

# 21 Day Activate

## FASTING AND PRAYER GUIDE

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## Salvation

It is For You! It is no accident that you have opened this 21 Day Guide to Fasting and Prayer. It is our prayer that the words, meal plans, and scriptures speak volumes to your heart and encourages your spirit. We want you to know that if you have not accepted Jesus into your heart, or it has been a long time since you talked with Him, know this - He is longing for you today. Right now, wherever you are, you can be in fellowship with the Lord and creator of your life. Read over the words below and let them sink into your soul, read them aloud, and walk boldly in your beautiful relationship with the one who hung the stars, yet thought the world needed one of you too.

## Dear God,

I believe in your son, Jesus. I know that you sent Him to the Earth to live a sinless life to be the spotless sacrificial lamb so that I could come to you today. I come to you having sinned and fallen short, but I ask for your forgiveness and I thank you for covering me with the blood of Jesus. I understand that as I ask for forgiveness I will turn from old habits that lead me to roads that are not in your blueprint for my life. I ask that you would come into my life and guide my every decision. Show me what you would have me to do, speak to me in a real way, and let your love overflow within my life. I will proudly proclaim your truth and look to you for the answers to the many questions I may have. I acknowledge that you are the all mighty God, creator of the universe and creator of me. In the precious name of Jesus, I pray.

*Amen*

From the bottom of our hearts, we want you to know that we love you and are praying for you as you embark on your 21 Day Fast and Prayer. We believe that there is power in fasting and prayer especially when we come together as one community. We are excited to stay connected with you and encourage you in your walk with Christ and await what the Lord wants to do for you during the next 21 days.

*"I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in His holy people, and His incomparably great power for us who believe." - Ephesians 1:17-19 AMP*

In Love and Faith,

*Brooke & Daron*

## WHAT IS FASTING?

In its most basic definition, fasting is voluntarily going without food and certain drinks for a certain period of time for spiritual purposes. You can also choose to fast any activity that is enjoyable to you for a certain period of time for spiritual purposes. Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things in our life.

## REASONS WHY YOU FAST

**Direction:** Fasting and Prayer will give you direction when in confusion, will help direct your steps, plans, and heart to the purposes and plans that God has for your life.

*“So Cornelius said, “Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and behold, a man stood before me in bright clothing, and said, ‘Cornelius, your prayer has been heard, and your alms are remembered in the sight of God.’”*

Acts 10:30-31 NKJV

### **Opening Up Your Ears Spiritually to Hear the Father Speak Clearly through His Word**

*“He who has an ear, let him hear what the Spirit says to the churches.”* Revelation 2:29 NKJV

**Answered Prayer:** Fasting and Prayer will bring answers to your prayers and breakthroughs in your life.

*“So we fasted and entreated our God for this, and He answered our prayer.”* Ezra 8:23 NKJV

**Overcome Temptation:** Fasting and prayer can help break habits, addictions, wrong thoughts, and mindsets that the enemy will try and bring against us or hold us captive to in the natural. Matthew 4:1-4 records the only example of Jesus fasting, just prior to His being tempted in the wilderness. He faced temptation with these words,

*“Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And when He had fasted forty days and forty nights, afterward He was hungry.” Jesus responded saying that “Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.” Jesus is quoting Deuteronomy 8:3-5 which talks about the 40 years Israel spent in the wilderness, depending daily on manna to sustain them.* Matthew 4:1-2 NKJV

**Build Your Faith:** Fasting and prayer will increase and raise your level of Faith and lower the doubt and fear in your Life.

*“So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting.”* Matthew 17:20–21 NKJV

**Make Wise Decisions:** Fasting helps you make wise decisions in all areas of your life including helping you determine the types of relationships that you should be connected to.

*“Paul and Barnabas also appointed elders in every church. With prayer and fasting, they turned the elders over to the care of the Lord, in whom they had put their trust.”*  
Acts of the Apostles 14:23 NLT

**Victory in Spiritual Warfare:** Fasting and Prayer is a spiritual weapon meant to weaken our flesh and strengthen our spirit.

*“Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.”* Ephesians 6:11–12 NKJV

**Realignment with Your Abilities Verses GOD’S Abilities:** Fasting and Prayer re-focuses our attention on Christ and helps us realize and know that He knows how to handle all the burdens, worries, and stresses we might carry and encourages us to let these go and cast these burdens on Him and Trust God.

*“So it was, when I heard these words, that I sat down and wept, and mourned for many days; I was fasting and praying before the God of heaven.”* Nehemiah 1:4 NKJV

**Total Spiritual Breakthrough:** Fasting and Prayer produces Spiritual Breakthrough in your LIFE and accelerates answers to your prayers.

*“Then he said to me, “Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. But the prince of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes, came to help me, for I had been left alone there with the kings of Persia.”* Daniel 10:12–13 NKJV

## TYPES OF FASTS

Biblical fasting almost always concerns food with the purpose to humble ourselves and focus our attention on God. This takes discipline, time, and focus with prayer. Please do not expect to be an “expert” at fasting right away and realize that God does not require or ask us to be perfect in Fasting or strive for perfection in this discipline. Let everything that you do be for His glory and God will honor your efforts and actions that you put forth during this 21 Day Fast. Fasting is a discipline that can take a very long time to understand well.

### **Complete Fast**

Liquids consisting of water and/or light juices

May consider adding broths and soups

### **Selective Fast**

Eliminating certain foods from your normal diet

Example: The Daniel Fast - eliminating meats, sweets, sugar, processed foods, white bread, caffeine, alcohol, and carbonated beverages. Choose to eat fruits, vegetables, nuts, and whole grains.

### **Interval Fast**

Fasting during specific times of the day

Example: Abstaining from food in the morning or after a certain time in the afternoon

### **Lifestyle Fast**

Fasting things that are important to you that are not food (a good option for individuals that have health restrictions or are unable to fast food)

Examples: Social media, watching television, video games, shopping, etc.

## FASTING PREPARATION

Fasting is not a sudden or spur-of-the-moment thing. It is planned. We encourage you to prepare in advance for your time of Fasting and Prayer. Begin now to pray and ask for God's wisdom about the type of Fast that you should do and make plans for when you will begin the time of Fasting and Prayer.

**Prepare Emotionally:** Make sure to prepare your heart by asking God to forgive you of any hidden sins and open your heart to repentance as sin can hinder your prayers. Remember that God is your Father and He loves you and is for you. Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness. (1 John 1:9) Seek forgiveness from all whom you have offended, and forgive all who have hurt you. (Mark 11:25; Luke 11:4; 17:3,4) Surrender your life fully to Jesus Christ. (Romans 12:1, 2) Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others. (Psalm 48:9,10; 103:1-8, 11-13)

**Prepare Physically:** Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medications or have health issues. Never go on a Fast without professional supervision. Do not rush or just start your Fast on a certain day. Prepare your body beforehand by eating smaller meals before starting a Fast. Avoid high fat and sugary foods the days leading up to your Fast. Eating raw fruit and vegetables a few days prior to your Fast is helpful for your preparation.

**Prepare Spiritually:** Surrender your life fully to Jesus Christ. (Romans 12:1, 2) Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others. (Psalm 48:9,10; 103:1-8, 11-13) Begin your time of fasting and prayer with an expectant heart. (Hebrews 11:6) Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit. (Galatians 5:16,17) Finally, and of deep importance, Jesus instructs us in Matthew to not let others know about your fasting. Fasting is meant to be done in Secret, but GOD will always Reward you Publicly for HIS GLORY. Understanding you never Fast to get attention from people, only From GOD.

*"But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly."* Matthew 6:17-18 NKJV

## SAMPLE MENUS

### **Complete Fast - Liquids Only**

**Breakfast:** Herbal Tea or Green Tea

Multivitamin and Probiotic

**Snack 1:** Fruit smoothie with protein powder

**Lunch:** Raw juiced vegetables

**Snack 2:** Fresh fruit juice or soup broth

**Dinner:** Vegetable juice or vegetable broth soup

### **Selective Fast - Fruits, Vegetables, and Liquids Only**

**Breakfast:** Fresh fruit with herbal tea or green tea

Multivitamin and Probiotic

**Snack 1:** Fruit smoothie with protein powder

**Lunch:** Green salad with olive oil vinegar dressing and vegetable broth soup

**Snack 2:** Fresh vegetables and or fresh fruit

**Dinner:** Steamed grilled vegetables and green salad with light dressing

### **Selective Fast - Daniel Fast**

**Breakfast:** Fresh fruit with 1-2 servings whole grains

Multivitamin and Probiotic

**Snack 1:** Fruit smoothie with protein powder

**Lunch:** Green salad with legumes and light dressing, 1 serving whole grain or 1 fruit serving

**Snack 2:** Fresh fruit juice with raw vegetables

**Dinner:** Steamed vegetables, green salad with legumes and light dressing, and 1 serving whole grain

### **Sample Snack and Meal Options for Daniel Fast:**

Celery with peanut butter

Fresh fruit smoothie with protein

Roasted chickpeas

Whole wheat tortilla and veggies

Whole wheat rice cake with peanut butter

Fresh fruit serving and 2 TBSP mixed nuts

Whole wheat pasta with vegetables

Brown rice with vegetables

Green salads with veggies, legumes, nuts, and light dressing

Soups, broths, and juices

Apples and peanut butter

Mixed berries

Assorted sliced melon

Bananas and peanut butter

Oatmeal with fresh fruit

Sweet potato with pecans

Roasted root veggies

## THE DANIEL FAST BASICS

### Foods to Include

- All vegetables: These can be fresh, frozen, dried, juiced, or canned. Vegetables include but not limited to broccoli, asparagus, cucumbers, collard greens, corn, eggplant, garlic, ginger, brussels sprouts, carrots, cauliflower, celery, chili peppers, peppers, beets, artichokes, sweet potatoes, potatoes, kale, lettuce, turnips, yams, zucchini, watercress, scallions, onions, spinach, sprouts, root vegetables, leeks, mushrooms, mustard greens, okra, parsley, radishes, rutabagas, and tomatoes.
- All fruits: These can be fresh, frozen, dried, juiced, or canned (be sure to look for items packaged in 100% juice and not in syrup). Fruits include but not limited to bananas, blackberries, blueberries, strawberries, raspberries, apples, oranges, lemons, limes, peaches, pears, nectarines, pineapples, plums, prunes, raisins, kiwis, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, mangoes, papayas, watermelon, and passion fruit.
- All legumes: These can be dried or canned. Examples include pinto beans, white beans, navy beans, dried beans, lentils, black eyed peas, cannellini beans, chickpeas, and black beans.
- All whole grains: Including but not limited to brown rice, quinoa, whole wheat pasta, barley, grits, whole wheat tortillas, whole wheat rice cakes, millet, and oats.
- All nuts and seeds: Including but not limited to cashews, peanuts, pecans, pistachios, almonds, sunflower seeds, macadamia nuts, peanuts and nut butters including peanut butter, cashew butter, and almond butter.
- Oils: Including but not limited to EVOO (Extra Virgin Olive Oil), canola, grape seed, sesame, and peanut.
- Beverages: Water, distilled water, or other pure waters.
- Miscellaneous: Seasonings, salt, herbs, and spices.

### Foods to Avoid

- All meat and animal products: Beef, lamb, pork, poultry, and fish
- All dairy products: Milk, cheese, cream, eggs, and butter
- All leaved bread: All baked goods and breads including Ezekiel bread
- All processed and refined foods: Foods containing chemicals, artificial flavorings, food additives, artificial preservatives, white rice, white flour, sugar, all junk food (chips, cookies, candy, cakes, etc.)
- All fried foods: French fries and chips, etc.
- All solid fats: Margarine, shortening, and foods that are high in fat
- Beverages: Coffee, tea, herbal tea, carbonated beverages, alcohol, energy drinks, sugary soft drinks, and milk based beverages

## TIPS & SUGGESTIONS

Water is your BFF. Drink at least a half gallon of water a day to stay hydrated and healthy. Staying hydrated flushes toxins, boosts your immune system, keeps you feeling full, promotes weight loss, aids digestion, increases energy, relieves fatigue, and prevents muscle cramps and sprains. Grab a fun, new water bottle you'll want to show off, and take it everywhere you go!

Plan ahead when dining out. Look up the menu in advance and look for options that will allow you to maintain your fast while dining out. Ask the chef or waiter if they can prepare your food to accommodate your fasting restrictions.

Pack and plan ahead for meals. Choose one day each week (Sundays and Mondays work well) and meal prep your food and meals in advance. Plan out and pre-portion your snacks and lunches to make for easy packing on weekdays. Set aside 30-45 minutes to clean, chop, and store fresh fruits and vegetables. Make 2-3 snacks/meals in advance such as roasted chickpeas, soups and purees, and whole wheat pasta to have on hand for the week as quick options.

Meal prep for your family in advance. Plan out the meals that your family will be eating for dinner while you are fasting and make these ahead of time. Select easy options that do not require you to have to spend a lot of time cooking in the kitchen. Great options would be make ahead casseroles, slow cooker recipes, and instant pot meals. If you are looking for easy options make sure to visit [brookeanddaron.com](http://brookeanddaron.com), and check out some of my favorite recipes.

Focus on His Word and make note cards of your favorite scripture verses to keep with you and memorize while on your 21 Day Fast. When you start to feel hungry, anxious, or bothered, pull out your scripture cards and start speaking His Word to redirect your focus and remind yourself of why you are giving this time to your heavenly Father.

Start Journaling. This is my favorite! Pick up a brightly colored journal or one that has your favorite quote or scripture on it and keep it beside your bed or close to where you pray each day. Spend 5-10 minutes writing down important words, thoughts, and ideas that come to mind while on your 21 Day Fast. Write down and ask the Lord specific questions that you take to Him in prayer. Journal your big dreams and ideas and make a decision to give these to the Lord and ask for His help, His plan, and His direction.

Wake up 10–15 minutes early each morning and spend quiet time alone and in prayer. Read your Bible, listen to a teaching message, or turn on worship music and spend quality time with your Father.

Go easy on the workouts. During this 21 Day Fast, you will not be taking in as many calories as you are normally used to and your energy levels may be lower. Be mindful of engaging in high impact cardio workouts such as aerobic classes, long distance running, crossfit classes, or long strength training sessions. Instead opt for lower impact workout options such as walking, jogging, stretching, and strength training sessions with lower weights and intensity. Add in additional protein shakes and snacks as needed depending on your workout schedule during your 21 Day Fast.

Vitamins and Supplements. Make sure to take a daily multivitamin everyday while on your Fast as your body will need the nutrients.

## POWER SCRIPTURES FOR YOUR 21 DAY FAST

### **Romans 8:28**

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

### **Isaiah 40:30-31**

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

### **Romans 8:38-39**

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

### **Matthew 11:28-30**

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

### **Psalms 27:1**

The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?

### **Jeremiah 29:11**

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

### **Hebrews 13:8**

Jesus Christ is the same yesterday and today and forever.

### **2 Peter 3:9**

The Lord is not slow in keeping His promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance.

**2 Corinthians 4:18**

So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

**Psalm 37:4,5**

Delight yourself in the Lord and he will give you the desires of your heart. Commit your way to the Lord, trust in him and he will do this.

**Proverbs 3:5,6**

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

**Philippians 4:13**

I can do all things through Christ who strengthens me.

**Galatians 2:20**

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

**Colossians 3:23**

Whatever you do, work at it with all your heart, as working for the Lord, not for men.

**1 Corinthians 15:58**

Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.

**James 4:7**

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

**Luke 16:13**

No servant can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.

**James 4:7**

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

### **2 Corinthians 12:9**

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

### **1 John 4:7,8**

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.

### **Galatians 5:22-23**

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

For additional encouragement and support, visit our website and sign up for our weekly newsletter.

[BROOKEANDDARON.COM](http://BROOKEANDDARON.COM)

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The logo for Brooke & Daron features the name 'Brooke' in a large, elegant, black cursive script. Below it, the ampersand '&' and the name 'DARON' are written in a bold, black, uppercase sans-serif font.

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