



ELIZABETH BAPTIST CHURCH | DR. CRAIG L. OLIVER, SR.

PURSUING THE FULFILLMENT  
*of* HIS BLUEPRINT:

45 DAYS OF PRAYER AND FASTING

FEBRUARY 15TH – APRIL 1ST, 2018

# *“Consecrate a fast, Proclaim a solemn assembly; Gather the elders And all the inhabitants of the land To the house of the Lord your God, And cry out to the Lord.” – Joel 1:14*

Most of us initiate prayers with OUR goals in mind. What do WE want out of this. When we start off in such a way, we have already blocked out possibly 90% of what God has to say or give to us, because our desire is to hear and receive what WE want. Limiting the blessings far beyond our imaginations because we refuse to let God reign over our vessels. The message from God that appears the smallest to you, may indeed become much bigger than you can presently understand.

## **THE MOST IMPORTANT TOOL IN PRAYER IS LISTENING FOR GOD’S DIRECTIONS FOR OUR LIVES!**

God has unique relationships with all of us and therefore our prayer lives are unique as well. Some of us put unnecessary pressures on ourselves to pray like someone we have heard, when the most important thing that God wants from us, is for us to Seek His Face (Psalm 27:8), to look for Him, the All Knowing for guidance, to love on Him, and continuously build a relationship with Him (John 15:14-15). A relationship with God is similar in one way to relationships with others, the more we communicate the stronger the relationship becomes; the communication is in fact our relationship. Prayer IS our relationship with God.

## **No prayer = no relationship with God More prayer = BIGGER relationship with God**

A humble heart and a mind open to Jesus is what He expects, and the Holy Spirit will do the rest (Romans 8:26,27).

## **WHY SHOULD WE PRAY?**

- We pray because we love God.
- We pray to worship God for who He is.
- We pray to say thanks to our Father.
  - We pray to God to praise Him.
    - We pray to petition God.
  - We pray to confess our sins.
  - We pray to intercede for others.
- We pray against the enemies of God.
  - We pray to listen to God.
  - We pray to resist temptation.
- We pray because He directs us to pray.

## **Why Should I Fast?**

Fasting and Prayer combined can bring about a transformational revival in you, the nation, the world... it can be a very powerful tool in seeking God.

The ultimate purpose of the fast is not you and what you seek, but God. Fasting is a true way to sacrifice for God and humble oneself to Him (Psalm 35:13; Ezra 8:21). Fasting is an act of worship and honoring.

## **What is a fast?**

A fast is a period of abstaining from something; denying self from a desire. There are multiple types of fasts, which we will address.

## **How Should We Prepare for a Fast?**

### **Spiritual Preparation**

- Pray before you fast. Ensure that you communicate with God and seek His guidance regarding your fast.
- Ask God to help you to examine your heart, detect and repent any unconfessed sins.

### **Physical Preparation**

- Consult a doctor before fasting, in order to ensure that all of your vitals are stable.
- If you have severe medical maladies you should definitely have professional supervision while fasting.
- Decrease the amount of food that you eat a couple of days prior to the fast starting in order to prepare your mind, stomach, and appetite for less food.

## **Types of Fasts**

The best way to choose the appropriate fast is to follow the lead of the Holy Spirit. Pray purposefully in identifying God’s purpose and direction in your fast. His direction is the only thing that will make the fast meaningful and significant.

**Lent Fast** – give up any food items (ex. bread, sweets, fried foods, snack foods, etc.) for the 40 days of Lent.

**Partial Fast** – abstain from food for a set time; eat a simple meal of bread & water; sacrifice a certain food.

**Daniel Fast** - abstains from delicacies, meats, and wines and focuses on fresh foods such as fruits and vegetables  
**No Food Fast** - abstains from all food, including milk (protein) and only drinks liquids and water

**Water Only Fast** - abstains from everything except water  
**Absolute/Supernatural Fast** — This fast involves abstaining from any food or liquids, including water (the fast of Moses and Jesus)

*It is important to focus on God, rather than food.  
The spiritual focus and growth will replace the normal  
presence of food during the fast.*

*It is EBC’s Prayer that the Lord’s most wonderful love  
and blessings will be poured out on you as you  
take this exciting step of faith.*

***“Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know.” – Jeremiah 33:3 (NASB)***

## **The Model Prayer**

*“Our Father Who art in heaven, hallowed be Your name”*

– The prayer principles of adoration (praise for who God is) and thanksgiving (praise for what He has done).

*“Your kingdom come; Your will be done on earth as it is in heaven”*

– The principle of affirmation, that is, agreeing with God’s will and submitting to it.

*“Give us this day our daily bread”*

– The principle of supplication, in which we make requests both for ourselves (petition) and for others (intercession).

*“And forgive us our debts as we also have forgiven our debtors”*

– The principle of confession in view of our need for forgiveness of sins.

*“And lead us not into temptation, but deliver us from the evil one”*

– The necessity of renewal as we face the temptations of the world, the flesh, and the devil.

*“For Yours is the kingdom and the power and the glory forever”*

– A closing prayer that honors the Lord and completes our thoughts.

***Pray daily for our Pastor, Dr. Craig L. Oliver, Sr. and first family.***



**Join the Prayer Calls with Dr. Oliver on Wednesdays at 7:00 a.m.  
1-605-475-4700 (688548#)**

***Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition. Therefore, you should choose the type of fast you will participate in and for how long. This is your personal decision and should be prayerfully considered as it applies to your circumstances.***

- February 15th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Motivated by His great love, God beckons you to walk with Him, to know Him, to become intimate with Him. Think about the wonder of God's love. **Read John 3:16; Rom 5:8; Ps 143:8**
- February 16th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Consider the magnitude of the Father's love that He bestows on you and calls you His child. He even gives you His name; Christian. Walk today in the light of His love for you. **Read 1 Cor 13:13; 1 John 3:1a**
- February 17th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 God's love is unconditional, you can do nothing to qualify for His love or to cause Him to stop loving you. Through all the events of your life His loving kindness, His mercy, and His grace, have been drawing you to Himself. Drawing you, with one motive, that He may lavish His love on you. You are blessed because God loves you. **Read Jer 31:3**
- February 18th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 There are many attributes that describe God, but one stands above all the others: God is Holy. Today, think about the holiness of God. **Read Isa 6:1-3; Jer 17:9; Rom 3:10**
- February 19th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 The holiness and righteousness of God is both wonderful and overwhelming. As you consider His Holiness, rejoice that He is Holy and He wants to receive you as a son or daughter. **Read Ps 145:17; 2 Cor 6:18 and 7:1**
- February 20th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Christ Jesus is the way. He said learn of Me, I am meek and humble. The meek He will guide, the meek will inherit the earth. Those who trust Him will see His glory and do deeds in His name. **Read Zeph 3:12**
- February 21st**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Be quiet before the Lord. Let Him speak. Remember He loves you, but He wants to talk with you. Allow Him to search your heart, listen to what He says. **Read Ps 139:23-24; Jer 17:10; 23:24**
- February 22nd**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Pray for a new mind and pray to walk in righteousness and holiness. **Read Eph 4:23; 24; 27; 30**
- February 23rd**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Pray for repentance and ask God for forgiveness. **Read 2 Cor 7:10; John 16:8**
- February 24th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Pray for God to speak to you as His friend. **Read Ps 103:7; Exod 33:11b**
- February 25th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Prayer for Submission to God– **Read Rom 12:1-2; Luke 9:23** – offer your life to Christ.
- February 26th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Prayer of Adoration & Thanksgiving **Read Rev 15:3-4** – spend time worshipping and praising God.
- February 27th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Prayer for Examination – **Read Ps 139:23-24** – ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness.
- February 28th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Prayer for Your Identity in Christ – **Read Gal 2:20; Rom 5:8; 1 Cor 15:3; Col 2:11; 1 Pet 2:24; Phil 1:20-21; 2 Cor 2:14**
- March 1st**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Prayer for Filling of the Spirit– **Read Eph 5:18; Gal 5:16; Gal 5:25** - ask the Spirit to control and fill you for this day.
- March 2nd**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Prayer on Fruit of the Spirit – **Read Gal 5:22-23; 1 Cor 13:4-7;** - pray on the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.
- March 3rd**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 today Prayer for Spiritual Healing– **Read Isa 58:6** – pray for God's power to overcome hurts, habits, etc. in your life.
- March 4th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Prayer for the Goodness of God- **Read Ps 34:8** –thank God for being your refuge and strength in times of trouble.
- March 5th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Prayer for Humility - **Read Ezra 8:21** – pray for your humility before God and your reliance in His strength and power.
- March 6th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Prayer for the Coming of Christ and Your Future with Him – Your kingdom come, Your will be done. (Matt 6:10) – **Read Rev 22:20; Rom 8:18; 2 Cor 4:16-18; Phil 3:20**
- March 7th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Prayer for Renewal– **Read Deut 10:12; Matt 5:6; Phil 3:12-14** – pray for personal renewal.
- March 8th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Pray Against Spiritual Warfare – **Read Phil 4:6-9 & Eph 6:13-18** – pray against the world; pray against the flesh; pray against the Devil.
- March 9th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Prayer for Growth in Christ– **Read Ps 61:2-4** – pray for a greater desire to know and please Him; greater love and commitment to Him; grace to practice His presence grace to glorify Him in your life.
- March 10th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Prayer for Growth in Wisdom – **Read James 1:13-15** –pray for developing an eternal perspective; to renew your mind with truth; greater skill in each area of life.
- March 11th**  
**Choose your fast**  
*(6a-6p; omit 1 meal; Daniel Fast)*  
 Prayer for Family– **Read 1 Sam 12:23** – pray for your immediate family; your relatives; spiritual concerns; emotional and physical concerns.

- March 12th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer for Churches & Ministries – Read **Eph 4:4-6** – pray for EBC; other churches; evangelism and discipleship ministries; educational ministries.
- March 13th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer for Believers – Read **2 Cor 6:4-10** – pray for personal friends; those in ministry; those who are oppressed and in need.
- March 14th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer for Relationship with Others – Read **Isa 58:6-7; 1 Cor 16:14** – pray for greater love and compassion for others; loved ones; those who do not know Christ; those in need.
- March 15th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Faithfulness as a Steward - May I be a person who fears God, loves truth, and hates dishonest gain. – Read **Exod 18:21** – pray for your time, talents, treasure, truth, relationships.
- March 16th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer for Evangelism – Read **Eph 6:19-20** – pray for friends, relatives, neighbors, coworkers, special opportunities.
- March 17th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer for Missions– Read **Acts 17:30-31 & Matt 9:35-38** – pray for local missions, regional missions, global missions and, the fulfillment of the Great Commission.
- March 18th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer for World Affairs– Read **Ps 85:4-7** – pray for the poor and hungry; the oppressed and persecuted; those in authority; peace among nations; current events and concerns.
- March 19th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer for Family & Ministry – Read **Col 3:22-24** – pray for family, ministry, sharing Christ with others, helping others grow in Him, career.
- March 20th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer of Worship – Read **Neh 9:1-3** – pray for corporate prayer, confession and worship.
- March 21st**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer for Spiritual Insight – Read **Ps 25:3-5**; pray for understanding and insight into the Word; understanding your identity in Christ; who you are; where you came from; where you are going; understanding God's purpose for your life.
- March 22nd**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer of Adoration – Read **1 Chr 29:10-13** – Express your thoughts of praise and worship.
- March 23rd**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayers of Affirmation – Read **John 4:23-24; 1 John 3:24** – Reflect on these biblical affirmations.
- March 24th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer of Thanksgiving – Read **Ps 34:6-7 & 40:1-3** – Offer your expressions of thanksgiving to God.
- March 25th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer for Hunger and Thirst for God – Read **Ps 63:1; 73:23-24** – pray for God to satisfy your hunger and thirst for Him and His righteousness.
- March 26th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer for Boldness in Witnessing – Read **Acts 4:24-30**
- March 27th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer of Intercession Read **John 17:9; John 17:20**
- March 28th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer for Abidance in Christ. Read **Ps 27:14; John 15:4**
- March 29th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer of Thanksgiving and Praise – Read **Ezra 8:23** –thank God for His sustaining power during the fast and for answering our prayers.
- March 30th**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer of Thanksgiving and Praise – Read **2 Cor 5:17 & Eph 2:12-13** –thank God that in Christ you are a new creation and restored to God through the redemption purchases by Jesus Christ.
- March 31st**  
Choose your fast  
(6a-6p; omit 1 meal; Daniel Fast)  
Prayer of Praise – Read **Ps 100, 103, 106-107**
- April 1st**  
Closing Prayer  
Read **Ps 73:25-28** – Offer praise to God for the spiritual revival in your life and the life of EBC.

## Resources

To assist you during our time of prayer and fasting

- Prayer Central: a great resource website with prayer devotionals and articles on prayer
- *He Speaks to Me: Preparing to Hear the Voice of God* by Priscilla Shirer
- *Too Busy Not to Pray* by Bill Hybels
- *Face to Face: Praying the Scriptures for Intimate Worship* by Kenneth Boa
- *Face to Face: Praying the Scriptures for Spiritual Growth* by Kenneth Boa

## Kristen Feola Daniel Fast Recipes

<http://www.ultimatedanielfast.com>

## Books of the Bible Abbreviations

Old Testament		New Testament	
Genesis	Gen	Matthew	Matt
Exodus	Ex	Mark	Mark
Leviticus	Lev	Luke	Luke
Numbers	Num	John	John
Deuteronomy	Deut	Acts	Acts
Joshua	Josh	Romans	Rom
Judges	Judg	1 Corinthians	1 Cor
Ruth	Ruth	2 Corinthians	2 Cor
1 Samuel	1 Sam	Galatians	Gal
2 Samuel	2 Sam	Ephesians	Eph
1 Kings	1 Kgs	Philippians	Phil
2 Kings	2 Kgs	Colossians	Col
1 Chronicles	1 Chr	1 Thessalonians	1 Thes
2 Chronicles	2 Chr	2 Thessalonians	2 Thes
Ezra	Ezra	1 Timothy	1 Tim
Nehemiah	Neh	2 Timothy	2 Tim
Ester	Ester	Titus	Titus
Job	Job	Philemon	Phm
Psalms	Ps	Hebrews	Heb
Proverbs	Prov	James	Jas
Ecclesiastes	Ecc	1 Peter	1 Pet
Song of Songs	Sng	2 Peter	2 Pet
Isaiah	Isa	1 John	1 Jn
Jeremiah	Jer	2 John	2 Jn
Lamentations	Lam	3 John	3 Jn
Ezekiel	Ezek	Jude	Jude
Daniel	Dan	Revelation	Rev
Hosea	Hos		
Joel	Joel		
Amos	Amos		
Obadiah	Oba		
Jonah	Jon		
Micah	Mic		
Nahum	Nahum		
Habakkuk	Hab		
Zephaniah	Zeph		
Haggai	Hag		
Zechariah	Zech		
Malachi	Mal		

## Foods to INCLUDE in your diet during

# The Daniel Fast

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water.

**All fruits.** These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon

**All vegetables.** These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, and veggie burgers are an option if you are not allergic to soy.

**All whole grains,** including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

**All nuts and seeds,** including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

**All legumes.** These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

**All quality oils** including but not limited to olive, canola, grape seed, peanut, and sesame.

**Beverages:** spring water, distilled water or other pure waters.

**Other:** tofu, soy products, vinegar, seasonings, salt, herbs and spices.

## Foods to AVOID on the Daniel Fast

**All meat and animal products** including but not limited to beef, lamb, pork, poultry, and fish.

**All dairy products** including but not limited to milk, cheese, cream, butter, and eggs.

**All sweeteners** including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

**All leavened bread** including Ezekiel Bread (it contains yeast and honey) and baked goods.

**All refined and processed food products** including but not limited to artificial flavourings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep fried foods** including but not limited to potato chips, French fries, corn chips.

**All solid fats** including shortening, margarine, lard and foods high in fat.

**Beverages** including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods.