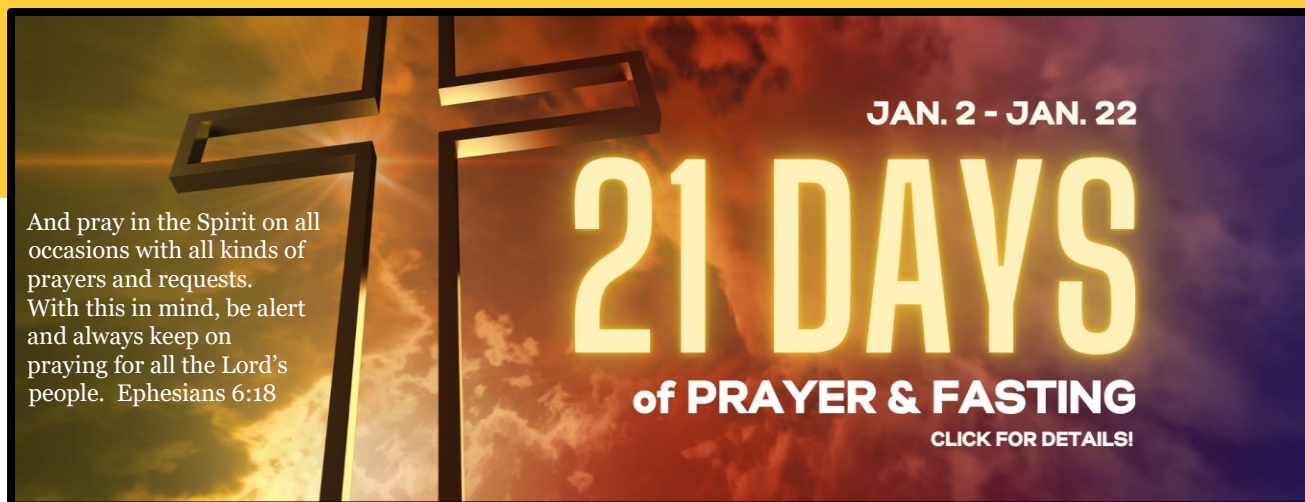


CORNERSTONE BAPTIST CHURCH JOIN US FOR 21 DAYS OF PRAYER & FASTING

WHEN: JANUARY 2 TO JANUARY 22, 2023



As we make our commitments and resolutions to God and ourselves, we should consider our mind, body, and spirit. Fasting and prayer are sure avenues to draw closer to the Lord. We encourage you to participate in the 21-day fast and prayer as we enter the new year and new season in our lives. We guarantee that God will bless you beyond measure.

Join us for Corporate Prayer via the CBC Prayer Line

Monday, Tuesday, Thursday, and Friday @ 6:29 pm
Wednesday @ 6:29 am
Saturday @ 8:00 am
Sunday (in the Sanctuary) @ 11:30 am

Call the CBC conference line:

716-427-1083 | Access: 364420#
Playback number:
857-357-0249 | Access: 364420#

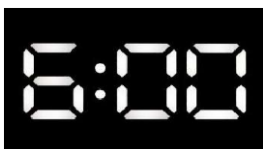
Note: The prayer request form is available on the CBC website, go to www.cbcofyork.org.

QUICK TIPS FOR FASTING OPTIONS

PARTIAL FAST

FAST from 6:00 am to 6:00 pm OR
From 6:00 pm to 6:00 am

While Fasting: Water or juice only
during those times



DANIEL FAST

Refrain from:

- ❖ Salt
- ❖ Sweetener/Sugar
- ❖ Meat
- ❖ Dairy products
- ❖ Bread, Pasta, Flour, Crackers, Cookies
- ❖ Oils
- ❖ Juices, Coffee, Energy Drinks
- ❖ Gum, Mints, Candy

OTHER FAST

Refrain from:

- ❖ Sweets
 - ❖ Snacks
 - ❖ Sodas
 - ❖ Alcohol
 - ❖ Eating Out
 - ❖ Spending
 - ❖ Social Media, TV, Internet
- Allowed: news or work-related content only

Contact: Rev. Cynthia L. Layton | clayton@cornerstonechurchofyork.com

Rev. Dr. Mark K. Kearse, Pastor
629 S. Pershing Ave., York, PA 17401 | Church Office 717.718.2008



COMPLETE GUIDE FOR FASTING OPTIONS

DISCLAIMER: Fasting is a personal decision that should be made at the discretion of the individual. If you have health concerns, pre-existing medical conditions (diabetes, hypertension, heart failure, etc.), pregnant or are under the care of a physician for any type of medical condition we encourage you to consult with your medical professional prior to committing to fast.

The length of the fast should be dependent on three factors – 1.) Your health, 2.) God's leading, and 3.) Type of fast. USING WISDOM IS ALWAYS IMPORTANT IN FASTING.

James 4:8 says, "Draw near to God, and He will draw near to you." He has amazing things in store for us, and I am encouraged and excited about this new DECADE.

By starting this new year with a corporate fast, we believe that God will meet with each of us in a unique and memorable way. His presence grows greater and greater with each day of the fast. Without fail, He constantly shows up!

Corporately *fasting* in January is much the same precept as praying in the morning to establish the will of God for the entire day. If we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year! "But seek ye first the kingdom of God and His righteousness, and all these things shall be added to you" (Matthew 6:33).

Fasting is a principle that God intended for everyone to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Another reward of fasting has to do with your future. God has given you a vision, a purpose for your life. When you fast, you open up the blessings and opportunities He has provided for you to pursue a purpose-filled life. As you fast, pray for God's direction and guidance. Focus your faith on God, and he will show you how you can turn your vision into a reality.

When you fast and pray, you will see amazing results from God. You will see godly changes in your home/family, prayers answered in incredible ways, wisdom gained about challenging issues, and in it all, you will mostly appreciate that your desires become secondary to God's. It's all about putting Him first and letting our Lord lead the way all year long.

The first week is usually the hardest for a lot of people during a fast. Please note irritability, sleepiness, headaches, and cravings are all normal symptoms because your body is detoxing. The detox part can last for as few as three days, but it normally takes a week to feel refreshed. You can make your healthy food, like bean soups and snacks for the week ahead. Because you are eating so fresh, your meals and snacks can easily be prepared ahead of time. Once your body detoxes, smells that come from places like fast-food restaurants can even become gruesome instead desirable.

Fasting is a joy! It's only our flesh that complains, but the joy you can find in fasting can even show your children how good and pleasant it is to serve God.

We encourage you to read the 21-day devotional and prayer guide (available on the CBC website or pick-up a copy at the church CornerStore). Take this time and pray for our Church. Pray for God to move with divine direction and that in 2023 He will give us dreams, revelation, and visions both corporately and individually.

Resources: Below there are several websites and resources available that you will find useful during your 21 Day Fast and Prayer.

1. **"Daniel Fast"** by Susan Gregory. This tool can be beneficial. Susan Gregory is all about teaching this delightful discipline, and she shares a highly informative Bible-based insight on Daniel fasting. You will also be able to receive more valuable resources, like prayers, recipes & scriptures for your fast, etc.) The e-book which she offers is for free on her website. Susan Gregory's website is: <http-fast.com/>.
2. You can also find updated links and resources on The Daniel Fast Blog.
 - a. The Daniel Fast website: <http://Daniel-Fast.com>
 - b. The Daniel Fast Blog: <http://DanielFast.WordPress.com>

Types of fast and what they require.

Broad Types

1. **Corporate:** This is a called fast done by the Pastor or Leader of a church or group of people. (see 1 Kings 21:9, Ezra 8:21, Ester 4:16) This type of fast requires that the people are on one accord about the fast and will be in compliance to what the Pastor or Leader, by the leading of Holy Spirit has called them to do.
2. **Private:** This is a personal fast for an individual or husband and wife; lead by the Lord. (see Matthew 6:18)

Specific Types

1. **Daniel Fast:** No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period of time; this could also be considered a vegetarian diet because there is no meat intake.
2. **Partial Fast:** This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, or lunch, or dinner. This meal would be skipped until the fast was over.
3. **Half-Day:** Fast until 3 pm (ninth hour). This is the fast John Wesley participated in. (see Acts 10:30-31)
4. **Complete Fast:** This would require you to abstain from all solid foods, liquids only. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, He was hungry." This verse does not mention Jesus being thirsty. (see Luke 4:1-2)
5. **Total Fast:** This is a full and complete fast, no food or drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to

Damascus. Esther also called for this type of fast in Esther 4:15-16. This type of fast should be done with extreme caution and not for extended periods of time.

6. **Juice Fast:** This is a fast where only fresh fruits and vegetables are juiced in a juicer. If you can't juice your own fruits or veggies try buying juices without sugar or additives. When using fruits that are acidic, such as lemons, oranges, and even tomatoes dilute them with water for your stomach's sake.

Lengths of Fast

1. **Half-Day:** see Judges 20:26, Acts 10:30
2. **One Day**
3. **Three Days:** see Acts 9:9, Esther 4:15-16
4. **Seven Days:** see 1 Samuel 31:13
5. **Fourteen Days:** see Acts 27:33
6. **Twenty-One Days:** see Daniel 10:3
7. **Forty Days:** see 1 Kings 19:8, Luke 4:1-2

Other Activities to Fast from:

Although not mentioned in the Bible we as Christians today can also commit to fasting from other activities:

- a) Electronics
- b) Computers
- c) TV
- d) Video games
- e) Limited cell phone use if possible.
- f) Try to give up some entertainment like sports and movies and focus more on prayer and studying the Word of God during the times we do some of the mentioned activities.

Daniel Fast: foods to avoid

- Meat, because Daniel didn't want to take the chance of eating non-kosher meat and/or meat that was offered to idols.
- white flour and all products using it
- white rice, white bread, hominy, and pasta
- fried foods
- caffeine
- carbonated beverages, including diet sodas
- Wine or any other alcoholic drinks
- foods containing preservatives or additives
- refined sugar
- high fructose corn syrup
- chemical sugar substitutes
- margarine, shortening, animal fat, high fat products

Daniel Fast: foods to eat

Daniel seemed to eat only things planted for harvest and drank only water. You may want to keep it simple and eat only vegetables and drink only water.

1. **Whole Grains:** brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat
2. **Legumes:** dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc. Grain legumes include beans, lentils, lupins, peas, and peanuts.
3. **Fruits:** apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.
4. **Vegetables:** artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.
5. **Seeds:** all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
6. **Liquids:** spring water, distilled water, filtered water, 100% all-natural fruit or vegetable juices

Other Food items to Avoid during Your Fast

- a) Avoid caffeinated drinks.
- b) Avoid chewing gum and mints even if your breath is bad. Drink decaffeinated mint tea to assist with your breath.

These items stimulate digestive action in your stomach and may make you feel hungry.

Why Pray?

As you pray for your needs and the needs of others, you are actually becoming a prayer warrior, an intercessor, just as Jesus was and is today for each of us. Jesus is constantly interceding for us to our Heavenly Father.

Praying to our Heavenly Father, in the Name of Jesus Christ, using God's Holy Word (scripture) in prayer is the most powerful thing we can do for ourselves and others. ***The heart of prayer is the will of our Heavenly Father. He desires your love, your attention, your fellowship (more than just being related to Him through Jesus), He also desires a time of communion, an intimate time of personal exchange and involvement, and finally a release of His will and manifest presence in the earth through prayer.***

The most powerful weapons we have are the Name of Jesus Christ and God's Holy Word against the adversary and his foul wicked demons.

Each day during your fast, we encourage you to keep a **daily journal**. Write any revelations that God gives you about yourself and about life in general. Please note, you can still participate in the devotional portion of this 21 days of prayer and fasting. Join us!