



WHAT ON EARTH AM I HERE FOR?

40 DAYS OF PRAYER AND FASTING

FEBRUARY 27TH - APRIL 7TH



ELIZABETH BAPTIST CHURCH

Multiplying Disciples Who Make a Difference

“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 27th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Focusing on yourself will never reveal life's purpose. You were made by God and for God. Life is about letting God use you for His purpose. **Read Col 1:16b; Job 12:10; Eph 1:11**
- February 28th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Long before you were conceived by your parents you were conceived in the mind of God. The Lord will fulfill His purpose for you. **Read Is 44:2a; Ps 139:16; Eph 1:4a**
- March 1st**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Everyone's life is driven by something. What drives yours? Are aligned with and driven by God's purpose for your life? **Read Jer 3:11; Eph 3:20**
- March 2nd**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 When you fully comprehend that there is more to life than just the here and now, you'll begin to live differently. Pray that God would help you to live in light of eternity. **Read Eccl 3:11; Phil 3:7**
- March 3rd**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Ask God to help see your life the way He sees it. **Read Rom 12:2**
- March 4th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Your identity is in eternity and your homeland is heaven. Pray that God will help you to live and serve faithfully, expecting your promised reward in heaven. **Read Ps 39:4; Heb 11:13,16**
- March 5th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Living for God's glory is the greatest achievement we can ever accomplish with our lives. Ask God to help you fulfill your purpose so that He is glorified. **Read Rom 11:36; John 17:4**
- March 6th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Anything you do to bring pleasure to God is an act of worship. Set your heart on pleasing God through a lifestyle of worship. **Read Rev 4:11; Ps 147:11**
- March 7th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Pray that God will show you how to live a life that is pleasing in His sight. **Read Ps 119:135; Eph 5:10; Heb 11:6**
- March 8th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Take some time to think about how your life would be if you surrendered *all* to God. **Read Rom 6:13; Ps 37:7a**
- March 9th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Almighty God yearns to be your friend. God's grace and Jesus' sacrifice makes this friendship possible. Thank God for being your constant friend. **Read 2 Cor 5:18a; John 15:15**
- March 10th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 You are as close to God as you choose to be. Are you satisfied with your position, or do you desire to be closer? **Read James 4:8; Jer 29:13**
- March 11th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Prayer for God wants *all* of you. Pray that He will help you surrender your heart, soul, mind, and strength to Him. **Read Mark 12:30**
- March 12th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 How do you react when circumstances aren't so pleasant and God seems far away? Believe that God is near and He is real, no matter how you feel. **Read Ps 10:1; 22:1; Heb 13:5**
- March 13th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Everyone was *created* by God, but not everyone is a *child* of God. He becomes your Father the moment you place your faith in Him. **Read Gal 3:26; 1 John 3:1**
- March 14th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 God is love. He wants His children to love everyone, particularly others that are in His family. Ask God to help you to love in an unselfish way. **Read 2 John 1:6; Gal 6:10; John 13:35**
- March 15th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 We are created for community and formed for a family. Pray for God to show you how to truly live in Christian community. **Read Rom 12:5; Eph 2:19**
- March 16th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 God's will is that His family experiences life *together*. This is called fellowship. Ask God to help you experience the fullness of this purpose for your life. **Read Ps 133:1; Rom 1:12; Gal 6:2**
- March 17th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Thank God for helping you to embrace His purpose for Christian community. **Read 1 John 3:16; Acts 2:42**
- March 18th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 God desires for us to restore broken relationships. Ask God to help you make right anything that has gone wrong in your relationships. **Read 1 Cor 1:10; 2 Cor 5:18; Mat 5:23-24**
- March 19th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Unity is the core of how God intends for us to experience life together in His church. The Father, Son, and Holy Spirit are completely One and God expects His church to follow His example of unity. **Read Col 3:14; Rom 14:19**
- March 20th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 The full image and likeness of God looks like Jesus Christ! You are made in God's image. Pray for God's help to maintain godly values, attitudes, and character. **Read Rom 8:29; Gen 1:26; 2 Cor 3:18b**
- March 21st**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Discipleship – the process of becoming like Christ – begins with a decision. Ask God to help you make an intentional commitment to pursue spiritual growth. **Read Eph 4:14,15; Mat 9:9**
- March 22nd**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 God's Word is the spiritual nourishment you *must* have to fulfill your purpose. The truth of God's Word has the power to transform your life. **Read Mat 4:4; Job 23:12; 1 Peter 2:2; John 8:31-32**

- March 23rd**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 God uses problems to develop your character and to draw you closer to Him. Pray for Him to help you embrace His will for every adversity of your life. **Read 1 Peter 4:12; Ps 34:18; 2 Cor 4:17**
- March 24th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Temptation simply provides a choice. Ask for God's help to choose to do good, instead of sin, so that you may grow in the character of Christ. **Read James 1:12; Gal 5:22-23**
- March 25th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Don't believe the lie that temptation is too overpowering for you to bear. Pray that you will yield to God's help to resist temptation. **Read 2 Tim 2:22; 1 Cor 10:13; Phil 4:8**
- March 26th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Spiritual growth, like physical growth, takes time. Be patient, but intentional about the process. **Read Phil 1:6; Col 3:10a**
- March 27th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 God designed you to make a difference with your life. Ask God to show you what more you can do to intentionally fulfill your purpose to serve Him. **Read 1 Peter 2:9; Mat 20:28**
- March 28th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 God gave you a special area of expertise. Pray that He shows you how to use your abilities, talents, and gifts for His glory. **Read 1 Cor 12:6; Eph 2:10**
- March 29th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Only *you* can make your unique contribution to the Body of Christ. Ask God to reveal your unique assignment. **Read 1 Peter 4:10; Rom 12:6a; 1 Cor 10:31**
- March 30th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 God expects you to make the most of what He has given you. Focus on using the talents that you have, not the ones that you do not have. **Read Eph 4:7; 5:17; 2 Cor 10:13**
- March 31st**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Your greatness is determined by how many people you serve, not by how many people serve you. Ask God to give you a heart to fulfill your unique call to service. **Read Mark 10:43; 2 Tim 2:4**
- April 1st**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Determine that you will serve God with the right attitude and motives. **Read Phil 2:5; 2 Chron 25:2; Ps 100:2a**

- April 2nd**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 God has never been impressed with strength or self-sufficiency. Ask God to use your weaknesses for the purpose of demonstrating His power through you. **Read 1 Cor 1:27; 2 Cor 12:5b,9-10**
- April 3rd**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 God wants you to have a ministry in the Body of Christ and a mission to the world. Pray for a hunger and thirst to fulfill His mission for you to the world. **Read Mat 28:19-20; John 17:18; Acts 20:24**
- April 4th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 As a believer, you are also God's messenger. He wants to speak to the world through you. Pray for opportunities to share your testimony and the message of the gospel with others. **Read 1 John 5:10a; 1 Peter 2:9; 3:15b**
- April 5th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 You have the choice to be a worldly Christian or a world-class Christian who knows they were saved to serve and made for a mission. Purpose to be an intentional, world-class Christian. **Read Phil 2:4; 1 Cor 10:33; Ps 2:8**
- April 6th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Pray for God to give you a burning desire to fulfill every purpose that He has for your life. **Read Eph 5:15; John 17:4**
- April 7th**
Choose your fast
(6a-6p; omit 1 meal; Daniel Fast)
 Living on purpose is the only way to really live. Thank God for allowing you to intentionally and consistently carry out His purpose. **Read John 13:17; Prov 19:21**

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

GenesisGen
ExodusEx
LeviticusLev
NumbersNum
DeuteronomyDeut
JoshuaJosh
JudgesJudg
RuthRuth
1 Samuel1 Sam
2 Samuel2 Sam
1 Kings1 Kgs
2 Kings2 Kgs
1 Chronicles1 Chr
2 Chronicles2 Chr
EzraEzra
NehemiahNeh
EsterEster
JobJob
PsalmsPs
ProverbsProv
EcclesiastesEcc
Song of SongsSng
IsaiahIsa
JeremiahJer
LamentationsLam
EzekielEzek
DanielDan
HoseaHos
JoelJoel
AmosAmos
ObadiahOba
JonahJon
MicahMic
NahumNahum
HabakkukHab
ZephaniahZeph
HaggaiHag
ZechariahZech
MalachiMal

New Testament

MatthewMatt
MarkMark
LukeLuke
JohnJohn
ActsActs
RomansRom
1 Corinthians1 Cor
2 Corinthians2 Cor
GalatiansGal
EphesiansEph
PhilippiansPhil
ColossiansCol
1 Thessalonians1 Thes
2 Thessalonians2 Thes
1 Timothy1 Tim
2 Timothy2 Tim
TitusTitus
PhilemonPhm
HebrewsHeb
JamesJas
1 Peter1 Pet
2 Peter2 Pet
1 John1 Jn
2 John2 Jn
3 John3 Jn
JudeJude
RevelationRev

THE DANIEL FAST

Foods to **INCLUDE** on 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.



ELIZABETH BAPTIST CHURCH

Multiplying Disciples Who Make a Difference

ATLANTA CAMPUS

4245 Cascade Road, SW | Atlanta, GA 30331

Saturdays 11:00 a.m.

Sundays 7:15 a.m., 9:30 a.m., & 12:00 p.m.

Wednesday Mid-day 12:00 p.m.

Deeper in the Word Wednesday 7:00 p.m.

FAIRBURN CAMPUS

861 Hwy. 279 | Fairburn, GA 30213

Sundays 10:45 a.m.

SMYRNA CAMPUS

2581 Spring Road | Smyrna, GA 30080

Sundays 8:30 a.m.

DOUGLASVILLE CAMPUS

2990 Bright Star Road | Douglasville, GA 30134

Sundays 8:30 a.m. & 10:45 a.m.

CONYERS CAMPUS

1437 GA Hwy. 138 W | Conyers, GA 30094

Sundays 7:30 a.m. & 9:30 a.m.

Deeper in the Word Wednesday 7:00 p.m.

LIVE STREAMING

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