

PLEASE REMEMBER

- ✓ 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 encouraging or edifying messages. Stay connected to The Room online and consider finding an accountability partner. Doing so will aid in your strength and encouragement during the fast.
- ✓ 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:

*To seek God
wholeheartedly & find Him.
Jeremiah 29:11-13*

SPECIAL NOTE:

As a way to smoothly transition into the Daniel Fast, days 1-3 (January 9, 10, & 11) 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 6am- 6pm schedule for Week 1 (January 9-15) 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 28, 29 & 30) 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. Our prayer time will take place during our regular scheduled Soul Food Bible Study time at 7:30 pm via Zoom. Please purpose to join us in prayer and feel free to share any prayer requests you would like the intercessors to lift up on your behalf.

**New Year's Corporate Prayer" will
be held each Wednesday Night
throughout the Fast.**

**VISIT THE ROOM'S WEBSITE FOR
FASTING RESOURCES.**

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



THE ROOM'S NEW YEAR CONSECRATION

**21 Days of Prayer & Fasting
JANUARY 9 - 30, 2022**

Virtual Corporate Prayer Schedule
Wednesdays
**January 12th, 19th, 26th @ 7:30 p.m.
via Zoom**

MAKE THE COMMITMENT

Your goal in fasting is to become closer to God by voluntarily denying the demands of your flesh. By participating in this spiritual discipline, we position ourselves to clear our minds so we can focus on God's voice and His purpose for us. Seek to increase your prayer life during this time and study the Scriptures with a new level of focus and intensity.

The last two years have represented something we have never witnessed in our lifetime. During these three weeks, dedicate yourself to:

- Praying for God's will to be done
- Preparing your heart to receive wisdom and instruction from the Lord
- Building a daily discipline of seeking after God and His will
- Removing any hindrances/distraction from your heart and mind
- Renewing and refreshing your relationship with Him so you are positioned for the abundant life He promised!

DAILY SCRIPTURES

- Day 1 - 1 Chronicles 16:10-11
- Day 2 - Ephesians 2:10
- Day 3 - Philippians 3:12-14
- Day 4 - Psalm 25:1-10
- Day 5 - Jeremiah 29:11-13
- Day 6 - Romans 12:1-2
- Day 7 - 1 Corinthians 3:10-16
- Day 8 - Matthew 6:33
- Day 9 - Hebrews 11:6
- Day 10 - 2 Chronicles 7:14
- Day 11 - Matthew 5:6
- Day 12 - Colossians 3:15-17
- Day 13 - Joel 2:12-13
- Day 14 - Psalm 27:7-8
- Day 15 - Revelation 12:10-11
- Day 16 - Lamentations 3:22-23
- Day 17 - Ephesians 4:11-13
- Day 18 - 1 Timothy 2:1-2
- Day 19 - Ephesians 6:19-20
- Day 20 - Titus 2:11-14
- Day 21 - Jeremiah 29:7



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

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.

In 2022, our pursuit remains the same as a corporate body; to experience Matthew 5:6 - "Blessed are those that hunger and thirst for righteousness, for they will be filled." Our press is still pressing and seeking God with all our heart remains our objective.

PRESS IN!

FASTING GUIDELINES AT 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

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: Purpose & Power" (January 2, 2019) found on The Room's website under the Watch & Listen tab.*



DON'T BE ALARMED

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.