

PLEASE REMEMBER

- ✓ The Daniel Fast is a fast from ALL meats such as beef, chicken, pork, veal, lamb, etc. Beans are an excellent source of protein!
- ✓ Sugar-Free mints and sugarless gum help your breath stay fresh.
- ✓ NO leisure TV over the 21 days with the exception of Christian broadcasting, teaching videos and the news (but not in excess). Use this time to read the WORD and listen to worship music or encouraging or edifying messages.
- ✓ Try to limit time on social media and electronic devices that may cause distractions. Stay connected to The Room 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 help you keep your attitude in check. You may be tempted in different areas, but remember to read the Scripture(s) listed below in addition to your regular Bible reading. Meditating on the daily Scriptures will provide revelation, insight, and strength to endure temptation.
- ✓ 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 fasting.

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 8, 9, & 10) 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 8-14) 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 27, 28 & 29) 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 & Worship" 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. 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.

**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
Visit us on the web at www.urcc.org



THE ROOM'S NEW YEAR CONSECRATION 21 Days of Prayer & Fasting JANUARY 8 - 29, 2023

Virtual Corporate Prayer Schedule
Wednesdays
January 11th, 18th, 25th @ 7:30 p.m.

MAKE THE COMMITMENT

As always, the goal in fasting is to become closer to God by voluntarily denying the demands of our 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. An increased prayer life and deeper study of the Scriptures can bring a new level of focus and intensity.

As we entered the new year, Pastor J said in 2023, if anything appears that doesn't line up with the promises of God, we can articulate "That ain't what I saw." During these three weeks, dedicate yourself to:

- 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/distractions 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 - 2 Chronicles 7:14
- Day 2 - John 6:35
- Day 3 - Ephesians 6:19-20
- Day 4 - Luke 5:33-35
- Day 5 - Galatians 5:16
- Day 6 - Zechariah 7:4-5
- Day 7 - 1 Corinthians 3:10-16
- Day 8 - Titus 2:11-14
- Day 9 - Daniel 9:2-5
- Day 10 - Mark 9:25-29
- Day 11 - Jonah 3:5-9
- Day 12 - Matthew 6:33
- Day 13 - Romans 12:1-2
- Day 14 - Psalm 35:13-14
- Day 15 - Ephesians 4:11-13
- Day 16 - Lamentations 3:22-23
- Day 17 - Revelation 12:10-11
- Day 18 - 1 Timothy 2:1-2
- Day 19 - Isaiah 58:3-7
- Day 20 - Matthew 5:6
- Day 21 - Ezra 8:23



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.

Matthew 5:6 says, "Blessed are those that hunger and thirst for righteousness, for they will be filled." Please take every aspect of the consecration seriously. Pressing and seeking God with all our heart remains our objective and we want to do this in sync as one Body.

YOU'VE GOT THIS!

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.