



40 DAYS

PRAYER & FASTING



“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”

Matthew 6:16-18 KJV



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FASTING GUIDE & SPIRITUAL READINGS

Foods To Include In Your Diet During

The Daniel Fast

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water.

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavourings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods.

RENEWAL OF OUR PURPOSE: “EXPECTING GOD’S MOVEMENT”

Most of us initiate our prayers with **OUR** goals in mind. What do **WE** want out of this? When we start off in such a way, we have already blocked out possibly 90% of what God has to say to us or give us. Because we only want to hear and receive what **WE** want, we limit the blessings far beyond our imaginations because we refuse to let God reign over our vessels, which we claim to be part of His Kingdom. The message from God that appears the smallest to you, may indeed become much bigger than you can presently understand.

The Most Important Tool In Prayer Is Listening For God’s Directions For Our Lives!

God has unique relationships with all of us and therefore our prayer lives are unique as well. Some of us put unnecessary pressures on ourselves to pray like someone we have heard, when the most important thing that God wants from us, is for us to Seek His Face (Psalm 27:8), to look for Him, the All Knowing for guidance, to love on Him, and continuously build a relationship with Him (John 15:14-15). A relationship with God is similar in one way to relationships with others, the more we communicate the stronger the relationship becomes; the communication is in fact our relationship. Prayer is our relationship with God.

No prayer = No relationship with God More prayer = BIGGER relationship with God

A humble heart and a mind open to Jesus is what He expects, and the Holy Spirit will do the rest (Romans 8:26,27).

Why Should We Pray?

We pray . . .

- because we love God
- to worship God for who He is
- to say thanks to our Father
- to God to offer praise to Him
- to confess our sins and make petition
- to intercede for others
- to pray against the enemies of God
- to listen to God and resist temptation
- because God directs us to pray

Why Should I Fast?

Prayer and Fasting combined can bring about a transformational revival in you, the nation, the world - it can be a very powerful tool in seeking God. The ultimate purpose of the fast is not you and what you seek, but God. Fasting is a true way to sacrifice for God and humble oneself to Him (Psalm :13; Ezra 8:21). Fasting is an act of worship and honoring.

What Is A Fast?

A fast is a period of abstaining from something; denying self from a desire. There are multiple types of fasts, which we will address.

How Should We Prepare for a Fast?

Spiritual Preparation

- Pray before you fast. Ensure that you communicate with God and seek His guidance regarding your fast.
- Ask God to help you to examine your heart, detect and repent any unconfessed sins.

Physical Preparation

- Consult a doctor before fasting, in order to ensure that all of your vitals are stable.
- If you have severe medical maladies, you should definitely have professional supervision while fasting.
- Decrease the amount of food that you eat a couple of days prior to the fast starting in order to prepare your mind, stomach, and appetite for less food.

Types of Fasts

The best way to choose the appropriate fast is to follow the lead of the Holy Spirit. Pray purposefully in identifying God’s purpose and direction in your fast. His direction is the only thing that will make the fast meaningful and significant.

Lent Fast – give up any food items (ex. Bread, sweets, fried foods, snack foods, etc.) for the 40 days of Lent.

Partial Fast – abstain from food for a set time; eat a simple meal of bread & water; sacrifice a certain food.

Daniel Fast - abstains from delicacies, meats, and wines and focuses on fresh foods such as fruits and vegetables

No Food Fast - abstains from all food, including milk (protein) and only drinks liquids and water

Water Only Fast - abstains from everything except water

Absolute/Supernatural Fast - This fast involves abstaining from any food or liquids, including water (the fast of Moses and Jesus)

It is important to focus on God, rather than food. The spiritual focus and growth will replace the normal presence of food during the fast.

It is my prayer that the Lord’s unconditional love and blessings be poured out on you as you take this exciting step of faith.

Pastor Sykes

Daily Readings

February 26 - Prayer for Submission to God

Read Romans 12:1–2; Luke 9:23 – offer your life to Christ.

February 27 - Prayer of Adoration and Thanksgiving

Read Revelation 15:3-4 – spend time in worship praising God.

February 28 - Prayer for Examination

Read Psalm 139:23-24 – ask the Spirit to search your heart and reveal any areas of sin that need to be confessed. Acknowledge these to the Lord and thank Him for His forgiveness.

February 29 - Prayer for Your Identity in Christ

Read Galatians 2:20; Romans 5:8; 1 Corinthians 15:3; Colossian 2:11; 1 Peter 2:24; Philippians 1:20-21; 2 Corinthians 2:14

March 1 - Prayer for Filling of the Spirit

Read Ephesians 5:18; Galatians 5:16; Galatians 5:25 - ask the Spirit to control and fill you for this day.

March 2 - Prayer on Fruit of the Spirit

Read Galatians 5:22-23; 1 Corinthians 13:4-7; - pray on the Fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

March 3 - Prayer for Spiritual Healing

Read Isaiah 58:6 – pray for God’s power to overcome hurts, habits, etc. in your life.

March 4 - Prayer for the Goodness of God

Read Psalm 34:8 – Thank God for being your refuge and strength in times of trouble. Pause to give God praise for as many acts of mercy as you can remember.

March 5 - Prayer for Humility

Read Ezra 8:21 – pray for your humility before God and your reliance in His strength and power.

March 6 - Prayer for the Coming of Christ and Your Future with Him

Your kingdom come, Your will be done. (Matthew 6:10)

Read Revelation 22:20; Romans 8:18; 2 Corinthians 4:16–18; Philippians 3:20

March 7 - Prayer for Renewal

Read Deuteronomy 10:12; Matthew 5:6; Philippians 3:12-14 – pray for personal renewal.

March 8 - Pray Against Spiritual Warfare

Read Philippians 4:6-9 and Ephesians 6:13-18 – pray for discernment, courage and boldness to be a witness, and to stand strong in the spiritual fight.

March 9 - Prayer for Growth in Christ

Read Psalm 61:2-4 – pray for a greater desire to know Christ; grace to practice His presence; grace to glorify Him in your life.

March 10 - Prayer for Growth in Wisdom

Read James 1:13-15 – pray for developing an eternal perspective; to renew your mind with truth; greater skill in each area of life.

March 11 - Prayer for Family

Read 1 Samuel 12:23 – pray for your immediate family; your relatives; spiritual concerns; emotional and physical concerns.

March 12 - Prayer for Churches and Ministries

Read Ephesians 4:4-6 – pray for SJBC; other churches; evangelism and discipleship ministries; educational ministries.

March 13 - Prayer for God’s Freshness in Your Life

Read Isaiah 65:17–21; Psalm 30:1-13;

March 14 - Prayer for Thanksgiving for Recovery From Illness

Read Amos 5:14; John 4:43-54

March 15 - Prayer for Worship in the Splendor of Holiness

Read Psalm 96:1-10; Matthew 9:-38

March 16 - Prayer for A Clean Heart

Read Ezekiel 47:1-12; Psalm 51:12-14; John 5:1-16

March 17 - Prayer for God's Being with Us

Read Isaiah 7:10-14; Hebrews 10:4-10

March 18 - Prayer for God's Saving Power

Read Isaiah 50:4-7; Psalm 22:8-24; Mark 15:1-39

March 19 - Prayer that the Lord Hears When You Call to Him

Read Psalm 34:17-21, 23; John 7:1-30

March 20 - Prayer that the Lord Reveals Evil Plans and Plots

Read Jeremiah 11:18-20; John 7:40-53

March 21 - Prayer for a New Covenant with the Lord

Read Jeremiah 31:31-34; John 12:20-33

March 22 - Prayer for Forgiveness and not to be Judgmental

Read Daniel 13:1-62; John 8:1-11

March 23 - Prayer for God's Listening Ear

Read Numbers 21:4-9; Psalm 102:2-21; John 8:21-30

March 24 - Prayer for God's Assurance

Read Daniel 3:14-95; Amos 5:14; John 4:43-54

March 25 - Prayer for the Lord's Strength and Presence

Read Genesis 17:3-9; Psalm 105:4-9; John 8:51-59

March 26 - Prayer for God's Renewing

Read Ezekiel 37:21-28; Jeremiah 31:10-13; John 11:45-56

March 27 - Prayer for Gaining Faith

Read Philippians 3:8-14; Luke 12:32-34

March 28 - Prayer for God's Continued Covering

Read Jeremiah 20:10-13; Psalm 18:2-7; John 10:31-42

March 29 - Prayer for God's Plan for Your Life

Read Ezekiel 37:21-28; John 11:45-56

March 30 - Prayer for Abiding Faith in God

Read 2 Corinthians 4:1-7; John 15:5; Luke 6:43-45

March 31 - vPrayer for God's Saving Power

Read Isaiah 50:4-7; Psalm 22:8-24; Mark 15:1-39

April 1 - Prayer for Submission to God

Read Romans 12:1-2; Luke 9:23 – offer your life to Christ

April 2- Prayer for the Goodness of God

Read Psalm 34:8 – thank God for being your refuge and strength in times of trouble. Pause to give God praise for as many acts of mercy as you can remember.

April 3 - Prayer for Worship in the Splendor of Holiness

Read Psalm 96:1-10; Matthew 9:-38

April 4 - Prayer for Family

Read 1 Samuel 12:23 – pray for your immediate family; your relatives; spiritual concerns; emotional and physical concerns.

April 5 - Prayer for God's Being with Us

Read Exodus 32:7-14; John 5:31-47