

## everyday prayer focus

- Humble ourselves. Asking for forgiveness for our sins and the sins of our land.
- Seeking God. Declaring our dependence on God in every area of our lives.
- His Kingdom Come. Praying for the completion of the Great Commission and for revival in our generation.
- Hear from Heaven. Inviting the Presence of God in our church and our lives (souls saved, signs, wonders, miracles, and transformed lives.)
- Spiritual Growth. Praying for all people in their journey of faith to Know God, Find Freedom, Discover Purpose, and Make a Difference.

## daily prayer focus

### WEEK ONE: RETURN MY FOCUS ON JESUS

- Day 1 - Monday: Worshipping Him - John 4:23
- Day 2 - Tuesday: Dependence on Him - Zechariah 4:6
- Day 3 - Wednesday: Surrendered to Him - Romans 12:1
- Day 4 - Thursday: Committed to Him - Proverbs 3:6
- Day 5 - Friday: Obeying Him - 1 John 5:3
- Day 6 - Saturday: Experiencing Him - 2 Corinthians 3:16-18
- Day 7 - Sunday: Faith Community - Hebrews 10:25

### WEEK TWO: RETURN TO GOD'S WORK IN ME

- Day 8 - Monday: Freedom from Bondage - Galatians 5:1
- Day 9 - Tuesday: Healing from Disease - Isaiah 53:5
- Day 10 - Wednesday: Vision for My Life - Habakkuk 2:2-3
- Day 11 - Thursday: Blessing over Trouble - Philippians 4:19
- Day 12 - Friday: Victory over the Enemy - 2 Corinthians 10:3-5
- Day 13 - Saturday: Miracles for the Impossible - Matthew 19:26
- Day 14 - Sunday: Committed to Fellowship - Acts 2:42

### WEEK THREE: RETURN TO OUR MISSION TOGETHER

- Day 15 - Monday: Revival in Our Nation - 2 Chronicles 7:14
- Day 16 - Tuesday: Building of Our Church - Matthew 16:18
- Day 17 - Wednesday: Fighting for Our Families - Nehemiah 4:14
- Day 18 - Thursday: Reaching Our Sphere of Influence - Acts 1:8
- Day 19 - Friday: Salvation for Our Generation - 2 Peter 3:9
- Day 20 - Saturday: Blessings Over Glee Church - Psalm 84:4
- Day 21 - Sunday: Be Doers of the Word - James 1:22-24

## selective & soul fast

Glee Church will be participating in a Selective & Soul Fast for 21 days; together, we will be eating nutritious and delicious meals while setting aside other foods and technology devices as an act of worship and sacrifice to the Lord. The following list explains the foods to eat and foods to avoid on the Selective Fast.

The fast begins Monday, January 10-30, 2022.

### foods to eat

#### whole grains

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

#### beans and legumes

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

#### nuts and seeds

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

#### vegetables

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

#### fruit

All fruit is allowed (fresh, frozen, dried, juiced, and canned).

#### oils

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.

#### other

Whole grain bread. All herbs, spices, and seasonings are allowed, including salt and pepper.

#### beverages

Water should be the main beverage on your fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice.

## foods to avoid

### animal products

Meat (bacon, beef, bison, chicken, lamb, pork, and turkey) fish/seafood. (For seniors and individuals with health issues we highly recommend that you add turkey and or fish to your fast).

### processed food

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

### deep-fried food

Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable)

### other

Chocolate, candy

### beverages

Alcohol, coffee, caffeinated tea, and energy drinks.

## technology to avoid

- social media
- online shopping
- working from home after hours.
- video games
- online gambling
- binge-watching

## prayer & fasting

21 Days of Prayer is a time where we intentionally seek God every day in prayer as we believe for Him to move in powerful ways.

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

At Glee Church, we encourage fasting for 21 days each year in the month of January. This is part of 21 Days of Prayer and Fasting, a season of focused prayer as a church family. You may also choose to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on God as you fast.

### types of fasts

- Complete Fast. In this type of fast, you drink only liquids, typically water with light juices as an option.
- Selective Fast. This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.
- Partial Fast. This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.
- Soul Fast. This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

Fasting is not just denying yourself food. It is exchanging the needs of the physical body for those of the spiritual. Long times of prayer and reading God's Word will be very essential if you are to enter into a more intimate communion with God to maintain your fast to its completion. While fasting, if you dissipate your energy on numerous errands or busywork to the neglect of spending special time with God, you will starve both physically and spiritually. You will find yourself becoming discouraged and frustrated with your fast instead of being benefited and uplifted and blessed. I don't want that to happen to you.

The more time you spend with God in fellowship, worship, and adoration of Him, and the more you read and meditate upon His Word, the greater your effectiveness will be in prayer and the more meaningful your fast will be. So I encourage you to arrange your schedule accordingly!