

Hope Church Colchester

Daniel Fast 2019

Why Fast?

We give God the first of our day, the first of our week and the first of our income. Why not the first of the year? When we give God the first of our year in prayer and fasting...He gives unto us all year long. During April, May, June...and even into December, we will receive blessings that wouldn't be ours if we hadn't dedicated the first to God in January with a fast.

What is a Daniel Fast?

The Daniel Fast is a spiritual discipline designed to better connect us with God. At Hope Church, we will take 21 days at the start of the year to deepen our relationship with God and centre ourselves on what God is going to do in our church and in our lives during this year.

Twice in the book of Daniel a fast is mentioned. Once is for 21 days and the second for 10 days. We are asking you to join the leader in a 21 day fast. However, if circumstance won't allow the full fast, we ask that you would consider a 10 day fast or individual days.

The Daniel Fast involves a spiritual commitment to God. "Daniel purposed in his heart that he would not defile himself." Daniel 1:8

The Daniel Fast will lead to spiritual insight. "To those four young men, God gave knowledge." Daniel 1:17

You can expect it to be challenging and difficult. This will take discipline and focus on your part. (Disciples are known by their discipline!)

Several times during the fast you will think to yourself "I can't do this any longer", and you will try to justify breaking your fast since you've already done more than ever before. Don't quit. Stick to your commitment.

We are confident that this will be the greatest start to your year that is possible as God always responds to people who seek Him. We are looking forward to seeing what God does in our church and experiencing him with intensity during the 21 days of the fast.

Remember that fasting is a personal issue and you need to seek God first as to what is the right way forward for you. We do not make anyone fast; it is your decision between you and God. There is no better way to start the year than uniting in prayer and seeking God's face together as a church.

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A Word of Caution

For many reasons, not everyone can fast from food, but everyone can fast from TV, the internet or Social Media - in particular Facebook!

Fasting is definitely not for children. A child's body is growing and needs the proper nutrition and activity as well as rest to keep them healthy and whole. They can join in the fasting but they don't need to fast complete meals for days at a time and nor should they stop exercise.

For those that cannot fast for food, try fasting non-essential items such as:

- No TV on a specific day/night – use this time to spend family time together
- A Computer fast (but not work or school computers)
- No "Fast Foods" for all or part of the 21 days
- A special treat or snacks (biscuits, crisps, sweets, etc.)
- Social Media

If you have any kind of medical condition for which you are being treated, or you suspect that you may have a medical condition, please consult your doctor before beginning any fast.

Fasting is a great way to break habits and if you can identify with any of these statements then you are addicted to Facebook and need to fast from it for 21 days:

- You wake up and the first thing you do is check your Facebook account
- You go to bed at night and one of the last things you do at night is check your Facebook account
- You cannot go for more than a day without checking Facebook.

Online Resources

There are many online resources available on the Daniel Fast and you will notice is that there are many ways to do the fast. This is, in part, due to the lack of specific details in the bible as to exactly what Daniel did during his fast. Please do take care with what you read online as there are some bad websites that will misinform.

hollyfurtick.typepad.com/the_preachers_wife/2008/08/daniel-fast-day-1.html

www.christ-web.com/missions/farho/daniel-fast

www.danielfast.wordpress.com/

www.hacres.com/recipes/recipes.asp

daniel-fast.com/index.html

www.thosewhohunger.blogspot.com/

www.cccyc.net/DF

www.jentezenfranklin.org

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Food Guideline

The Daniel Fast is a partial fast and is based on Daniel 1:12 and Daniel 10:3 and is a partial fast where you eat no meat, no sweets and no bread. You drink water or juice, no tea or coffee and eat fruits and vegetables. In essence it is a restricted diet to allow you time to spend with God in his word and prayer.

The Daniel Fast requires abstinence from sweets and junk foods, along with meat and dairy products. Along with the guideline of foods to enjoy, make sure you drink plenty of water. (Recommended: 8 glasses per day.)

If you have a favourite recipe, send it in an email to Bryan so that next year we can include those for others to also enjoy.

Foods to eat on a Daniel fast

The following list is not exhaustive but lists some foods you can eat during the Daniel Fast...

All fruits including: (These can be fresh, frozen, dried, juiced or canned but watch for added sugar) Apples, Coconuts, Limes, Pineapples, Apricots, Cranberries, Mangoes, Plums, Avocados, Dates, Melons, Prunes, Bananas, Figs, Mulberry, Raisins, Berries, Grapefruit, Nectarines, Raspberries, Blackberries, Grapes, Oats, Strawberries, Blueberries, Grenadine, Olives, Tangelos, Boysenberries, Guava, Oranges, Tangerines, Breadfruit, Honeydew melons, Papayas, Watermelon, Cantaloupe, Kiwi, Peaches, Cherries, Lemons, Pears.

Vegetables including: (These can be fresh, frozen, dried, juiced or canned but watch for salt content) Artichokes, Collard greens, Mustard greens, Sprouts, Asparagus, Corn, Okra, Squashes, Beets, Cucumbers, Onions, Sweet potatoes, Broccoli, Eggplant, Parsley, Tomatoes, Brussel sprouts, Garlic, Peppers, Turnips, Cabbage, Ginger root, Potatoes, Watercress, Carrots, Kale, Radishes, Yams, Cauliflower, Leeks, Rutabagas, Zucchini, Celery, Lettuce, Scallions, Chilli peppers, Mushrooms, Spinach.

Legumes: Black eyed peas, Beans, Dried beans, Green beans, Lentils, Black beans, Green peas, Lupines, Cannellini, Kidney beans, Peanuts

Seeds: Cashews, Sesame, All nuts (raw, unsalted), Walnuts, Almonds, Sunflower.

Whole Grains: Rolled Oats, Whole wheat tortillas, Whole wheat, Plain Oatmeal, Plain Rice cakes, Brown rice, Barley, Plain Popcorn, Whole wheat pasta, Oats

Liquids: Water (spring, distilled, filtered), Fruit Juice, Unsweetened Soy Milk

Other: Tofu, Soy products, Herbs, Small amounts of Honey, Small amounts of Sea Salt, Herbal (caffeine free) Tea, 100% Fruit/Vegetable Juice (no added sugar), Small amounts of Olive Oil, Spices (read the label to be sure there are no preservatives)

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Foods to avoid

All animal products including all meat, poultry, fish. White rice , White bread, All deep fried foods, Caffeine, Coffee (including decaf as it still contains small amount of caffeine), Carbonated beverages, Energy drinks, Foods containing preservatives, additives, Refined foods, Processed foods, Food additives, Refined sugar, Sugar substitutes, Raw sugar, Syrups, Molasses, Cane juice, White flour, Margarine, High fat products, Butter, All leavened breads, Baked goods, All dairy (Milk, Cheese, Yoghurt, Cream etc.), Eggs, Alcohol, Mayonnaise.

Resources will vary in their Daniel Fast Guidelines - For instance, the use of natural sweeteners (such as Agave and honey), caffeine and all-natural drinks other than water are all matters of individual preference/conviction for your fast.

Daily Prayer Guide

The following pages contain the daily prayer guide for the 21 day fast.

For the fast we are using the YouVersion 21 day fast devotional for the daily Bible readings found at <https://www.bible.com/reading-plans/35-21-day-fast/>

In addition to the daily reading, there are some prayer pointers for you to pray into.

If you are a parent, grandparent or have a specific child you wish to pray for, there is included an optional prayer pointer for you to pray for that child (or children) on that day. These prayer pointers are taken from <http://www.new-life.net/growth/parenting>, a website that has useful resources for families.

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Week 1

This week, please pray for the following each day as well as the daily devotional guidance.

Hope Church Colchester - Pray that we would see new salvations in the church, especially families with children.

Pray too for the provision of a building for us to dedicate to God and that we can meet in.

Please pray for the UNITED conference on the 31st May and 1st June.

Please pray for Israel and the Jewish People using one of the 10 prayer pointers that are in a section at the end of this booklet.

Day 1 (Monday January 7th)

Daniel 10 - This passage is a source for the idea of a 21-day fast. As you set apart these three weeks to seek God, know that God has already heard your prayer. He is already at work on your behalf. What specific clarity of vision are you seeking from God during this time? Write down your prayer so you can reflect on it at the end of the 21 days. Spend time praying for God to speak to you and give you strength.

Today is the first day of something new. Regardless of where you are in your relationship with God, 21 days of prioritizing the Lord over essential needs in your life will draw you closer to him and transform whatever needs to change. So today pray that God will help you to envision how you will resemble Him more closely at the end of these 21 days.

Parents / Grandparents additional prayer focus

salvation - Lord, let salvation spring up within my children that they may obtain the salvation that is in Christ Jesus, with eternal glory. (*Isaiah 45:8; 2 Timothy 2:10*)

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Day 2 (Tuesday January 8th)

1 Chronicles 21:18-27 - During this fast, build an altar and lay a sacrifice on it that honours God. It will cost your convenience, your comfort, and it will also take some serious willpower and commitment. What will your sacrifice be during this fast? Make sure it's a sacrifice that will cost you something. Make your commitment in writing and share it with a friend who will hold you accountable to your commitment. Pray for God to show you what He wants you to sacrifice.

Pray for the finances of your fellow church members. Due to the rise in cost of living, insurance, and housing many of us are struggling to prioritize our finances. Pray that we would all be faithful to the Lord, and that He would provide his blessing for us.

Our Nation and Colchester - Pray for the UK and the leaders of our country. Pray also for Colchester, the borough council and the 48 councillors that comprise the borough council. Pray for the churches in the town, specifically the one that comes to mind when you read this. (*1 Timothy 2:1-2*)

Parents / Grandparents additional prayer focus

growth in grace - I pray that my children may grow in the grace and knowledge of our Lord and Saviour Jesus Christ. (*2 Peter 3:18*)

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Day 3 (Wednesday January 9th)

Daniel 1 - Nothing but vegetables and water. And not just for three weeks, but more likely for the duration of their training in Babylon! This response from these four young men didn't come from a fear of getting caught. It came from a devotion to God's commands already formed in them before being taken from their homeland. During this fast, you'll have many opportunities to deviate from your commitment--especially if you're fasting alone or if no one will find out. Pray that God will give you the resolve and courage to stick to the standards you've set and honour Him no matter what.

Pray we would all depend upon him and recognize He is the one who meets all of our needs in life. Pray today for the families in our church, improved communication in marriages, singles who are focused on their commitment to the Lord, teenagers who will obediently follow the Lord, and children who will start off their walk with the Lord the proper way.

Evangelism - Pray for our evangelistic outreaches – Toddler Group, Parenting Course and Alpha Course. Pray also for the courage and strength to be a strong witness.
(*Matthew 9:37-38*)

Parents / Grandparents additional prayer focus

love - Grant, Lord, that my children may learn to live a life of love through the Spirit who dwells in them. (*Ephesians 5:2; Galatians 5:22*)

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Day 4 (Thursday January 10th)

Psalm 119 - This longest psalm in the Bible is primarily about a passion for God's Word. These 21 days you've set apart will be much richer by combining Bible reading with your fasting and prayer. You may want to make plans to start a reading plan that takes you all the way through the Bible. How would you describe your passion for God's Word at this moment? Pray today that God will increase that fire in your heart during this time.

Pray today that God would provide all of the resources necessary that Hope Church needs to bring Spiritual transformation to Colchester. Ask God to give the leaders/trustees the wisdom to make the correct decisions concerning the church.

Our own Family - Pray for God's blessing on your family (partner, children, grandchildren, grandparents, parents, brothers and sisters, etc.)
(Acts 16:31)

Parents / Grandparents additional prayer focus
honesty and integrity - May integrity and honesty be their virtue and their protection.
(Psalm 25:21)

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Day 5 (Friday January 11th)

Matthew 6:5-18 - Isn't fasting supposed to be a secret? You may have started this journey with a group that is fasting along with you. Many fasts in the Bible were corporate fasts called by authority figures for a whole group to participate in together. Reflect on the heart of what Jesus is saying in this passage. What has been the motive behind any conversations you've had about fasting? Is it to encourage others or receive support? Is there some secret wish to be seen as holy or spiritual? Only two know the answer to those questions--you and God. Pray today asking God to uncover your motives for fasting and ask for ways you can seek the encouragement you need without clouding your heart with pride.

Pray today for an increase in your personal faith. Ask God to show you that which you believe is impossible, and then specifically ask him to give you the faith to entrust him with the responsibility of it. Ask God to give you a refreshing measure of faith to believe with Him all things are possible.

If you are able, read the Friday blessing out loud at noon.

Our Needs - Believe God for answered prayer to your specific needs (finances, relationships, health, family members to be saved and other personal needs.)
(*Philippians 4:6-7*)

Parents / Grandparents additional prayer focus

self-control - Father, help my children to be like many others around them, but let them be "alert and self-controlled" in all they do. (*1 Thessalonians 5:6*)

a heart for missions - Lord, please help my children to develop a heart for missions, a desire to see your glory declared among the nations, your marvellous deeds among all peoples. (*Psalms 96:3*)

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Day 6 (Saturday January 12th)

Isaiah 58 - This is a message from God to His people who were frustrated with His lack of response to their fasting. It's easy to confuse fasting with a hunger strike to get God to do what you want. But this chapter says what He wants. Pray that God will use your experience with hunger and discomfort to permanently alter how you see those in the world who are lost and needy. Pray that God will empty you of all that is you and fill you with all that is Him.

Ask God to give you a renewal of passion to keep on going with this journey.

Our Church - Pray for Hope Church and all the ministry that will take place this year. Pray for Bryan and his family, pray for the worship team (unity, flow, sensitivity to The Holy Spirit), the leadership team, and the trustees.

(Ephesians 3:20-21)

Parents / Grandparents additional prayer focus

a love for God's Word - May my children grow to find Your Word "more precious than gold, than much pure gold; [and] sweeter than honey, than honey from the comb."

(Psalm 19:10)

self-discipline - Father, I pray that my children may develop self-discipline, that they may acquire "a disciplined and prudent life, doing what is right and just and fair."

(Proverbs 1:3)

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Day 7 (Sunday January 13th)

Mark 14:1-26 - Broken and poured out. You see those words in both the story of the woman and the last supper. Since bread and wine are likely not options for you to remember Jesus during these 21 days, do what the woman did. Do what Jesus did. Live your life broken and poured out in remembrance of what He has done for you. How can your life be a living memorial to Christ? Talk to God about things in your life that need to be broken and poured out like that vase of perfume.

Pray today for our youth. Pray for God to work mightily in the lives of the kids and that we'd see many young people giving priority to the Lord in their lives. Pray for spiritual renewal in the lives of many teenagers and that they would be influential leaders in the lives of their friends. Pray that we would see more young people attending on a Sunday.

Our Hearts - Make worship and prayer the priority of your life. Declare your complete dependence on God. Ask for a renewed passion for His presence and fresh revelation of His Word. (2 Chronicles 16:9)

Parents / Grandparents additional prayer focus

justice - God, help my children to love justice as You do and to "act justly" in all they do. (*Psalm 11:7, Micah 6:8*)

a willingness and ability to work hard - Teach my children, Lord, to value work and to work hard at everything they do, "as working for the Lord, not for men." (*Colossians 3:23*)

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Week 2

This week, please pray for the following each day as well as the daily devotional guidance.

Hope Church Colchester – As we continue to pray for the provision of a building we need to pray that the right building, in the right location and at the correct price, will become available. Although the church is the people that attend, a building does provide focus for the local community where it is located and a building allows a spiritually clean place to do all God has asked us to do.

Please continue to pray for the UNITED conference on the 31st May and 1st June.

Continue to pray for Israel and the Jewish People using the prayer pointers at the end of this document. Please select a different one each day for prayer.

Day 8 (Monday January 14th)

Psalm 100 - You are entering week two of your fast! This psalm talks about entering God's presence with thankfulness, gladness, joy, and praise in your heart. If you've become focused on the physical hardships you're facing or the burdens you're bringing to God in prayer, then spend today just being joyful in the Lord. Write down some things that bring you joy today. Sing a song of praise to Him. Pray that God will stir an urgency to press in and see what God has for you beyond His gates.

Pray for the physical healing of those battling illness, disease, and injury in our church. Pray for them to have an increase in faith to believe that with God even the impossible becomes possible. Pray for strength for their families and peace from the anxiety and fears associated with the illness and injury of a loved one.

Our Purpose - Our purpose is the Great Commission. Pray for people to be saved, connected in a local church, disciplined, and fulfilled in their ministry.

(Colossians 1:28-29)

Parents / Grandparents additional prayer focus

mercy - May my children always "be merciful, as [their] Father is merciful."

(Luke 6:36)

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Day 9 (Tuesday January 15th)

Romans 12 - This is a great time to explore how you can present your body as a living sacrifice to God. This passage starts with that challenge and offers many ways to express it. In what ways has your fast been helping you experience true worship in new ways? Pray today and ask God to continue to reveal His will for you during this time of sacrifice and worship.

Pray for those that are involved in any area of ministry at Hope Church. Ask the Lord that they will be able to reach people with the life transforming hope brought by Jesus Christ. Pray that God will enable them to see the work He is doing in their lives and the supernatural hope and provision He wants to bring to that area.

Our Nation and Colchester - Pray for the UK and the leaders of our country. Pray also for Colchester, the borough council and the 48 councillors that comprise the borough council. Pray for the churches in the town, specifically the one that is nearest to where you live.

(1 Timothy 2:1-2)

Parents / Grandparents additional prayer focus
respect (for self, others, authority) - Father, grant that my children may "show proper respect to everyone," as Your Word commands. *(1 Peter 2:17)*

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Day 10 (Wednesday January 16th)

Luke 4 - Forty days of nothing? Not hardly. Even though Jesus fasted for forty days, He clearly came out stronger than ever based on the events following it. How is your fast strengthening you? Do you feel like you're floundering? Maybe you're not experiencing the outcomes you expected. Ask God to lead you into the same kind of preparation, power, and purpose that Jesus gained from His time of fasting.

Pray for the nations where Christians are persecuted and killed for their faith. Pray for strength and passion for them as they face intense challenges to sharing their faith with others. Pray for the protection of their families from the physical threat of government and local religious leaders who oppose them. Pray for great favour for them amongst their people that many will surrender to the call of Jesus Christ.

Evangelism - Pray for our evangelistic outreaches – Toddler Group, Parenting Course and Alpha Course. Pray also for the courage and strength to be a strong witness.
(*Matthew 9:37-38*)

Parents / Grandparents additional prayer focus
strong, biblical self-esteem - Help my children develop a strong self-esteem that is rooted in the realization that they are "God's workmanship, created in Christ Jesus."
(*Ephesians 2:10*)

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Day 11 (Thursday January 17th)

James 1 - This chapter has many convicting challenges--one being for you to match your faith with action. Don't just contemplate God's Word--do what it says. You are now beginning the second half of your fast. Reflect on whether your fast would be characterized more by listening or doing. Ask God for wisdom about where He wants to lead you during this second half of your fast.

Pray for those in our church family who are personally or who have family members who are battling addictions. Pray for God's breakthrough for them from the patterns and behaviours that are damaging their lives and relationships.

Our own Family - Pray for God's blessing on your family (partner, children, grandchildren, grandparents, parents, brothers and sisters, etc.)
(Acts 16:31)

Parents / Grandparents additional prayer focus
faithfulness - "Let love and faithfulness never leave [my children]," but bind these twin virtues around their necks and write them on the tablet of their hearts. (Proverbs 3:3)

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Day 12 (Friday January 18th)

2 Corinthians 1 - Food is a source of comfort for many. Reflect on how much your thoughts have been overtaken with craving certain foods, missing the things you're fasting from, or even how much weight you could lose. Is it often? If it were alcohol or a harmful drug, would you consider yourself addicted if you were this consumed with your desire for them? For many, this fast can begin an awareness of a harmful place food may have in your life. It can reveal an addiction. Pray that the God of compassion and all comfort will become your primary source of comfort. Ask Him to use this experience with suffering to remove anything in your life that has taken the Holy Spirit's place as your Comforter

Pray for the government of our country to have an increase in Godly leaders who will shape the policies and funding to improve the education, safety, morals, economy and Christian witness this country is historically known for.

If you are able, read the Friday blessing out loud at noon.

Our Needs - Believe God for answered prayer to your specific needs (finances, relationships, health, family members to be saved and other personal needs.)
(*Philippians 4:6-7*)

Parents / Grandparents additional prayer focus

a passion for God - Lord, please instill in my children a soul with a craving for You, a heart that clings passionately to You. (*Psalms 63:8*)

joy - May my children be filled "with the joy given by the Holy Spirit." (*1 Thessalonians 1:6*)

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Day 13 (Saturday January 19th)

1 Peter 2 - You are chosen, holy, set apart, a royal priest--you are a child of God. You may be in need of an anchor right now. Set Christ as your cornerstone today. Write down the ways He has brought you from darkness into light. Spend time in prayer today thanking God for beginning a work in you with His Son set as the foundation for Him to build upon

Pray for the opportunity to share your faith this week with someone who does not have a relationship with Jesus. Pray that God would open the doors and align your path with someone who needs the power and salvation of a new relationship with the Lord. Pray that God would give you the courage to share when the door opens.

Our Church - Pray for Hope Church and all the ministry that will take place this year. Pray for Bryan and his family, pray for the worship team (unity, flow, sensitivity to The Holy Spirit), the leadership team, and the trustees.

(Ephesians 3:20-21)

Parents / Grandparents additional prayer focus

responsibility - Grant that my children may learn responsibility, "for each one should carry his own load." (*Galatians 6:5*)

purity - "Create in [them] a pure heart, O God," and let their purity of heart be shown in their actions. (*Psalms 51:10*)

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Day 14 (*Sunday January 20th*)

Matthew 5:1-14 - Blessed are those who hunger... If you can relate to that, spend time meditating on this passage called the Beatitudes or Blessings. Make a point today to count your blessings. Keep a journal with you all day to write down the blessings that God brings to your mind. Pray to thank Him for the blessings, even the ones that come as a result of enduring hardships or trials

Pray for your local neighbourhood today. Pray that God would allow you to build relationships with those you live near, so that you could share your faith and influence their relationship with God. Pray that God would give you an idea of how you could serve one of these neighbours.

Our Hearts - Make worship and prayer the priority of your life. Declare your complete dependence on God. Ask for a renewed passion for His presence and fresh revelation of His Word. (2 Chronicles 16:9)

Parents / Grandparents additional prayer focus

kindness - Lord, may my children "always try to be kind to each other and to everyone else." (*1 Thessalonians 5:15*)

a servant heart - Lord, please help my children develop servant hearts, that they may serve wholeheartedly "as if [they] were serving the Lord, not men." (*Ephesians 6:7*)

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Week 3

This week, please pray for the following each day as well as the daily devotional guidance.

Hope Church Colchester – Please pray for financial provision as we run another tight budget this year. Thank Him for that and ask that we would continue to be wise stewards of all He has blessed us with.

Pray that we will see an increase in number of those attending on a Sunday throughout the year. Although our effectiveness and blessing is not dependent on the number of those that attend, there is more that can be done with a bigger group of people.

Please continue to pray for the UNITED conference on the 31st May and 1st June.

Continue to pray for Israel and the Jewish People using the prayer pointers at the end of this document. Please select a different one each day for prayer.

Day 15 (Monday January 21st)

Psalm 51 - You're starting the third and final week of your fast. If you're fasting with a group, take time to reflect together and celebrate what God has begun. If you've been fasting alone, be sure to write down your experiences. Even though you may feel like you're in a groove now, for many this final week will be harder than the others. Ask God to search you and begin to shine a light on all the dark corners of your heart. Ask Him to use this last week to refine you and cleanse you

Pray for the children of our church. Pray that God would raise them up to be mighty men and women of God who prioritize their relationship with the Lord over material possessions, education, or social status. Pray that God would use them to prepare the way for the return of Jesus.

Our Purpose - is the Great Commission. Pray for people to be saved, connected in a local church, disciplined, and fulfilled in their ministry. (*Colossians 1:28-29*)

Parents / Grandparents additional prayer focus

generosity - Grant that my children may "be generous and willing to share [and so] lay up treasure for themselves as a firm foundation for the coming age." (*1 Timothy 6:18-19*)

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Day 16 (Tuesday January 22nd)

Psalm 27 - The title of today's reading is A Psalm of Fearless Trust in God. It talks about seeking one thing. During this time of seeking, it's easy to focus on seeking things from God instead of just seeking God--to seek His hand and not His face. Think of the difference between approaching a king to kiss his hand and approaching a loving father to kiss his face. God is both our King and Father. He is capable of meeting your needs and answering your prayers. But He also loves you more deeply than you can ever know. When you seek His face, you end up in a much closer posture to Him. Pray today that you will seek God's face and get closer to Him than you ever have before.

Pray for the residents that in the Hythe area that are in need of Hope. Pray that God would open their eyes to a life-changing relationship with Jesus Christ. Pray that God would use Hope Church to be a blessing.

Our Nation and Colchester - Pray for the UK and the leaders of our country. Pray also for Colchester, the borough council and the 48 councillors that comprise the borough council. Pray for the churches in the town, specifically those in the town centre. (*1 Timothy 2:1-2*)

Parents / Grandparents additional prayer focus

peace, peaceability - Father, let my children "make every effort to do what leads to peace." (*Romans 14:19*)

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Day 17 (Wednesday January 23rd)

Daniel 3 - This is one of the most dazzling stories in the Bible. You can surely relate to the situation these three young men faced--when facts fly in the face of truth. The facts were that they had broken the law, the punishment was death, Nebuchadnezzar was the most powerful man in the world, the fire was hot enough to kill a nearby guard, there were plenty more guards to throw them in, and they were either going to bow or burn. Period. But the truth opposed those facts, and truth was what the three men stood upon. The truth was that either their God was going to deliver them or they would willingly die in His service. The truth is that the Son of God walked with them through the flames. What facts are you facing that defy God's truth? Take the facts to God in prayer today and believe with boldness that your God will be with you in the fire.

Pray for the spiritual protection and warfare of our church body. The devil comes to steal, kill, and destroy, but we have been and are covered by the power of the Blood of Jesus Christ. He has disarmed, disgraced, and defeated the devil and we need to remind the devil of what happened on the Cross of Calvary. Pray for the protection of your family and put on the whole armour of God in Ephesians 6:10-20.

Evangelism - Pray for our evangelistic outreaches – Toddler Group, Parenting Course and Alpha Course. Pray also for the courage and strength to be a strong witness. (*Matthew 9:37-38*)

Parents / Grandparents additional prayer focus

hope - May the God of hope grant that my children may overflow with hope and hopefulness by the power of the Holy Spirit. (*Romans 15:13*)

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Day 18 (Thursday January 24th)

Joel 2:12-32 - Tear your hearts instead. You can finish strong by making sure you are weeping and mourning and tearing your heart open wide to allow God's power and presence to sweep across the landscape of your life. Tell God today that you are baring your heart before His mercy, compassion, and unfailing love. Ask Him to give you the courage to join His advancing army. Ask Him to open your eyes to dreams and visions.

Pray for God to give you the perspective of your life that He sees for you. God has great plans for your life and you want to be able to have the vision to see the direction and paths He wants you to travel. Pray for discernment in critical decisions and the wisdom to know what to do and when to do it.

Our own Family - Pray for God's blessing on your family (partner, children, grandchildren, grandparents, parents, brothers and sisters, etc.)
(Acts 16:31)

Parents / Grandparents additional prayer focus
perseverance - Lord, teach my children perseverance in all they do, and help them especially to "run with perseverance the race marked out for [them]." (Hebrews 12:1)

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Daniel Fast 2019

Day 19 (Friday January 25th)

Psalm 84 - Do your heart and flesh feel faint? As you near the end of your fast, think of the marvellous joy of spending this one day in His courts. Praise Him for the ways you are growing and seeking Him more. No matter where you are, read this psalm out loud today as your prayer to God. Personalize it or add to it. Sing it loudly or just whisper.

Pray for ways to become a better leader and difference maker in your family, your work, your local neighbourhood, and your church. Pray for God to give you the passion and focus you need to serve Him by serving others. Ask Him to show you ways that you can step up and increase the way that you impact the lives of others.

If you are able, read the Friday blessing out loud at noon.

Our Needs - Believe God for answered prayer to your specific needs (finances, relationships, health, family members to be saved and other personal needs.)
(*Philippians 4:6-7*)

Parents / Grandparents additional prayer focus.

humility - Lord, please cultivate in my children the ability to "show true humility toward all." (*Titus 3:2*)

courage - May my children always "be strong and courageous" in their character and in their actions. (*Deuteronomy 31:6*)

Hope Church Colchester

Daniel Fast 2019

Day 20 (Saturday January 26th)

Zechariah 7 - Are you considering continuing your fast or maybe beginning new habits of regular fasting? In this chapter people are wondering if they should continue the fasting calendar they had kept and the Lord answers through Zechariah. Since Moses' time, God instituted a whole calendar of fasts and feasts. Both were designed to draw His people closer to Him. If drawing closer to God is your goal every day, both times of fasting and feasting can be holy to the Lord. Take time to allow God to speak to you about your fasting experience. Ask God to help you reflect on the ways your fast has softened your heart and influenced you to treat others differently.

Take some time to reflect on what God has spoken to you during this emphasis of focusing on the Lord. What has He shown you about distractions? What have you learned about your relationship with Him? How has He blessed you? How has He stretched you? Going forward...how should this change your life? Write this out and then pray about implementing a new relationship and commitment with God in the future.

Our Church - Pray for Hope Church and all the ministry that will take place this year. Pray for Bryan and his family, pray for the worship team (unity, flow, sensitivity to The Holy Spirit), the leadership team, and the trustees.
(Ephesians 3:20-21)

Parents / Grandparents prayers additional prayer focus
compassion - Lord, please clothe my children with the virtue of compassion.
(Colossians 3:12)

faith - I pray that faith will find root and grow in my children's hearts, that by faith they may gain what has been promised to them. (Luke 17:5-6, Hebrews 11:1-40)

Hope Church Colchester

Daniel Fast 2019

Day 21 (Sunday January 27th)

Ezekiel 47:1-12 - No matter how deep you are now, wade in deeper still. Don't worry about what's going to get wet. Don't stop at the point where you can keep your feet underneath you. Get swept away. What are you holding on to? What are your hesitations to living a more Spirit-led life of faith? What illusion of control are you clinging to? Go all in. Pray today that this fast will be just the beginning of a deeper relationship with God. Pray that He will continue to beckon you to dive in and let Him take complete control of your life.

Our Hearts - Make worship and prayer the priority of your life. Declare your complete dependence on God. Ask for a renewed passion for His presence and fresh revelation of His Word. (2 Chronicles 16:9)

Today is the final day of our emphasis. Whenever you complete a major accomplishment it's always time to celebrate. So today is a day of praise. Shout to God and Sing to Him and call out the praises He so rightly deserves. Celebrate with Him the changes you've experienced and the blessings He's provided.

Parents / Grandparents additional prayer focus

prayerfulness - "Grant, Lord, that my children's lives may be marked by prayerfulness, that they may learn to "pray in the Spirit on all occasions with all kinds of prayers and requests." (*Ephesians 6:18*)

contentment - Father, teach my children "the secret of being content in any and every situation...through him who gives [them] strength." (*Philippians 4:12-13*)

Hope Church Colchester

Daniel Fast 2019

Prayer Points for Israel and the Jewish People

- The peace of Jerusalem (Psalm 122:6)
- The spiritual restoration of Israel (Romans 11:25-27)
- The Aliyah process (immigration to Israel) - (Isaiah 43:5-6)
- The work of the ministry (Isaiah 40:1-2)
- The believers in the land (Psalm 126)
- The Christian ministries in the land (Isaiah 49:22-23)
- The Lord's protection from the enemy (Psalm 18)
- Wisdom for the Israeli Government
- Against anti-Semitism (all over the world)
- Against anti-Israelism
- Ask for Rain - "Ask the Lord for rain
in the season of spring rain.
The Lord makes the rain clouds,
and He will give them showers of rain
and crops in the field for everyone." Zechariah 10:1

Hope Church Colchester

Daniel Fast 2019

Friday Blessing

(adapted from Ffald-Y-Brenin Friday Blessings)

Heavenly Father, we take upon ourselves the mantle of authority that Jesus delegates to us and in His Name we speak to every household in Colchester and its surrounding villages and say to you:-

"We bless you in the Name of the Lord. We bless your marriages that they may be strong and whole. We bless the relationship between every marriage partner that it may be loving, forgiving, merciful and strong. We bless every intergenerational relationship within each house hold that there may be peace and love and understanding flowing between each one.

In Jesus' name we bless every network of wholesome and supportive friendship.

We bless your health that you may be strong and well. In Jesus' name we resist any sickness of disease which seeks to invade the Colchester area and to every person in the area we say, be well, be strong, be healthy. To any who are sick right now we say bless you in Jesus' name with a speedy recovery.

We bless your wealth that you may have plenty to replace poverty. We bless you to have enough to live and enough to give. We bless the work of your hands that whatever you turn your hand to which is wholesome may be profitable. We bless every wholesome enterprise that is conducted by you that it may prosper and be successful.

We bless the schools in the Colchester area that they may be secure, safe places for teachers and pupils alike. We bless every child's capacity to learn and develop relationships and we bless their simple trust in Jesus, that they may grow and become enriched.

We speak to the Churches in the Colchester area and we say bless you in the Name of the Lord that the Holy Spirit and the Word of God may flow out from you in power. We bless the hearts of all who live in the Colchester area and that you may be quickened to hear and respond to the Voice of the Living God.

We bless all who live and work in the Colchester area that the overflow of the blessings of the presence of the Kingdom of God may fall upon you."

Hope Church Colchester

Daniel Fast 2019

Trustees

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John Milbank

David Scrimshaw

John Spademan (Treasurer)

Kym Stroud (Chairman)

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