



EBC BRACING FOR BREAKTHROUGH

PRAYER & FASTING

FEBRUARY 14TH - MARCH 30TH

*“...and the thing was true, but the time appointed was long:
and he understood the thing...”*

Daniel 10:1b (KJV)

Throughout Scripture we see groups of people as well as various bodies of believers called to corporately fast or pray for a particular situation, deliverance, or ministry outcome! Esther called for a fast for three days before she went to the king to plead for the safekeeping of her people. The Ninevites, after hearing Jonah’s message of impending doom upon Nineveh, fasted and repented for three days in hopes that God would relent of the destruction of their city! Paul requested of the churches at Rome, Ephesus, Philippi, Colossae, and Thessalonica to pray for his ministry (Rom. 15:30; Eph. 6:19; Phil. 1:19; Col. 4:3–4; 1 Thess. 5:25)

In accordance with Scripture, Bishop Oliver is calling our congregation to join him in a period of prayer and fasting from Wednesday, February 14 through Saturday, March 30. We will seek God’s divine powers in the implementation of EBC’s new Vision Frame, and in our quest towards Breakthrough Clarity! The Vision Frame is designed to lead EBC “where” God is directing her so that she can do “what” He has called her to do! Per Bishop Oliver, “the Vision Frame exposes the heart of EBC and becomes the organizational structure that creates alignment. It galvanizes all leaders, ministries, and activities to harmonize with God’s unique Kingdom Vision for His church.”

Not only will we pray corporately, the fast also allows you to seek God’s guidance and direction on what He would have you do as a member of EBC. This is a time for you to discover how God wants to use you to incite others to multiply the breakthrough love of God. When all parts of the body function as directed by God, we will corporately experience breakthrough clarity for the new EBC Vision Frame.

The BRACE FOR THE BREAKTHROUGH Prayer and Fasting Challenge ends Saturday, March 30, with the Break the Fast Prayer Brunch! We want you to join us in this spiritual discipline whether you have an awesome prayer life or have no prayer life. Don’t worry or become anxious because we are in it together and will equip you with the tools you will need to succeed.

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.***

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, Bishop Craig L. Oliver, Sr. and first family.





DAILY FOCUSED PRAYER

This season of prayer and fasting is both personal and corporate. We encourage you to approach it with this dual lens. Corporately, during this time, we encourage you to follow the daily devotion, join us live at 7:14am every morning for prayer, and every Wednesday at 7:00pm for Bible study. Personally, seek God's guidance and direction, then choose or design a fast you will follow. In addition, we encourage you to look within and prayerfully give to God at least one thing that is impeding your progress to receiving a breakthrough in your life. This may be a habit, activity or behavior that you sacrifice daily during this season.

Remember, we are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition. The Prayer and Fasting Schedule is a guide. How you fast and what you sacrifice is a personal decision and commitment between you and God. It is a time when we intentionally seek God even the more.

Wednesday, Feb 14, 2024

Mt. 17:20-21

Choose your fast

Pray for Godly Posture for Fasting – Pray for a heart to be pleasing to God and not man during this season of prayer and fasting.

Thursday, Feb 15, 2024

Hab. 2:2-3.

Choose your fast

Pray for Godly Perspective – Pray to understand the Vision Frame and for godly wisdom in how to live out the vision in your daily life.

Friday, Feb 16, 2024

Jam. 1:6-8

Choose your fast

Pray for Unwavering Faith – Pray for a heart that wholeheartedly believes that God's Word is true, powerful, active, ever present and applicable in our lives.

Saturday, Feb 17, 2024

Mt. 22:36-40

Choose your fast

Pray for Godly Relationship – Pray that we make our relationship with God our priority over merely following rules.

Sunday, Feb 18, 2024

Rom 12:1

Choose your fast

Pray for Unrestricted Sacrifice – Pray that our living is not only with self in mind but that we serve others.

Monday, Feb 19, 2024

Eph. 4:23-24

Choose your fast

Pray for Bold authenticity – Pray to live a life that is transparent and genuine.

Tuesday, Feb 20, 2024

Heb. 12:14-15

Choose your fast

Pray for Godly Understanding – Pray to understand what true Holiness is and how we are to live holy.

Wednesday, Feb 21, 2024

Job 11:13-19

Choose your fast

Pray for a Surrendered Heart – Pray to move beyond just knowing His Word but have a heart to do His Word.

Thursday, Feb 22, 2024

Prov. 11:25

Choose your fast

Pray for Biblical Insight – Pray for insight to know that God has gifted and designed each of us to fill an unmet need.

Friday, Feb 23, 2024

Deut. 31:6-8

Choose your fast

Pray for Courageousness – Pray that we come to trust God enough to not fear but step out to do and live as He has called us to.

Saturday, Feb 24, 2024

Rom. 12:2

Choose your fast

Pray for a Godly Conscience – Pray for a mind and thoughts that aligned with the mind of Christ.

Sunday, Feb 25, 2024

Micah 6:8

Choose your fast

Pray for Humility – Pray to understand and live according to what is of value to God.

Monday, Feb 26, 2024

Eph. 6:18-20

Choose your fast

Pray for Breakthrough Evangelism – Pray to speak the truth of God's Word more than giving in to the fear of people.

Tuesday, Feb 27, 2024

Matt. 28:18-20

Choose your fast

Pray for Missional Intentionality – Pray to share the transformative love of God with humanity.

Wednesday, Feb 28, 2024

Heb. 12:1-3

Choose your fast

Pray for Endurance – Pray for endurance to overcome obstacles and pressures of life to reach your goal.

Thursday, Feb 29, 2024

Prov. 19:17; Eph. 4:32

Choose your fast

Pray for a Spirit of Kindness – Pray to reflect a kind and gracious spirit in all you say and do.

Friday, March 1, 2024

Gal. 5:22-23

Choose your fast

Pray for Goodness & Faithfulness – Pray to do good and to be kind to others wherever you are as your light shines for Christ.

Saturday, March 2, 2024

2 Cor. 8:1-6

Choose your fast

Pray for Spontaneous Generosity – Pray to be faithful in being God's servant showing goodness to others in need.

Sunday, March 3, 2024

Matt. 9:37-38

Choose Your fast

Pray for Unwavering Evangelism – Pray for a heart to take every opportunity to share the Good News of Jesus Christ.

Monday, March 4, 2024

Lk. 14:28-33

Choose Your fast

Pray for Consistency – Pray to succeed in life by being consistent as you count the cost required for discipleship.

Tuesday, March 5, 2024

1 Pt. 4:10-11

Choose Your fast

Pray for a Servant Heart – Pray that the words from your heart are wholesome and helpful to build others up.

Wednesday, March 6, 2024

1 Pt. 3:15-16

Choose Your fast

Pray for a Personal Testimony – Pray to share with others your testimony of what Christ has done for you

Thursday, March 7, 2024

2 Chr. 7:14

Choose Your fast

Pray for Committed People of God – Pray for the righteous people of God to lead in prayer, fasting and repentance of sin, to hear from God to forgive our sins and heal this land.

Friday, March 8, 2024

Lk. 11:9-13

Choose Your fast

Pray for Your Daily Walk – Pray to be filled daily with the Word of God, God's Spirit, joy, and enthusiasm.

Saturday, March 9, 2024

Matt. 25:14-30

Choose Your fast

Pray for Faithful Stewardship – Pray for the willingness to allow God to be glorified in all areas of your life.

Sunday, March 10, 2024

Ps. 139:2-5

Choose Your fast

Pray for Insightful Awareness – Pray for the awareness of an ever-present God.

Monday, March 11, 2024

1 Cor. 13

Choose Your fast

Pray for Unhindered Love – Pray for a heart that can love without requirements or expectation.

Tuesday, March 12, 2024

Phil. 4:4

Choose Your fast

Pray for a Joyful Heart – Pray for a heart that accepts the perfect love of God that cast out all fear

Wednesday, March 13, 2024

1 Cor. 9:19-27

Choose Your fast

Pray for God's Mighty Power – Pray to not focus on human limitations but on divine possibilities through the power of God

Thursday, March 14, 2024

Eph. 1:15-21

Choose Your fast

Pray for Fervent Hope – Pray for a heart that can move past the hurt of yesterday to the hope found only in Jesus.

Friday, March 15, 2024

Ps. 51

Choose Your fast

Pray for Unhindered Responsibility – Pray to God with a repentant heart willing to acknowledge shortcomings and receive God's healing and restoration.

Saturday, March 16, 2024

Acts 4:13-31

Choose your fast

Pray to be a Spiritual Activist – Pray for wisdom and discernment to work where God has called us to and to not push ourselves beyond what God has ordained for us to do.

Sunday, March 17, 2024

Gen. 1:28-31

Choose your fast

Pray to be a Spiritual Agriculturalist – Pray for those God would have you invest in for generational impact and growth.

Monday, March 18, 2024

Eph. 1:11-16

Choose your fast

Pray to be a Spiritual Apprentice – Pray to be equipped and trained to be a leader in order to lead others.

Tuesday, March 19, 2024

Ex. 35:35; Jer. 9:17; Dan. 1:17

Choose your fast

Pray to be a Spiritual Artist – Pray for God's identity and inspiration that allows you to co-create with Him.

Wednesday, March 20, 2024

Gal. 1:11-24

Choose your fast

Pray to be a Spiritual Autobiographer – Pray for the ability to write and to share your transformative Christ-centered life story with others.

Thursday, March 21, 2024

Lk. 10:29-37

Choose your fast

Pray to be a Generous Giver – Pray to be generous with what God has entrusted to you. Pray that your hands will be opened to giving towards kingdom purposes while watching God multiply your generosity.

Friday, March 22, 2024

Gen. 1:26-27

Choose your fast

Pray for Personal Dignity – Pray to see worth and significance in others. Pray to see people as God sees them, as individuals made in His image.

Saturday, March 23, 2024

Heb. 10:19-25

Choose your fast

Pray for Communal Worship – Pray for the members of EBC and all believers to be intentional in participating in communal worship experience.

Sunday, March 24, 2024

Lk. 6:11-16; Mk. 3:13-19

Choose your fast

Pray for the Investment of TEAMS – Pray for individuals to invest in or be part of a journey of discovery with Christ that will lead them to becoming multipliers.

Monday, March 25, 2024

Matt. 17:1: 26:37; Mk. 5:37; 13:3

Choose your fast

Pray for Disciples Circles – Pray for growth and participation in Disciples Circles to cultivate intimate circles of dialogue and discovery amongst 3-5 individuals.

Tuesday, March 26, 2024

Jn. 15:12-17

Choose your fast

Pray for Impact in our Communities – Pray for the commitment and opportunities to demonstrate the transformative love of God through community initiatives focused on acts of service and kindness that reflect the breakthrough love of God.

Wednesday, March 27, 2024

Acts 1:8

Choose your fast

Pray for Gospel Witness – Pray for Jesus' name to be made known throughout the world to those who don't know Him.

Thursday, March 28, 2024

Matt. 22:36-40

Choose your fast

Pray for Godly Love – Pray to love God and humanity as commanded by God.

Friday, March 29, 2024

Prov. 3:5-6

Choose Your fast

Pray for God's Guidance – Pray for the Vision Frame to be led by God through Bishop Oliver and the leadership team. Pray for hearts to live in obedience to what God is guiding EBC towards.

Saturday, March 30, 2024

Dan. 10

Choose Your fast

Pray for Vision – Pray for the fruition of the Vision Frame in the time appointed by God.

Easter Sunday, March 31, 2024

Matt. 28:18-20

Celebrate the Conclusion of the Fast



*Pray to be unwavering
in your faith
recognizing the
finished work on the
Cross that Jesus has
accomplished for you.
Pray for the ability to
live as a devoted
follower of Christ
understanding that
salvation is free. Pray
to trust His finished
work to be all you need
to follow Him as He
makes you into His
disciple. Pray for His
guidance and direction
on you understanding
your Kingdom Platform
and living your life for
your good and His
glory.*

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 flavorings, 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.