

TYPES OF FASTS

The majority of fasts mentioned in the Bible were public and initiated by the priest. The Bible gives the model for corporate fast in these scriptures: 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, & Acts 27:33-37.

- **21 Day Daniel Fast (*GSC Preferred 2018 Fast*)**

Eat no meat, no sweets, and no bread, drink water and pure juice. Eat fruits and vegetables. Veggie burgers are an option as well if you are not allergic to soy. You may also have a protein drink if you would like. Listed below are:

1. Foods we can eat

Whole Grains: Brown Rice, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini Seeds, Nuts, Sprouts

2. Liquids we can drink

Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

3. Foods we must avoid

Meat, White Rice, Fried Foods, Foods Containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products Using It, Margarine, Shortening, and High Fat Products

4. Liquids we must avoid

Caffeine and Carbonated Beverages

Full Fast

Drink only liquids (Consult your doctor).

Partial Fast

Fast from 6a.m. to 3p.m. or from sun-up to sundown for 30 days or whatever time the Lord gives to you. This fast can also be any type of fast.

Fast of Sacrifice

Give up television or anything that would be a sacrifice for you personally.



GREATER SHILOH CHURCH

Moving Forward ... Advancing the Kingdom...

2018 Fasting Guide

LOVE WITH YOUR LIFE

GIVE | LOVE | SERVE

****The Greater Shiloh Fast** will begin on January 2nd, 2018 and end on January 22nd, 2018, for a total of 21 Days. This year, we pray that you will join us in our corporate **21 Day Daniel Fast**. If you are unable to partake in this fast due to medical or other reasons, please see the back of this brochure for other fasting options. In addition, pray three times a day, focusing on the **7** priorities of the year which are: Faith, Family, Forgiveness, Fellowship, Finances, Future and Freedom. Greater Shiloh Church let's "Love with our Lives". Join us on our Prayer call Monday – Friday starting January 2nd – January 31st. from **6:00AM –6:30AM**. The number is 712-770-4027, access code is 455230#. Don't forget to **MUTE** your phone.

Key points to prepare for the Fast

1. Prepare Spiritually - Confess your sins and ask the Holy Spirit to reveal any areas of weakness you may have. Most importantly, forgive all that have offended you and ask for forgiveness from those you have offended. Surrender totally to Jesus Christ and reject any desires that may hinder you in your fast. Invest more time with God in Bible study.

2. Prepare Mentally - Pray for a clear mind to help you focus on the most important things and people in your life. ...He will direct your thoughts and affections toward heavenly treasures that last for all eternity. Love **God** more.....love the things of the world less. Pray to get your *faith* in order.

3. Prepare Physically - if you take any prescription medication or have a chronic illness, please consult your physician prior to find out which fast would be best for you.

4. How to Begin - Have the right motivation for your fasting. Be specific with your goal for healing, restoration of marriage or family issues? Pray and ask the Holy Spirit for guidance on the specific area you are fasting for.

Below is a detailed list of each week's Prayer Focuses.

Week 1: Pray for United States, the President and those in US leadership. Pray for the healing of our nation from racial divide, Pray for the lost, the poor and the afflicted. Pray for the Lehigh Valley – Easton and Phillipsburg. Pray for the Pocono region –Stroudsburg and the surrounding area.

Week 2: Pray for the Greater Shiloh Church - Main and North campuses. Pray for our Haiti campus and for the establishment of more new campuses over the next 10 years. Pray for foreign missions to Liberia, Haiti, and Cuba. Pray for the success of every project and endeavor of the Greater Shiloh Church. Pray for the Homeless Shelter, Food Pantry, Nehemiah House, Nehemiah Wall, Trinity House, and the upcoming Treatment Facility. Pray for the future leaders of our ministry. Pray for the unity of faith and the vision of the ministry to be brought to pass.

Week 3: Pray for the Senior Pastor and his family. Pray for your family. Pray God's healing for all families and for the restoration of covenant marriages. Pray for the youth of our world.

Week 4: Pray for unity in the body of Christ and for the body of Christ, domestically and internationally. Pray for God's Kingdom to be expanded. Pray for leaders in the *Church* (Ekklesia): Pastors, Bishops, Ministers, Deacons and Servants. Pray for spiritual wickedness to be broken. (Eph 6:10)

SOAKING INSTRUCTIONS

Soaking in the Spirit is a time to release your failures, sins and weaknesses to the Lord and it is a time of cleansing.

Scripture References:

Exodus 14:13, Jeremiah 33:6, Joel 2:12, 1 Corinthians 11:28, Hebrews 12:1

- During your soaking time, you are to repent, be still before the Lord, examine yourself, get rid of any sin in your life and be healed.
- Along with your prayer focuses, try to come into the church for one hour sometime during the week. If you cannot make it to the church, please choose an hour that is convenient for you to pray at home. You can incorporate scripture reading, worship music, and a time of praise and prayer.
- Also, write a list of all of your weaknesses, habits, transgressions, etc....
- Bring this list with you to the church when you pray for one hour.
 - Enter the building with no idle talking but with an attitude of prayer.
 - In the Sanctuary, find a quiet place and either kneel or prostrate yourselves quietly before the Lord. Tell Him what issues are on your list and ask Him for healing.
 - Rest in God's presence for one hour.
 - When exiting the building, there should be no talking.
 - Write down everything that the Lord has brought to your mind to add to your list, and continue to pray for these things until you see victory.

**** January 28th, we will celebrate our First Fruit Sunday! ****
(read Deut. 26 1-11)

WHY WE GIVE FIRST FRUITS

Proverbs 3:9-10 states that we should, "Honor the LORD with your wealth, with the first fruits of all your crops;¹⁰ then your barns will be filled to overflowing, and your vats will brim over with new wine."