



**21 Day Corporate Fast, Scriptures and Prayers
with Pastor Davis
March 14 – April 3, 2021**

Beginner/Intermediate Fasting

Remember: Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. In the book of Matthew, the bible speaks concerning how private discipline brings you rewards in Heaven.

Over the next 21 days you will undoubtedly discover some amazing benefits of fasting. As God blesses your life, we encourage you to write down your prayers and experiences. Praise God for the renewed relationship you have with Him and for the works He is doing in your life. Prepare to experience the power of a refreshed perspective for the things He has in store for your life in 2021!

What is Fasting

Fasting is the deliberate abstinence from some form of physical gratification, for a period of time, in order to achieve a greater spiritual goal. Fasting usually involves setting aside food, but we can fast from any physical appetite, including sex within marriage (only if spouses are in agreement), television, Internet, social media, etc. The idea is to devote the time we would ordinarily spend on these activities to prayer and worship before the Lord.

Here are some common elements to fasting in scripture:

Humility – Then I proclaimed a fast . . . that we might humble ourselves before our God, to seek from Him. (Ezra 8:21)

Prayer – So we fasted and petitioned our God about this, and he answered our prayer. (Ezra 8:23)

Praise & Worship – They sat there before the Lord and fasted that day until evening, and offered burnt offerings and peace offerings before the Lord. (Judges 20:26)

Abstinence from physical gratification – Let neither man nor beast, heard nor flock, taste anything. Let them not feed or drink water . . . and let them call out mightily to God. (Jonah 3:7-8)

Fasting is a way of prostrating ourselves before God. As we say no to fleshly gratifications and “then you will call, and the LORD will answer; You will cry, and He will say, ‘Here I am.’ (Isaiah 58:9)

Note: This fast is **not required** and neither expected of IRMinistries members or anyone else who may want to participate. The fast is completely **voluntary**. **We ask that all who choose to participate should seek the advice of their physician/healthcare provider before participating in this fast.** The 21 day fast is not required, and participants may stop at any time during the fast.



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Important Reminder: Drink as much water as possible throughout the fast.

Week One

Note: Those who are fasting with Pastor Davis will NOT consume any meats (this includes fish and chicken).

Week One will focus on SELF as it relates to *ministry*. This week we will be asking God to show us ourselves, and reveal to us our purpose for His Kingdom plan on earth.

Foods to Eat: You are able to have baked or broiled fish (No FRIED foods) and Poultry. Only eat foods that are on the list of “foods to eat.”

Day 1: Psalm 51 (the entire psalm) Ask God to forgive you for your sins and place yourself in the “I” statements within the **psalm** and pray the psalm out loud.

Day 2: Proverbs 2

Day 3: James 1-3

Day 4: James 4-5

Day 5: Ephesians 4 – 6 (w/emphasis on Ephesians 4: 11-13)

Day 6: Romans 12 and 14 & 1 Corinthians 12:28)

Day 7: Hebrews 11 and 1 Timothy 4

Take 5 minutes of silence after prayer and think about the things that come to mind that need changing and write those things down on the daily prayer log. These items will be the ones that you will be in prayer for the next 21 days.

Week Two

Note: Fruits and Vegetables ONLY (for those who want to do so), OR you can stay with the current fast of eating chicken and fish).

Week two will focus on family and structure. We will fast during this week from food for a specified time. Look at the hours of fasting after each day mentioned below. There will be no food consumption for the specified times – only water. This is to prepare us for week 3 where we will fast for longer periods of time.

Prayer: Ask God to show you where you need change and areas in where growth is needed. Write these things down on your log sheet and pray for them for the week. The scriptures are focused on family structure as well as how men and woman are to present themselves in the family. Also, focus on praying for the church body—asking God to bring families and provide resources for those that are to come, through the ministry.



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Take 5 minutes after you pray and focus on listening to God. Write down anything that comes to mind during this time.

Day 8: Deuteronomy 6 ****Fast for 2 hour****

Day 9: 1 Timothy 2 and 3 ****Fast for 3 hours****

Day 10: Colossians 3 and 4 ****Fast for 4 hours****

Day 11: Titus 2 and 3 ****Fast for 5 hours****

Day 12: Ephesians 5 and 1 Corinthians 11 ****Fast for 6 hours****

Day 13: Proverbs 31 ****Fast for 6 hours****

Day 14: 1 Kings 2 and Acts 13 **Fast for 8 hours****

Week Three

Note: Fruits and Vegetables ONLY (for those who want to do so), OR you can stay with the current fast of eating chicken and fish).

Week three will focus on your area in ministry and the importance of the task that God has assigned you to do for this season. During this time, please read the book of Psalms as much as you can. Psalms are meditations expressing the love and one on one relationship with God. **Prayer:** Prayer should be focused on God revealing your ministry gifts to you so that they can be used for His Kingdom. These prayers should be specific and to the point. **After prayer, spend some time** each day concentrating on the scriptures and what God may be saying to you.

Day 15: 1 Cor 12:1-11 ****Fast for 8 hours****

Day 16: Romans 12: 3-8 ****Fast for 12 hours****

Day 17: Ephesians 4 (with emphasis on verses 12-15) ****Fast for 12 hours****

Day 18: Acts 1 & 2 ****Fast for 12 hours****

Day 19: Acts 4 ****Fast for 12 hours****

Day 20: Matthew 28:16-20 (The Great Commission) ****Fast for 12 hours****

Day 21: 2 Corinthians 4 ****Fast for 12 hours****



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More Info for the 21 Corporate Day Fast:

When addressing the Pharisees as to why His disciples did not fast, Jesus said, “Can you make the friends of the bridegroom fast while the bridegroom is with them? But the days will come when the bridegroom will be taken away from them; then they will fast in those days” (Luke 5:34-35).

Blessings of fasting:

Deuteronomy 28:13-14; Deuteronomy 28:2; 2 Chronicles 7:14; Isaiah 58:8

Corporate fasting:

1 Samuel 7:5-6, 2 Chronicles 20-34, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Daniel fast:

Daniel 10:2-3

Esther fast:

Esther 4:16

Fasting Do's:

Matthew 6:16-18

Fasting Don'ts:

Matthew 6:16-18, Luke 18:9-14

Prayer and scripture that go with fasting:

Luke 2:37; Nehemiah 1:4; 1 Samuel 1:6-8, 17-18; Daniel 9:3, 20; Joel 2:12; Acts 10:30; Acts 13:2; 1 Corinthians 7:5

Preparing to fast:

Mark 11:25; Luke 11:4; Romans 12:1-2

When to fast:

Matthew 9:14-15



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Why fast:

Romans 12:1; Matthew 6:33; Mark 9:29; Isaiah 58:6; 1 Samuel 7:3; Luke 4:1-13

How to Begin

IRM will start with a clear goal. We will be specific. Please read your daily prayer log for the church body. 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).

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.

How to End

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

We suggest that you do not drink milk because it is a pure food and therefore a violation of the fast. Any product containing protein or fat, such as milk or soy-based drinks, should be avoided. These products will restart the digestion cycle and you will again feel hunger pangs. Also, for health reasons stay away from caffeinated beverages such as coffee, caffeinated tea, or soda. Because caffeine is a stimulant, it has a more powerful effect on your nervous system when you abstain from food. This works both against the physical and spiritual aspects of the fast.



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Another key factor in maintaining optimum health during a fast is to limit your physical activity.

Although not mentioned in the Bible we as Christians today can also commit to fasting from other activities:

- a. Electronics
- b. Computers
- c. TV
- d. Video games
- e. Limited cell phone use if possible.
- f. Try to give up some entertainment like sports and movies and focus more on Prayer and Bible Study

FOODS/ITEMS YOU MAY NOT TO EAT OR ADD TO FOOD:

- NO MEATS(this includes chicken and fish BUT ONLY for those who choose the Advanced FASTING...the one that Pastor is doing.
- White flour and all products using it
- White rice, white bread, hominy(corn meal) and pasta
- Fried foods
- Carbonated beverages, including diet sodas
- Wine or any other alcoholic drinks
- Foods containing preservatives or additives
- Refined sugar, Iodized Salt, and other seasonings that are not organic seasonings
- High fructose corn syrup
- Chemical sugar substitutes
- Margarine, shortening, animal fat, high fat products

Foods YOU CAN EAT:

1. Whole Grains: brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat
2. Legumes: dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc. Grain legumes include beans, lentils, lupins, peas and peanuts.
3. Fruits: apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats,



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olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.,

4. Vegetables: artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.

5. Seeds: all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.

6. HONEY, Natural decaffeinated TEA**, maple syrup

7. Liquids: spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices

Other Food items to Avoid during Your Fast

a. Avoid caffeinated drinks.

b. Avoid chewing gum and mints even if your breath is bad. Drink decaffeinated mint tea to assist with your breath.

*The reason why we avoid these items is because they stimulate digestive action in your stomach and may make you feel hungry.