

Prayer and fasting

3 - 23 January 2021

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C3 IMAGINE

For most of us, the new year is a time to start fresh and refocus on our goals, dreams and vision for our lives. Similarly, as a church we like to start off the year with a time of prayer and fasting to recalibrate and to refocus our attention on what God is doing in our church and community. January 4th marks the beginning of our 21-day fast. We want to start our year the same way we intend to go on: with a strong expectation that God will bring an exponential increase of hope to the streets on which we live.

What is fasting?

Biblical fasting is temporarily abstaining from food for spiritual purposes. It helps us grow in intimacy with God and align ourselves with God's plan and purpose. The Bible mentions many who fasted at certain moments in their lives, such as Moses, Daniel, Paul and Jesus Himself. Fasting is incredibly powerful and can bring change to seemingly impossible situations. On one occasion, the disciples came to Jesus with a challenging situation and He told them that particular situation could be changed "by nothing but prayer and fasting" (Mark 9:29 NKJV).

Maybe you have never fasted before and the thought of re- fraining from eating seems overwhelming to you. Don't worry! This guide is here to help you. Doing it together as a church will hopefully make it a little easier and more meaningful, too.

Daniel fasting

We recommend doing a Daniel Fast, which is a partial fast consisting only of fruits, vegetables, whole grains, legumes, seeds and nuts. It excludes meats, dairy, sweeteners, processed foods and beverages.

The Daniel Fast is based on the way the prophet Daniel fasted on two occasions recorded in the Bible (Daniel 1 & 10). For most people, it is a very doable fast while at the same time providing enough physical and spiritual challenge when done right. A list of approved foods and drinks is included in the back of this guide.

You may join us for three days, 10 days or the full 21 days or anything in between. Of course, you are free to choose other types of fasting as



well. For example, you could skip a meal each day or do a three-day water-only fast. If you are pregnant, have health issues or perform heavy manual labor, we strongly advise you to consult with a doctor before fasting and suggest a non-food fast instead.

Daniel saw God move in supernatural ways in his life, had an- gels moving on his behalf and attracted the favor of God by devoting himself to God through fasting. He saw an entire nation influenced for the kingdom of God! We believe that as we devote the start of 2021 to fasting like Daniel did, we will also see God bring change to our cities.

So, as you fast, make sure you set time aside each day to seek God and pray with us for hope to fill our streets.

We are looking forward to this season with you!

shopping list

- *All fruits*
- *All vegetables*
- *All whole grains*
- *All quality oils*
- *All nuts and seeds*
- *All legumes*
- *Beverages: water, fresh juices (no sweeteners added), and unsweetened almond milk*
- *Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.*

Zoom prayer meeting

4 January - 8 January
07.30 - 08.00 PM

11 January - 15 January
12.00 - 12.30 PM

18 January - 22 January
07.30 - 8.00 AM