tilapia or Chicken breast a day during lunch or dinner ... (6oz is the size of a regular cell phone) also 20 Almonds contain enough protein that can supplant the need for meat.

OTHER THINGS YOU CAN ELIMINATE DURING FASTING

If television takes a lot of your time, decide to refrain from watching TV for 21 days.

If your cell phone takes enough of your time, decide to refrain from its use (Only to receive and make calls)

If social networks like Facebook, Twitter, Instagram etc. It takes a lot of your time, decide to refrain from it for 21 days.

ACTIVITIES YOU CAN CONTINUE

Gather in the temple to worship God

Go to work, go to school, errands, medical appointments, etc.

Go to the gym, go jogging, exercise

Any activity that does not steal your devotion to God you can do

SEVEN TIPS DURING DANIEL'S FAST

PREPARE YOURSELF THROUGH PRAYER

Whichever version of fasting you choose, be clear with your goals. Write them down and declare victory over the writing. Prayer will help you focus on why you are fasting and will direct your attention to what needs to change to bring you to a more deeply spiritual state.

PREPARE YOUR PANTRY

Temptation may be impossible to avoid. Remove processed foods, yeast breads, soda and canned meats from your reach. Store meat that you do not want to eliminate in the bottom of your freezer or freezer, out of sight.

CONSULT YOUR DOCTOR

Daniel's fast is a path to spiritual health. It should not negatively impact your physical well-being in any way. If you suffer from medical conditions such as diabetes, kidney disease or are pregnant or breastfeeding, consult with both your doctor and your pastor. Daniel's fast clearly allows him to make alterations to reach his nutritional and health needs.

PLAN YOUR MEALS

Plan your meals in advance. Make a shopping list and follow the letter. Keeping a pantry clean will help you keep fasting. Planning your intake will allow you to have a variety of options to enjoy.

PLAN YOUR SNACKS

Although not strict, Daniel's diet remains a fast and excessive food intake should be avoided. Snacks should be modest and consist of fruits and vegetables.

DRINK PLENTY OF WATER

Hydration is inevitable in any diet. When you take part in a partial fast, water is a critical factor. Dehydration often occurs in the form of hunger. This makes sense, since many foods, especially fruits and vegetables, are mostly water. Drink at least 7-8 cups of water daily.

FAST WITH OTHERS

Having support makes it easier to achieve goals. Spiritual journeys are frequently performed in community. The first days of Daniel's fast were in the company of three other Israelites. Another benefit of fasting with others is a great sense of responsibility.

LISTEN TO YOUR BODY

Remember that Daniel's fast should not cause any physical harm. If you are feeling dizzy or weak, check with your doctor. You are likely to experience changes, especially if you are used to a diet that includes caffeine or large amounts of refined carbohydrates. Keeping a food diary will help you identify the physical effects, and even associate them with certain foods.

RESOURCES USED FOR THIS MANUAL

Website

<https://www.fundamentoparalafamilia.org/ayuno-de-daniel-21-dias/>

Article written by Pastor Hector Ruben Salinas Ayala

Website

<https://dustdiscipleshipcenter.wordpress.com/2012/01/01/21-day-daniel-fast-2012/>

Additional recommendations by Pastor Nelson Sandoval