

ELIZABETH BAPTIST CHURCH  
PASTOR CRAIG L. OLIVER, SR.

*Prayer  
& Fasting*

30 DAY PRAYER & FASTING SCHEDULE

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# 30 DAYS OF PRAYER AND FASTING SCHEDULE

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

## Why Should I Fast?

Fasting and Prayer 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 35:13; 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.

**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 EBC's Prayer that the Lord's most wonderful love and blessings will be poured out on you as you take this exciting step of faith.*

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## The Model Prayer

*"Our Father Who art in heaven, hallowed be Your name"*

—The prayer principles of *adoration* (praise for who God is) and *thanksgiving* (praise for what He has done).

*"Your kingdom come; Your will be done on earth as it is in heaven"*

—The principle of *affirmation*, that is, agreeing with God's will and submitting to it.

*"Give us this day our daily bread"*

—The principle of supplication, in which we make requests both for ourselves (*petition*) and for others (*intercession*).

*"And forgive us our debts as we also have forgiven our debtors"*

—The principle of *confession* in view of our need for forgiveness of sins.

*"And lead us not into temptation, but deliver us from the evil one"*

—The necessity of *renewal* as we face the temptations of the world, the flesh, and the devil.

*"For Yours is the kingdom and the power and the glory forever"*

—A *closing prayer* that honors the Lord and completes our thoughts.

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## Pray daily for Pastor Oliver and Family.

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DAY 1

*Omit 1 meal today*

**Prayer for Submission to God** – Read Romans 12:1–2; Luke 9:23 – offer your life to Christ.

DAY 2

*Omit 1 meal today*

**Prayer of Adoration & Thanksgiving** – Read Revelation 15:3–4 – spend time worshipping and praising God.

DAY 3

*Omit 1 meal today*

**Prayer for Examination** – Read Psalm 139:23–24 – Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness.

DAY 4

*Omit 1 meal today*

**Prayer for Your Identity in Christ** – Read Galatians 2:20; Romans 5:8; 1 Corinthians 15:3; Colossians 2:11; 1 Peter 2:24; Philippians 1:20–21; 2 Corinthians 2:14

DAY 5

*Fast from 6:00 a.m. – 6:00 p.m.*

**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.

DAY 6

*Omit 1 meal today*

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

DAY 7

*Omit 1 meal today*

**Prayer for the Purpose of My Life** – Read Matthew 22:37, 39; Matthew 6:33; Matthew 4:19; Matthew 28:19–20; Acts 1:8; John 15:8 – pray for guidance and direction.

DAY 8

*Omit 1 meal today*

**Prayer for the Circumstances of the Day** – Read Proverbs 3:5–6; Romans 8:28 & 29 – commit the events of this day into the hands of God.

DAY 9

*Omit 1 meal today*

**Prayer for Protection in Warfare** – Read Romans 6:6–7, 11, 13 – pray for protection and spiritual warfare.

DAY 10

*Omit 1 meal today*

**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

DAY 11

*Fast from 6:00 a.m. – 6:00 p.m.*

**Prayer for Renewal** – Read Deuteronomy 10:12; Philippians 3:12–14 – pray for personal renewal.

DAY 12

*Fast from 6:00 a.m. – 6:00 p.m.*

**Pray Against Spiritual Warfare** – Read Philippians 4:6–9 & Ephesians 6:13–18 – pray against the world; pray against the flesh; pray against the Devil.

DAY 13

*Fast from 6:00 a.m. – 6:00 p.m.*

**Prayer for Growth in Christ** – Read Psalm 61:2–4 – pray for a greater desire to know and please Him; greater love and commitment to Him; grace to practice His presence; grace to glorify Him in your life.

DAY 14

*Omit 1 meal today*

**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.

DAY 15

*Omit 1 meal today*

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

DAY 16

*Omit 1 meal today*

**Prayer for Churches & Ministries** – Read Ephesians 4:4–6 – pray for EBC; other churches; evangelism and discipleship ministries; educational ministries.

DAY 17

*Omit 1 meal today*

**Prayer for Believers** – Read 2 Corinthians 6:4–10 – pray for personal friends; those in ministry; those who are oppressed and in need.

DAY 18

*Fast from 6:00 a.m. – 6:00 p.m.*

**Prayer for Relationship with Others** – Read 1 Corinthians 16:14 – pray for greater love and compassion for others; loved ones; those who do not know Christ; those in need.

DAY 19

*Water & 100% Juice only –Midnight-Midnight*

**Faithfulness as a Steward** - May I be a person who fears God, loves truth, and hates dishonest gain. (Exodus 18:21) – pray for your time, talents, treasure, truth, relationships.

DAY 20

*Daniel Fast – no meat, dessert, or strong drink*

**Prayer for Evangelism** – Read Ephesians 6:19 – pray for friends, relatives, neighbors, coworkers, special opportunities.

DAY 21

*Daniel Fast – no meat, dessert, or strong drink*

**Prayer for Missions** – Read Acts 17:30-31 – pray for local missions, national missions, global mission, the fulfillment of the Great Commission.

DAY 22

*Daniel Fast – no meat, dessert, or strong drink*

**Prayer for World Affairs** – read Psalms 85:4-7 – pray for the poor and hungry; the oppressed and persecuted; those in authority; peace among nations; current events and concerns.

DAY 23

*Daniel Fast – no meat, dessert, or strong drink*

**Prayer for Family & Ministry** – Read Colossians 3:22-24 – pray for family, ministry, sharing Christ with others, helping others grow in Him, career.

DAY 24

*Daniel Fast – no meat, dessert, or strong drink*

**Prayer for Government** – Read Proverbs 14:34 – pray for a spiritual revival in our local, state and national government. Pray for President Obama and his cabinet members and their relationship with Christ.

DAY 25

*Daniel Fast – no meat, dessert, or strong drink*

**Prayer for Spiritual Insight** – Read Psalm 25:3-5; pray for understanding and insight into the Word; understanding your identity in Christ; who you are; where you came from; where you am going; understanding God's purpose for your life

DAY 26

*Daniel Fast – no meat, dessert, or strong drink*

**Prayer of Adoration** – Read 1 Chronicles 29:10-13 – Express your thoughts of praise and worship.

DAY 27

*Daniel Fast – no meat, dessert, or strong drink*

**Prayers of Affirmation** – Read John 4:23-24; 1 John 3:24 – Reflect on these biblical affirmations.

DAY 28

*Daniel Fast – no meat, dessert, or strong drink*

**Prayer of Thanksgiving** – Read Psalm 34:6-7 & 40:1-3 – Offer your expressions of thanksgiving to God.

DAY 29

*Daniel Fast – no meat, dessert, or strong drink*

**Prayer of Praise** – Read Psalm 34:1-3 – Offer your expressions of praise to God.

DAY 30

*Omit one meal*

**Closing Prayer** – Read Psalm 73:25-28 – Offer praise to God for the spiritual revival in your life and the life of EBC.

## 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 flavorings, 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.