

## Notes to Remember as You Fast...

- ✓ Sugar-Free mints and sugarless gum help your breath stay fresh.
- ✓ The Daniel Fast is a fast from ALL meats such as beef, chicken, pork, veal, lamb, etc. Beans are an excellent source of protein!
- ✓ NO leisure TV over the 21 days with the exception of Christian broadcasting, teaching videos, DVD's and the news (no CNN or MSNBC, all day please). Use this time to read the WORD and listen to worship music or teaching tapes or CD's. Attend as many corporate gatherings as possible and stay connected to your Life Group. Assembling with the saints is added strength.
- ✓ You may experience some irritability during this time, because your body is craving various food substances it's used to. Ask God to constantly keep your attitude in check. You may be tempted in different areas, but remember to read the Scripture(s) listed on this sheet in addition to your regular Bible reading. Meditating on the daily Scriptures will provide revelation, insight, and strength to endure.
- ✓ Those with a medical condition related to eating or under the treatment of a physician must consult their doctor. Children will have special needs that must be considered. Under these conditions, find some sacrifice in the area of food that can be made without endangering health. Those who are diabetics or experiencing other medical problems, please consult your physician concerning this fast.

### Our Corporate Prayer Goal:

Stay focused and draw closer to God.  
Matthew 6:33 & Luke 9:23

### Special Note:

As a way to smoothly transition into the Daniel Fast, days 1-3 (January 5, 6, & 7) will consist of a Partial Fast. During these first 3 days, one regular meal (of your choosing) is permitted. Use moderation and don't go overboard with it. Every other aspect of our Consecration is to be observed. Beginners may incorporate a 6 am – 6 pm schedule for Week 1 (January 5-11) as a way to transition into this new spiritual discipline. For all other participants, please adhere to the 24-hour daily schedule.

Additionally, as a way to smoothly transition and reintroduce omitted foods back into your diet at the conclusion of the Fast, days 19-21 (January 24, 25 & 26) will consist of a Partial Fast. One regular meal (with a small portion of meat) is permitted. Go slow as your system needs time to readjust itself to meat again.

Our "New Year's Corporate Prayer" will be held each **Wednesday Night** throughout the Fast. We will seek God regarding several specific areas, led by our Life Group leaders. You may also bring your special requests so others can come into agreement with you as you fast and pray for spiritual breakthrough. **On the last Wednesday (1/22/20), we will have a special guest who will share a Word as we prepare to end the fast.**

### UPPER ROOM CHRISTIAN CATHEDRAL

10654 Wakeman Court  
Manassas, VA 20110

Phone: 703.367.8722 • Fax: 703.365.7753

Visit us on the web at [www.urcc.org](http://www.urcc.org)



# The Room New Year's CONSECRATION 2020

21 Days of Preparation for:  
**CLARITY, DIRECTION & FOCUS**



**21 DAYS OF  
PRAYER & FASTING**

### New Year's Corporate Prayer Schedule

**Wednesdays**

January 8th, 15th, 22nd: 7:30 p.m.

**Foundational Prayer Conference Call**

**Mondays, Wednesdays, Fridays**  
6:00 - 6:12 a.m.

**Conference Dial-in: 1-302-202-1110**

**Conference Code: 389780**

# THE DANIEL FAST

**The Daniel Fast** is recognized as an effective means to receive breakthrough in our spiritual walk. The Daniel Fast requires a spiritual commitment to God. "Daniel purposed in his heart that he would not defile himself" (**Daniel 1:8**). Fasting not only offers spiritual benefits but health benefits as well.

Fasting is a sacrifice that exhibits a desire to follow the Will of God. It is a voluntary step of humility, which demonstrates we are serious about seeking the heart of God and His Way of doing things. In fasting we die to our self-will and refuse to accommodate the desires of the flesh in order to see the Will of God accomplished.

Prayer and fasting can show you things about God you have never seen before. It is our desire as a corporate body to have clearer focus in 2020 so we are in position to experience 1 Corinthians 2:9 in its fullness - "...Eye has not seen, nor ear heard, nor have entered into the heart of man, the things which God has prepared for those who love Him."

**Daniel 9:3 "So I gave my attention to the Lord God to seek [Him by] prayer and supplications, with fasting..."**

Your goal in fasting is to become closer to God by voluntarily denying the demands of your flesh. Determine to increase your prayer life during this time and study the Scriptures with a new level of focus and intensity. Fasting changes you and positions you to receive from God.

2020 is full of new opportunities for you and for this ministry. Enter into this time of prayer and fasting with an expectation to see God do something new in your life; something that will transform your relationship with Him and that will position you for the abundant life He promised!

- Day 1 - Romans 12:1-2
- Day 2 - Matthew 17:20
- Day 3 - Joel 2:12-13
- Day 4 - Psalm 63:1
- Day 5 - 1 Corinthians 6:12-13
- Day 6 - Matthew 17:21
- Day 7 - Colossians 3:18-21
- Day 8 - Ephesians 4:32
- Day 9 - Revelation 12:10-11
- Day 10 - Matthew 3:16-17
- Day 11 - Isaiah 64:1
- Day 12 - 2 Chronicles 7:14
- Day 13 - Genesis 28:12-13
- Day 14 - Isaiah 45:2-3
- Day 15 - Jeremiah 29:7
- Day 16 - 1 Timothy 2:1-2
- Day 17 - Ephesians 6:19-20
- Day 18 - Lamentations 3:22-23
- Day 19 - Ephesians 4:11-13
- Day 20 - Acts 2:1-4
- Day 21 - Psalm 47:1-3

## FASTING GUIDELINES @ A GLANCE

Listed are suggested guidelines that can be used to help direct you during the Fast.

### Permitted

- Water, fruit juices (natural), tea (Green Tea)
- Fruits, vegetables, fresh garden salad, soups, cereals
- Nuts & raisins
- Whole grains and rice

### Omitted (Our sacrifice begins here!)

- White sugar and sugar products (desserts, soft drinks, heavily sweetened food, etc.)
- Bread
- Pork, beef, poultry, dairy products and eggs
- Coffee
- Alcohol, beer

### Water

Drink plenty of water daily throughout the fast. This is very important.

*\*The Daniel Fast is what we have chosen as a corporate body, however, please remember that the fast should be a sacrifice to you. For more insight on this topic, please listen to the message "Biblical Fasting's Purpose & Power" (Dec. 30, 2018) found on The Room's website under the Media tab or our Facebook page.*

### Don't be alarmed if:

You may experience moderate to severe headaches the first day or two as your body rids itself of toxins and other impurities. Try not to give up! There's a blessing at the end of this journey.