



21-DAY PRAYER & DANIEL FAST

Dates:

Monday, January 16th – Sunday, February 5th, 2023

Theme:

“It’s a New Season, It’s a New Day. A Fresh Anointing is Flowing Our Way.”



**New Jerusalem
International
Christian Ministries**

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WELCOME

Bishop Joel V. Brown

Senior Pastor, New Jerusalem International Christian Ministries

Happy New Year! Thank you for joining Lady Krystal and me in this year's "21-Day Prayer & Daniel Fast". American Christian singer and songwriter, Martha Munizzi, sings, "It's a new season, it's a new day; a fresh anointing is flowing my way. It's a season of power and prosperity. It's a new season coming to me." As we, the New Jerusalem Church Family, take part in this time of corporate prayer and fasting, may each of us endeavor to consecrate and wholly incline ourselves to the voice and will of God to accomplish new objectives in the upcoming months. **Our Focus** is to:

- Spend quality time WITH God.
- Incorporate Godly principals into all we do in life, family, business, and/or school.
- This is a **Corporate Fast** – not an individual fast.

Our Goals are to:

- Renew our relationship with God.
- Create a holistic move toward serving God, Mind, Body and Spirit.
- Live a healthy life. "Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul" (3 John 1:2, NRSV).
- Mature in greater discipline.
- Attain power to defeat the enemy! "And he said unto them, 'This kind can come forth by nothing but by prayer and fasting'" (Mark 9:29, KJV).

Included in this booklet is a description of the meaning and biblical significance of *Prayer*, as well as the meaning and biblical significance of the *Daniel Fast* in accordance with the *Book of Daniel*. Additionally, included is a list of scripture verses and prayer objectives for each of the 21 days. Finally, the booklet contains Daniel Fast guidelines, examples of the various foods that are authorized for the Daniel Fast, and pages to record personal notes and answered prayers. Today, the Daniel Fast is a favored and healthy diet for many people. May we, as one body, go forward in this month of January with praying and fasting to prepare for the assignments ahead and to accomplish Kingdom work. Rest assured that fresh anointing, power and prosperity are ours as we continue our dedication to God. The Glory of the Lord shall be our reward!

What is “Prayer”?

For years researchers have studied the practice of *prayer*. Historically, peoples’ views of prayer have ranged from religious rituals to vain repetitions. What actually is *prayer*? *Prayer* is defined as a devout petition to God or an object of worship; a form of worship; an earnest address, request or desire to God in word or thought; a solemn request for help or assistance in difficult times. To summarize it, prayer is simply a conversation with – or talking to – God. God often speaks to us through His Spirit, other people (e.g., pastors, clergy), and His Word (e.g., the Bible). In turn, we speak to God through prayer. Prayer and fellowship with God offer tremendous mental, emotional and spiritual benefits – overall positive enrichments to our wellbeing. Time in prayer can lift heavy burdens and relieve stress in addition to draw us closer to God.

Recorded in the Bible are examples of individuals in which prayer was a part of their lives. In the Old Testament, the foundation of prayer was covenant with God and an appeal to his character as merciful and gracious. Historians maintained that Abraham, for instance, interceded in prayer regarding the destruction of Sodom (where his nephew, Lot, lived) and Gomorrah (Genesis 18 and 19). Moses prayed for forgiveness of Israel (Exodus 32 and 33) and for God’s presence to go with Israel to Canaan (Exodus 33). Moses prayed and interceded continually for Israel (Numbers 11-16, 21 and 27). Joshua prayed, in the form of a command, for the sun and the moon to stand still (Joshua 10). Gideon prayed for revelation and guidance (Judges 6), and Samson prayed for one last victory against the Philistines (Judges 16). Many of David’s prayers were recorded in the Book of Psalms, the hymnbook of the Old Testament Israelites. It is evident that the patriarchs prayed in accordance with the covenant that God had with His people.

In the New Testament, the basis of prayer was relationship: “When ye pray, say, Our Father” (Matthew 6:9). Prayer is a child of God’s petition to an all-wise, all-loving, and all-powerful Father-God. Our Savior, Jesus, prayed. Luke 11:1-4 and 9 reads: “And it came to pass, that, as he (Jesus) was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples. And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed be thy name, Thy kingdom come. Thy will be done, as in heaven, so in earth. Give us day by day our daily bread. And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation, but deliver us from evil.” This model for prayer might appear to be a demonstration on correct technique of prayer, however, Jesus’ prayer is a lesson on the recognition of who one is to pray to – God, the Father – and how to begin and continually nurture a relationship with God. Jesus assured, “...Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.”

There are numerous types of prayers (i.e., thanksgiving, repentance, supplication, intercession, faith), and many prayers are built upon scripture. A major fact about prayer is that because all of us are individuals, we may not approach prayer in the same homogenous way; nonetheless, we can all learn to pray. We may pray individually (alone) or corporately (with a group). We pray with humility and repentance in obedience to the Word: “Men ought always to pray (Luke 18:1); “...pray without ceasing” (1 Thessalonians 5:17). “If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land. Now mine eyes shall be open, and mine ears attent unto the prayer that is made in this place” (2 Chronicles 7:14-15).

With time, daily prayer and relationship and fellowship with God matures. Thus, we advance to praying because we love God, we want to be with and in His presence, and to pray according to His will and purpose. God, our Father, will graciously provide what is needed.

What is the “Daniel Fast”?

In Matthew 6:16, Jesus told his disciples, “Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.” Jesus’ statement, “When ye fast”, indicated that He recognized His disciples were going to fast sometime in their lives. Fasting, the voluntary reduction or elimination of intake of food for a specific time and purpose, is a discipline that every Christian must take part in and devote him or herself wholly to for spiritual strength and growth.

In some faiths, people participate in the “Daniel Fast”, which is a type of “Selective Fast” involving elimination of specific foods from an individual’s diet. The “Daniel Fast” is a biblically-based partial fast in which an individual abstains from meat, dairy, alcohol, sweets, bread and other rich foods, and consumes various fruits, vegetables, water and pure fruit juices for a season in an effort to get closer to God and become more sensitive to His will and direction. The scriptural basis for the Daniel Fast is believed to be *Daniel 1:1-16* and *Daniel 10* (*Daniel 1:1-16*, King James Version, summarized below):

During the third year of the reign of Jehoiakim, King of Judah, Nebuchadnezzar, King of Babylon, came to and besieged Jerusalem. The Lord gave Jehoiakim, King of Judah, into Nebuchadnezzar’s control, with part of the vessels of the house of God, which he carried into the land of Shinar to the house of his god. Nebuchadnezzar placed the vessels into the treasure house of his god. And the king instructed Ashpenaz, the master of his eunuchs, to bring certain men of the children of Israel: of the king’s seed, of the princes, children in whom was no blemish, were well favored, skillful in all wisdom, cunning in knowledge, understanding science, and had ability to stand in the king’s palace, and whom they might educate in the “...learning and the tongue of the Chaldeans”. Nebuchadnezzar appointed them a daily provision of the king’s meat, of the wine which he drank, nourishing them for three years that they may stand before the king. Now among these youth of nobility were the children of Judah – Daniel, Hananiah, Mishael, and Azariah – whom the prince of the eunuchs named: Daniel – Belteshazzar, Hananiah – Shadrach, Mishael – Meshach, and Azariah – Abednego. However, Daniel “...purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank”, therefore, “...he requested of the prince of the eunuchs that he might not defile himself”. God gave Daniel favor with the prince of the eunuchs, and the prince stated to Daniel, “I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king.” Daniel requested Melzar (whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah) “...prove them for ten days” and let them eat pulse (edible seed from a legume plant; beans, lentils, peas) and drink water. “Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king’s meat: and as thou seest, deal with thy servants.” Melzar agreed and proved them ten days, and “...at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king’s meat. Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.”

As revealed in the previous passage, Daniel, a youth of royal or princely descent, was one of the many captives (men of the children of Judah) that were taken from Jerusalem to Babylon. In this ordeal, the youth of nobility – Daniel, Hananiah, Mishael, and Azariah – were renamed, subjected to learning the language and customs of their captors, and especially trained for employment in the Babylonian Kingdom and to stand in the king’s service. However, Daniel “...purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank”. It is noteworthy that Israelite law, the Torah, required Jews not eat (so listed): pork products; meat and dairy together; shellfish (fish with fins and scales permitted); meat of animals that do not both “chew their cud and have cleft hooves”; nor eat food from animals that had not been slaughtered in accordance with Jewish law. Daniel recognized that the “king’s meat” could include any of the prohibited foods indicated in Israelite law, or be forbidden because it was blessed in the name of and sacrificed to idols.

Daniel and his associates had already been denied speaking in their own native language and following their culture and lifestyle. Firm in his religion, Daniel would not be changed in his character of an Israelite. He resolved within himself that he would not defile his body with the king’s foods, and requested an alternative diet. The three other young men did the same. These youth, residing in a strange country, upheld their position as a peculiar people and requested a special diet from the prince of the eunuchs. After ten days their countenances appeared fairer and fatter than the countenances of the young men who did eat the king’s meat. Biblical scholars believe the good health of the youth was a result of their faithfulness to God.

Today, the Daniel Fast is a preferred, healthy diet and way of life for many people. Fasting can have tremendous benefits for the body, fitness and health in supporting and strengthening the body’s essential cleansing systems. As we corporately fast, we should be mindful that our main goal is to eliminate distractions and draw nearer to God. This experience may present a level of challenge. It is very important for everyone to know your body, your options, seek the Lord in prayer, and follow what the Holy Spirit leads you to do. Most important is that we remember the ultimate goals for fasting, listed in Isaiah 58:6-8:

“Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.”

Meditation Scriptures & Prayer Objectives
New Jerusalem International Christian Ministries "21 Days of Prayer & Fasting"

Day	Date	Scripture	Prayer Objectives
1	Monday, January 16 th	<p style="text-align: center;">Ephesians 3:20</p> <p style="text-align: center;">“Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.”</p> <p style="text-align: center;">Isaiah 54:2</p> <p style="text-align: center;">“Enlarge the place of your tent; Stretch out the curtains of your dwellings, spare not: Lengthen your cords and strengthen your pegs.”</p>	<u>Week 1: The Church</u> Extending Ministries’ Foundation
2	Tuesday, January 17 th	<p style="text-align: center;">Ephesians 3:14, 16-17</p> <p style="text-align: center;">“For this cause I bow my knees unto the Father of our Lord Jesus Christ,...That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; That Christ may dwell in your hearts by faith...”</p> <p style="text-align: center;">Hebrews 6:14</p> <p style="text-align: center;">“...Surely blessing I will bless thee, and multiplying I will multiply thee.”</p>	Intercession for Leadership
3	Wednesday, January 18 th	<p style="text-align: center;">Acts 2:46-47</p> <p style="text-align: center;">“And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart, Praising God, and having favour with all the people. And the Lord added to the church daily such as should be saved.”</p>	Ministries’ Growth
4	Thursday, January 19 th	<p style="text-align: center;">Deuteronomy 8:18</p> <p style="text-align: center;">“But thou shalt remember the LORD thy God: for it is he that giveth thee power to get wealth, that he may establish his covenant which he sware unto thy fathers, as it is this day.”</p> <p style="text-align: center;">Jeremiah 29:11</p> <p style="text-align: center;">“‘For I know the plans I have for you’, declares the Lord, ‘plans to prosper you and not harm you, plans to give you hope and a future’.”</p>	Ministries’ Financial Prosperity
5	Friday, January 20 th	<p style="text-align: center;">2 Chronicles 7:14</p> <p style="text-align: center;">“If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.”</p>	Forgiveness of Sin
6	Saturday, January 21 st	<p style="text-align: center;">Ephesians 6:18</p> <p style="text-align: center;">“Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints...”</p>	Daily Prayer Commitment

		<p align="center">Colossians 4:2 “Continue in prayer, and watch in the same with thanksgiving...”</p>	
7	Sunday, January 22 nd	<p align="center">Hebrews 11:6 “But without faith, it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.”</p> <p align="center">Luke 17:5 “And the apostles said unto the Lord, Increase our faith.”</p>	Increased Faith
8	Monday, January 23 rd	<p align="center">Psalms 82:3 “Give Justice to the weak and the fatherless: maintain the right of the afflicted and the destitute.”</p> <p align="center">Isaiah 1:17 “Learn to do good; seek justice, correct oppression; bring justice to the fatherless, and plead the widow’s cause.”</p>	Week 2: The Community Social and Cultural Disparities
9	Tuesday, January 24 th	<p align="center">Isaiah 53:5 “But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.”</p> <p align="center">1 Peter 2:24 “Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.”</p>	Sickness and Disease
10	Wednesday, January 25 th	<p align="center">Psalms 4:8 “I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.”</p> <p align="center">Romans 12:19 “Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.”</p>	Violence and Crime
11	Thursday, January 26 th	<p align="center">Psalms 102:28 “The children of thy servants shall continue (will live in security; NLT), and their seed shall be established before thee (will thrive in your presence; NLT).”</p>	Crime in Our Schools
12	Friday, January 27 th	<p align="center">Philippians 4:19 “But my God shall supply all your need according to his riches in glory by Christ Jesus.”</p>	Homelessness and Poverty
13	Saturday, January 28 th	<p align="center">Ephesians 5:21-22, 25 “Submitting yourselves one to another in the fear of God. Wives, submit yourselves unto your own husbands, as unto the Lord...Husbands, love your wives, even as Christ also loved the church, and gave himself for it.”</p> <p align="center">Ephesians 6:1-2 “Children, obey your parents in the Lord: for this is right. Honour thy father and mother; which is the first commandment with promise...”</p>	The Family Structure

14	Sunday, January 29 th	Philippians 4:7 “And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”	Mental Health (e.g., Social, Behavioral, Emotional)
15	Monday, January 30 th	James 1:5 “If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”	<u>Week 3: The Nation and the World</u> Federal Decision Making
16	Tuesday, January 31 st	1 Timothy 2:1-2 “I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people — for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.”	The President and His Administration
17	Wednesday, February 1 st	Proverbs 4:7 “Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.”	State Decision Making
18	Thursday, February 2 nd	Ephesians 6:12 “For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”	Wickedness in High Places
19	Friday, February 3 rd	Ezekiel 44:24 “And in controversy they (priests) shall stand in judgment; and they shall judge it according to my judgments: and they shall keep my laws and my statutes in all mine assemblies...” Ephesians 2:14-15 “For he is our peace, who hath made both one, and hath broken down the middle wall of partition between us; Having abolished in his flesh the enmity, even the law of commandments contained in ordinances; for to make in himself of twain one new man, so making peace...”	Political Unity
20	Saturday, February 4 th	Psalms 46:9 “He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire.”	War and War-Torn Regions
21	Sunday, February 5 th	John 14:27 “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”	Peace in the Hearts of People

Diet of the “Daniel Fast”

Medical Disclaimer: If you are under the care of a physician, consult your physician before participating in the “Daniel Fast”. Follow all orders which have been prescribed by your physician.

“Daniel Fast” Guidelines

- **ONLY** fruits and vegetables (beans included)
- Nuts
- Beverages – Only water or 100% juices (**NO Sugar Added**)
- **ONLY** Natural Sweeteners
- 100% Whole Grain Breads
- **NO** preservatives or additives in processed foods (read labels carefully)
- **NO** Dairy

Examples of Food Options

Types of Foods	Food Options
Beverages	Water – purified and spring or distilled; coconut water Juices – 100% pure apple, cherry, grapefruit, grape, lemon, orange, peach, pineapple; vegetable (fresh pressed or blended)
Vegetables	Artichoke, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumber, eggplant, garlic, ginger, green peas, herbs, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsnips, peppers, potatoes, pumpkin, radishes, rhubarb, shallots, spinach, string beans, sweet potatoes, tomatoes, turmeric (stems), turnips, watercress, yams, zucchini
Legumes (Beans)	Dried and cooked in water; black beans, black-eyed peas, kidney beans, lentils, pinto beans, split peas
Whole Grains	Cooked in water; amaranth (earthy-flavored grain), barley, brown rice, couscous (pasta made from semolina flour/durum wheat), millet, oats, quinoa, wheat pasta; whole grain breads
Fruits	Fresh and cooked, or dried like raisins or apricots; apples, apricots, avocados, bananas, blackberries, blueberries, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, honeydew, melons, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, peas, pineapples, plums, prunes, raisins, raspberries, tangerines, watermelon
Nuts and Seeds	Nuts – Raw or dry-roasted, no salt added; almonds, cashews, hazelnuts, macadamias, peanuts, pecans, pistachios, walnuts Seeds – flax, pumpkin, sesame, squash, sunflower

Youth

Parents and Youth Leaders are encouraged to include ALL Youth in this time of prayer and fasting. If only for certain days during the week, encourage no sweets, sodas (only water or 100% juices), no video games, limited TV time, and no movies. Let them know that this is NOT a punishment – this is the way we, as the Body of Christ, get closer to God and gain strength to do ALL THINGS THROUGH CHRIST (Philippians 4:13). Additionally, let them know that this is NOT an option – this is a requirement. They do not have to complete all 21 days, but they MUST DO SOMETHING. WE ALL MUST!

