

# March “We Fast!” *Forward March!*

## *12 Days with Jesus!* Purpose World 2024

### Living on Purpose!

Fasting Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Fast Starts John 1:1-5	19 John 2:13-17	20 John 5:1-3, 5-9	*21* In House Prayer Bible Study	22 John 7:14-15,32 45-46	23 Romans 8:3-11
24 John 9:1-3, 6-7, 13-17	25 John 11:32-44	26 John 14:1-6	27 John 15:1-5	*28* In House Prayer Bible Study	29 John 20:24-29 Fast Ends 8pm	30

**\* Note: During this time of fasting, the most important thing is to pray. Try not to eat after 8pm daily. On the 21<sup>st</sup> and 28<sup>th</sup> try to do a total fast with liquids only.**



## FOODS TO EAT ON THE DANIEL FAST

- **All fruit** – fresh, frozen, dried, juiced, or canned.
- **All vegetables** – fresh, frozen, dried, juiced, or canned.
- **All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- **All legumes** – canned or dried; black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **All quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- **Beverages**– distilled water, filtered water, spring water, fresh fruit or vegetable juices.

- **Other** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.

## FOODS TO AVOID ON THE DANIEL FAST

- **All meat & animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- **All dairy products** – butter, cheese, cream, milk, and yogurt.
- **All sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, and sugar.
- **All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).
- **All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **All deep-fried foods** – corn chips, French fries, and potato chips.
- **All solid fats** – lard, margarine, and shortening.
- **Beverages** – alcohol, carbonated drinks, coffee, energy drinks, herbal tea and tea.



We are praying and engaging the Daniel fast for 12 days. 1. Send the broken hearted and hopeless. 2. Demonstrate His power of love through us. 3. Deeper intimate relationship through discipline and dying. God desires that those who are called by His name be a demonstration of His power and love. We are ambassadors for Christ. It is time for His people to cast down fear and by faith allow the Holy Spirit to have full control of our lives. God has not given us the spirit of fear but the spirit of love and a sound mind.

So much is going on in these last days. Many shall be offended and shall betray one another and shall hate one another, and because evil shall abound the love of many shall wax cold. There will be a falling away. There will be terrible times in the last days and many will have a form of godliness but denying its power. Therefore, we who are called according to His purpose must operate in spirit and truth. It is high time that we operate in our spiritual gifts and talents for the glory of God. In the last days, God says, I will pour out my Spirit on all people, your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams.

It is vital that we pray and engage the enemy by using the weapons of our warfare which are not carnal but mighty through God for the pulling down of strongholds. We must fast to increase our spiritual sensitivity that will foster the discernment necessary to recognize satanic devices that have been set to deceive the very elect.

Prayer is the way we release the will of God upon the earth. If my people that are called by My name would 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. Seek the face of God is getting to know God through His word. We must study the Word of God in order to know the will of God. This is why prayer and the Word must be combined. Daniel was able to pray effectively because he knew the Word of God concerning His people. It will take faith to accomplish the will of God. Faith comes by hearing and hearing by the Word of God.

We must pray with understanding. We will pray correctly when we understand the will of God. We are not to be unwise, but understanding what is the will of God. The Word of God is the will of God. Prayer will allow us to walk perfectly and completely in all the will of God.

Let us take this 12 day Daniel fast seriously with a sincere heart. God will show us great and mighty things. He will delight in and answer our prayers. The effectual fervent prayer of a righteous man avails much. Let us pray without ceasing. Our Father who art in Heaven, hallowed be thy name, Thy kingdom come, they will be done on earth as it is in Heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us. Lead us not into temptation but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen!