

# ✠ 10:10 Fasting ✠ A NOTE FROM PASTOR DAN

Hoping these pages will help you as you seek the Lord. Fasting is a spiritual discipline that both has physical and spiritual benefits. Blessings to you as you put aside the 'normal' to spend time with your God in petition of whatever you are seeking or hoping for in 2010.

Pastor Dan O'Deens

**How to Begin-** Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

**Preparing Spiritually-** Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended ([Mark 11:25](#); [Luke 11:4](#); [17:3-4](#)). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you ([Romans 12:1-2](#)).

**Deciding What to Fast-** The type of fast you go on is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

**Deciding How Long-** You may fast as long as you like or as often as you like. I suggest a 10 day fast. Use wisdom and prayer for guidance. Beginners are advised to start slow.

**What to Expect-** When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face. Expect God to move in your heart as you draw close to Him.

**How to End-** Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

## **THE CHALLENGE:**

1. For every partner/member to pray for 10 minutes each day

- If 250 of us at Gateway would make it a priority to pray 10 minutes a day
- Every day we would pray 2,500 minutes a day
- In 2010 – that would be a total of 912,500 minutes in prayer.
- That's the equivalent of 15,208 hours of prayer
- or 634 complete days of prayer...ALL IN 2010.
- All because of 10:10 (ten minutes a day in 2010)

2. For every partner/member to fast on the 10th of each month for 10 months (February-November)

3. For every partner/member to fast and pray for 10 days in 2010. (Choose your own personal kind of fast)

# What Is Fasting?

## **SIMPLY STATED, BIBLICAL FASTING IS REFRAINING FROM FOOD FOR A SPIRITUAL PURPOSE.**

The fast, as explained in the weekend service, is a spiritual discipline designed to better connect us with God. As a church, we are fasting in order to deepen our relationship with God and to walk in step with His plan and purpose. The best way to do this is to redirect our food source or something else of importance to us. This is accomplished through substituting our regular food intake with Bible reading, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God. According to the Bible, there are three duties of every Christian; give, pray, and fast. Fasting takes a lot of discipline and strength – strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, as stated in Matthew 6.

When you give God your first through fasting, prayer, and giving at the beginning of the year, you set the course for the entire year. Why should I fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from a bondage that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

We want to encourage you to target your prayers during the fast. Two specific areas we will be focusing on together are leadership and finances. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). When we lift up our leaders, here in the United States and around the world, we can expect God's peace in our lives and in our nation.

Another great promise, from the book of Isaiah, proclaims that the chosen fast will "undo the heavy burdens and let the oppressed go free." We are living in tough economic times and we know that many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial blessings will be released!

We encourage you to seek the Lord in prayer for your decisions about your fast. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

## Fasting Options

**Full Fast-** Drink only liquids (you establish the number of days).

**The Daniel Fast-** Eat no meat, no sweets, and no bread. Drink water and juice. Eat fruits and vegetables.

**3-Day Fast-** This fast can be a Full Fast, a Daniel Fast, or a fast giving up at least one item of food.

**Partial Fast-** A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. This fast can be a Full Fast, a Daniel Fast, or a fast giving up at least one item of food.

**Scripture References for Fasting:** Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

**Relation to Prayer & Reading of the Word:** 1 Sam. 1:6-8, 17-18, Neh. 1:4, Dan. 9:3, 20, Joel 2:12, Lk. 2:37, Acts 10:30, Acts 13:2

**Corporate Fasting:** 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

Remember that it is the attitude of a heart  
sincerely seeking Him to which God  
responds with a blessing ! May God greatly  
bless you as you fast!  
(Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8).

### **FASTING AND YOUR HEALTH**

If you are in poor health, pregnant or nursing a baby or have concerns about your physical ability to fast, please consult a physician before beginning your first fast. There are different types of fasts recommended on these pages. Your doctor can provide advice on how you can participate in this Fast in a way that is healthy for you.

# What Is A Daniel Fast?

First, we're thrilled that you've decided to join with Gateway Church to fast for 10 days in 2010! Second, the list of foods we've provided is merely a first step to get you thinking about making better choices. Remember, this fast is about growing your relationship with God. And He's not as concerned about what is in your stomach as He is about what is in your heart.

Daniel's decision not to eat the king's food was an outward symbol of an inward commitment he had made to God. Let your choices over the next three weeks reflect the hunger you have for God's presence in your life.

Since there is no definitive list of foods for the Daniel Diet, it is truly the spirit of Daniel's decision that we are imitating over these 10 days. If there is something that is not specifically listed that you think still qualifies as a 'food of the king,' then ask God to reveal to you whether it should be part of your diet over the next few weeks. The details of the fast are between you and God — use this time to focus on Him.

God is certain to bless your life in new and exciting ways during the fast. We encourage you to write down your prayers and the many ways God reveals Himself to you. We can't wait to see what God is going to do in your life and in the life of our church!



## Fasting Guidelines

### MENU

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

If you have any condition which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, other technology, etc.) and fast in that manner for 10 days. Remember, the details are not as important as the spirit in which you participate.

\*If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

\*\*If you cannot fast food for medical reasons, please join us by fasting media, entertainment, or something that will require personal discipline. Important reminder: Be sure to drink as much water as possible throughout the fast. In fact, our goal is to drink a gallon of water a day!

### What about children?

Perhaps for the children you can attempt to do your best to eliminate most sugars from your children's diet. The elimination of sugars is a start. Perhaps you can use this to introduce your kids to prayerful consider a healthier diet. Remember, all of us can change our taste buds in, yes, that right, 10 days!

Thanks for being a part of this great challenge in 2010!

### Foods to 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, 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, 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

Seeds, Nuts, Sprouts

**LIQUIDS:** Water (as much as possible), Unsweetened Soy Milk, Herbal (caffeine free) Tea, Natural Fruit Juice (no added sugar)

Extra-Virgin Olive Oil (small quantities), Honey

### Foods to Avoid

- Meat, Poultry, Fish
- White Rice
- Fried Foods
- Caffeine, Coffee, Chocolate, Soda
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar or Sugar Substitutes
- White Flour
- Margarine, Shortening, High Fat Products
- All Breads
- Dairy (milk, butter, cheese, yogurt, etc.)