



*21 Days of
Prayer & Fasting*



PARTICIPATION GUIDE

March 31 – April 20, 2025

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2025 Consecration Theme

Reaching Up, Reaching In, and Reaching Out

Each year millions of people make New Year's resolutions or some type of commitment to change the way they live. Some Christians show their commitment to Christ by completing a 21-day Consecration. Consecration is a powerful spiritual experience to help followers of Jesus Christ develop a more intimate relationship with Him; it's a partial fast where some foods are eaten while others are restricted. You are also encouraged to join us in group fasting (designated dates and times are included in this guide).

This year we will focus our consecration efforts on the following:

Week 1 *Reaching UP* - Developing and maturing your walk with the Lord.

- Praying and fasting for your salvation and for God to reveal to you and/or expand your ministerial calling
- Requesting for God to give you a clean heart; revealing, removing, and healing anything that hinders you from being His "good and faithful servant"

Week 2 *Reaching IN* - Nurturing charity, compassion, and empathy for one another

- Praying and fasting for the unity, leadership, and future of our church (CTAC); that God will give us a new level of commitment and desire to serve
- Requesting for God to bless, guide, and strengthen each CTAC member as well as our relationships with each other
- Pray for and practice forgiveness and restoration

Week 3 *Reaching OUT* - Being a beacon of hope, encouragement, and a testimony to our community and everyone with whom we come in contact

- Praying and fasting for God to open doors and present unique opportunities for us to minister to those in the surrounding neighborhoods
- Requesting God give us a new burden for the lost and generate ideas of how we can interact and connect with our community

Steps to Success

And Daniel made up his mind... Daniel 1:8

1. Prepare

Prepare your heart. Open your heart to the Lord and anticipate and expect that you will have an intimate and growing time with Him. Prepare your soul; abstain from television and other things that are distracting. Gather your study materials, books, courses and other tools that will help you during your Daniel Fast. Prepare your space where you'll meet with the Lord each day. (If your source of news is from television or a smart device, only watch for information not entertainment)

2. Plan

Plan your meals weekly and keep them minimized in complexity. Simple breakfasts, easy soups, and entrees, quick side dishes and salads, and a few snacks can all be part of your nutritious and satisfying meals. Purchase your ingredients ahead of time to ensure you have all you need to succeed and reduce the likelihood of impulse-eating items that are not part of the Consecration. Keep in mind the purpose of fasting is to restrict food for a spiritual purpose.

3. Partner

Identify a Consecration Partner. Ecclesiastes 4:9-12 says, "Two are better than one; because they have a good reward for their labor. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up." Your success depends on developing a mutual relationship- find someone whom you trust and complements your skills.

4. Pray

We always want to include our Lord in everything we do. This consecration is a spiritual experience. We want to make sure that God is at the center of every aspect of your fast. Allow the Lord to lead you and direct you in all phases of your fast. Draw near to Him and He will draw near to you. Plan a routine to help you stay on course. Designate a specific time to pray each day.

5. Participate

Several of us will attend the various 21-Day Consecration activities; pray and fast together as a team. Read a few verses from this guide every morning, get involved, be present, be encouraged, and increase your success.

Fast Schedule

DANIEL FAST:

- STARTING MONDAY, MARCH 31st THROUGH SUNDAY, APRIL 20TH AFTER MORNING SERVICE

THREE DAY FAST: (Optional on last week)

- STARTING FRIDAY, APRIL 18th
- ENDING SUNDAY, APRIL 20th AFTER MORNING SERVICE

Those who are under a doctor's care, or have medical conditions, should consult with their physician before starting this consecration.

Remember – if you are not able to meet the dietary part of the fast, you can always find other areas that you can restrain from; for example, watching television, social media, etc.

Please see the Food Guide on Page 10 for “foods to eat” and “foods to avoid”

A diet changes the way you look. A fast change the way you see.

The discipline of fasting breaks you out of the world's routine

Hour of Power



SUNDAY

8:30 AM - 9:00 AM (CHURCH)

MONDAYs Only / Weekly Prayer Call During Fast

Dial in # (848) 220-3300

Conference ID 182-7309 / Pin 3568

6:00 AM – 6:30 AM (Prayer Call)

TUESDAY

6:00 AM – 6:30 AM (HOME)

WEDNESDAY

7:00 PM - 7:30 PM (CHURCH)

THURSDAY

6:00 AM - 6:30 AM (HOME)

FRIDAY

6:00 AM – 6:30 AM (HOME)

(SATURDAY)

8:00 AM - 9:00 AM (CHURCH)

Scriptures Related To Prayer



Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it.
John 14:13-14.

Below are a few scriptures to get you thinking about prayer. You are encouraged to start a study guide of your own.

How Often Should We Pray?

1 Corinthians 1:4, I thank my God always on your behalf, for the grace of God which was given you in Christ Jesus.

Ephesians 6:18, Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance, making supplication for all the saints.

How Should We Pray?

Matthew 6:9-13, After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation but deliver us from evil: For thine is the kingdom, and the power, and the glory, forever. Amen.

James 1:6, But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.

What Should We Pray For?

Psalms 50:14, Offer to God thanksgiving; and pay thou vow to the most High;

Psalms 50:15, And call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me.

Psalms 118:25, Save now, I beseech thee, O LORD: O LORD, I beseech thee, send now prosperity.

Who Should We Pray For?

James 5:16, Confess your faults to one another, and pray for one another, that you may be healed. The effectual fervent prayer of a righteous man availeth much.

1 Timothy 2:1-2, I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; for kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.

Feasting on the Word

Below are some scriptures to get you started. We encourage you to select a personal topic of interest to you and study the Word to find out what God has to say to you about your own situation, circumstance or desires.



His Glorious Name:

Jeremiah 15:16, Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.
Psalms 72:19, And blessed be his glorious name for ever: and let the whole earth be filled with his glory; Amen, Amen.

The Word Transforms Your Mind:

Romans 12:2, And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what [is] that good, and acceptable, and perfect, will of God.

Colossians 3:2, Set your affection on things above, not on things on the earth.

The Word Awakens and Strengthens Faith:

Romans 10:17, So then faith [cometh] by hearing, and hearing by the word of God.

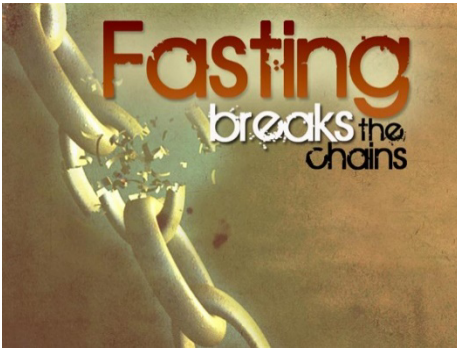
2 Timothy 3:16, All scripture [is] given by inspiration of God, and [is] profitable for doctrine, for reproof, for correction, for instruction in righteousness:

The Word of God Gives Hope:

Romans 15:4, For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.

Isaiah 40:30-31, Even the youths shall faint and be weary, and the young men shall utterly fall. But they that wait upon the LORD shall renew [their] strength; they shall mount up with wings as eagles; they shall run, and not be weary; [and] they shall walk, and not faint.

A Biblical Perspective on Fasting



Why Fast?

Fasting will draw us closer to God. It helps us to break away from fleshly desires and materialism to focus more on our spiritual commitment to Christ. The Lord expects us to fast.

Matthew 6:16

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 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.”

For Spiritual Strength and Victory over the Enemy

Isaiah 58:6

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

Mark 9:29

And he said unto them, this kind can come forth by nothing, but by prayer and fasting.

Fasting Empowers Us for Ministry

Acts 13:2

As they ministered to the Lord, and fasted, the Holy Ghost said, separate me Barnabas and Saul for the work whereunto I have called them. .

Foods To Eat

FRUITS:	fresh, frozen, dried, juiced, canned
VEGETABLES:	fresh, frozen, dried, juiced, canned
WHOLE GRAINS:	barley, brown rice, oats, quinoa millet, whole wheat
UNLEAVENED BREAD:	whole grain breads without yeast, sugar, or preservatives
NUTS AND SEEDS:	almonds, cashews, macadamia nuts, peanuts, sunflower seeds, etc
LEGUMES	(canned or dried): black beans, garbanzo beans, chickpeas, black beans, lentils, pinto beans, and split peas
QUALITY OILS:	canola, coconut, flaxseed, grape seed, olive, peanut, and sesame
BEVERAGES:	distilled waters, filtered water, spring water
OTHER:	herbs, spices, salt,
NATURAL SWEETNER:	honey

Foods to Avoid

MEAT:	beef, buffalo, lamb, pork, poultry, etc
SWEETNERS:	agave, nectar, artificial sweeteners, molasses, raw sugar, granulate sugar, brown sugar, syrups, or stevia
LEAVENED BREAD:	any bread or baked goods without yeast Ezekiel bread
REFINED AND PROCESSED FOODS:	artificial flavoring, chemicals, food additives, white flour, white rice
DEEP FRIED FOODS:	potato chips, corn chips, French fries
DAIRY PRODUCTS	butter, cheese, cream, eggs, milk
SOLID FATS:	margarine, shortening, or lard
BEVERAGES:	alcohol, caffeinated drinks, or energy drinks

Suggested Recipes

Breakfast Burrito Makes 6 servings. Recipe from: *The Antioxidant Diet*; Robin Jeep and Dr. Couey

½ cup red bell pepper, seeded and finely chopped

3 green onions, diced

2 cloves garlic, minced or pressed

1/3 cup water

2 cups red or black beans

1 ½ teaspoon Braggs Liquid Aminos

1 medium tomato, chopped

Herb seasoning mix – your favorite

5 ounces fresh spinach – coarsely chopped

6 tablespoons freshly ground flaxseeds

¼ cup soy cheese

Ezekiel Sprouted Grain Tortillas

In a large skillet, sauté peppers, onion and garlic in 1/3 cup water for 5 minutes.

Add the beans and Bragg, cooking for another 5 minutes. Remove from heat and mix in tomatoes, seasoning or salt, spinach, flaxseed and soy cheese. Lightly toast the tortillas and stuff with bean filling.

This makes a great hot or cold sandwich filling for wraps or stuffed in a whole-wheat pita.

Soak oats overnight in pomegranate juice. Add other ingredients, mix and serve.

Turkish Salad Serving Size: 4

1 head green leaf lettuce -- torn into bite sized pieces
1 green bell pepper -- cut in thin strips

1 red bell pepper -- cut in thin strips

1/2 cucumber -- seeded and sliced

1 red onion -- slice into half rings

4 tomatoes -- diced

1 cup pitted black olives

Dressing:

3 tablespoons extra virgin olive oil

3 tablespoons lemon juice

1 clove garlic -- minced
1 tablespoon fresh Italian parsley –
finely chopped 1 tablespoon fresh mint -
- finely chopped
Salt and pepper -- to taste

Place lettuce, peppers, cucumber and tomatoes and onion in large serving bowl.
Whisk together dressing ingredients in separate bowl.
Just before serving, whisk dressing again and pour over salad vegetable
and gently toss to coat. Add olives and gently toss again. Serve

Tuscan White Bean Salad Serving Size: 6

2 16 oz. cans Cannelloni beans or other white beans -- drained
2 cloves fresh garlic -- peeled and minced
1 cup fresh plum tomatoes -- coarsely chopped ½ cup red onion
-- coarsely chopped ½ cup Italian parsley -- chopped
½ cup sage, oregano or basil (or combination) -- finely chopped
¼ cup red wine vinegar -- May need up to ½ cup
Few drops balsamic vinegar (optional)
Extra virgin olive oil -- to drizzle over salad
Salt and pepper -- to taste
6 cups fresh baby spinach -- washed, stems removed

In a medium bowl, combine the first 6 ingredients
Add wine vinegar and balsamic vinegar and toss gently to mix but
not break up beans. Drizzle a small amount of olive oil over bean
mixture and toss lightly.

Season with salt and freshly ground black pepper to taste.

May serve plain or on a bed of spinach, at room temperature or chilled, as desired.

Accompany with toasted slices of baguette drizzled with olive oil. Comments:

Tuscan bean salad is very common on antipasto menus and tables in Tuscany. The
salad may be served at room temperature or chilled.

Yummy Brown Rice with Apple Serving Size: 1

1 cup cooked brown rice
1 apple -- diced
1 tablespoon raisins -- or more
if desired 1/4 teaspoon salt
½ teaspoon cinnamon

1 teaspoon coconut oil

Mix all the ingredients together in a microwave-safe bowl (except the oil), heat for 2 minutes. Add oil, stir and eat! It is delicious

Vegetable Pizza Servings: 2 Recipe: The Antioxidant Diet; Robin Jeep & Dr. Couey

2 cups broccoli – chopped

1 large red bell pepper –
seeded, chopped 1 cup

mushrooms – sliced

1 garlic clove – minced

½ teaspoon Bragg Liquid Amino

1 tablespoon balsamic vinegar

1 teaspoon seasoning

½ cup pasta sauce

2 Ezekiel Sprouted Whole Grain Tortillas

4 ounces soy or rice cheese – grated

5 ounces fresh spinach

Preheat oven to 350 degrees. In a large bowl, toss broccoli, bell peppers and mushrooms with garlic, Bragg, vinegar and seasoning mix.

Roast vegetables on a lightly oiled cookie sheet, turning occasionally and mounding to keep from drying out, for 30 minutes.

Remove vegetables when done and preheat oven to 450 degrees. Spread a thin layer of pasta sauce on tortilla, sprinkle cheese and distribute roasted vegetables and spinach.

Bake on a cookie sheet for approximately 7 minutes or until cheese is melted and tortilla browns around edges.

Oven-Roasted Broccoli Serving Size: 4

2 cups broccoli florets

2 teaspoons olive oil

1 lemon

Salt and pepper -- to taste

Toss broccoli with olive oil. Lay florets in a single layer on a baking sheet. Add salt and pepper.

Roast at 400 degrees for 12 -15 minutes or until crisp tender. Remove from oven and drizzle with fresh lemon juice. Serve immediately. www.ultimatedanielfast.com/recipes

Juices & Smoothies



Pine-Orange-Banana Smoothie Serving

Size: 1 1

banana -- sliced

½ cup pineapple -- fresh, cut in bite size pieces

½ cup orange juice -- freshly squeezed

2 teaspoons honey

Put all ingredients in blender and process until smooth. For a frozen smoothie, add ice cubes and process

Surprise Delight : Serving Size: 2 : The Antioxidant Diet; Robin Jeep and Dr. Couey

1 cup unsweetened pineapple juice

1 cup water

1 cup frozen pineapple chunks

1 cup cubed cantaloupe

1 raw carrot

4 kale leaves, stripped from stems

1 kiwi, peeled and sliced

1 tablespoon freshly ground flaxseed

Combine in a blender and blend until smooth

Antioxidant Blast:

2 medium beets
1 cup blueberries
1 cup halved, hulled strawberries

Immune Booster:

2 oranges, quartered
¼ lemon
1 medium apple
½ in fresh ginger

Not-So-Sour Apple:

2 tart apples
5 kale leaves
Cucumber Cooler:
1/4 ripe cantaloupe
2 stalks celery
½ cucumber
¼ lemon

Dr. Oz Green Energizing Juice Drink -Makes 4 (8-ounce) servings

Ingredients

2 cups spinach
2 cups cucumber
1 bunch celery
1 tsp. gingerroot (or about ½ inch)
1 bunch parsley
2 apples
1 lime
½ lemon

Directions: Combine the spinach, cucumber, celery, gingerroot, parsley, apples, the juice of one lime, and the juice of half a lemon in a blender. Mix until liquid.

