



Dr. Mark J. Chironna

Daniel

Fast

2012

January Fast “Daniel – Fast” 21 Days of Consecration and Contemplation

The Fast will commence on **Sunday, January 8th at 6:00 p.m.** and will be completed on **Sunday, January 29th at 6:00 p.m.**

In preparation for the fast, please read the following passages of Scriptures:

DANIEL 1:5-20

I CORINTHIANS 10:21

ACTS 13:1-4

PSALM 69

JOEL 2:12

MARK 9:29

NUMBERS 6:1-4

ISAIAH 58

PSALM 35

DANIEL 9:3

MATTHEW 17:21

I CORINTHIANS 7:5

If you want to read some quality Christian Literature on the experience of fasting:

God's Chosen Fast by Arthur Wallis

The Scripture admonishes us to pray without ceasing (**I THESS. 5:17**), and it also encourages us to be “stretched out” in our prayers unto God (**ACTS 12:12** – the word here for *praying* implies being stretched out). Therefore, we are encouraging you to make a concerted effort to diligently and moment-by-moment develops a rhythm of practicing the presence of God. Careful examination of **JOHN 15** reveals that the life of God is in the Vine of God (Christ) and that as branches, we are to ABIDE. The Lord Jesus encourages ABIDING in Him.

1. A setting of your will is essential to abiding.
 - a. “I have set the Lord continually before me: because He is at my right hand, I shall not be moved.” **PSALMS 16:8**
2. A setting of your words is essential to abiding.
 - a. “Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my Rock and my Redeemer.” **PSALMS 19:14**
3. A setting of your walk is essential to abiding.
 - a. “Blessed is the man who walks not in the council of the ungodly...” **PSALMS 1:1**
4. A setting of your works as the outcome of your abiding in the Father is necessary for others to be touched by the life of Christ.

“Let your light so shine before men that they may see your good works and glorify your Father which is in heaven.” MATTHEW 5:16

Times of corporate prayer will be before the Tuesday evening services. In addition, we are seeking to “lock in” on certain times throughout the day when we will all take the time to pray wherever we are, whether it be at work, home, school, or travel. These will be daily times, and we desire that all of us be faithful to our covenant of prayer with God to preserve in the matter.

These times for daily prayer will be as follows:

Early morning between 6:00 a.m. and 9:00 a.m., depending upon your work schedule. We ask that you take 15 minutes and daily to seek the face of God.

During your lunch hour, between the hours of 11:30 a.m. and 1:30 p.m., we ask that you take 15 minutes to approach the throne of grace and intercession.

Finally, we ask that the period of time from 7:30 p.m. to 8:00 p.m. be a time of prayer in every household on a nightly basis. Within the next two weeks, we will give instruction as to the nature of things to be prayed for. This will be a season for refreshing in the awareness of the power of prayer and its wide reaching scope of effect in the overall plan of God.

During this entire season of prayer, we will be seeking the face of God for His mercy and favor, His input and His promises, His assurance and His wonder-working power, as well as His Divine Confirmation on that which He ordains for His people. We will also continue praying the 7 Points of Prayer found at the end of this booklet.

If you have any urgent prayer requests, please fill out the prayer request forms on your tithe envelopes, or call the church office at: 321-304-4111, so that we can keep an accurate, detailed list of the needs represented.

I want to encourage you to do some reading on prayer this month. There are a great number of powerful books on the subject available at Christian bookstores. I suggest that if you have never read the book Prayer by Richard Foster, that you add it to your library. It’s a great resource of insight and motivation on the life of prayer. Also, if it is still available, Paul Billheimer wrote a great treatise called Destined To Overcome.

One of the greatest little books on prayer, intercession and the war between the throne of God and the throne of darkness I have ever read is, The Enthroned Christian by F.J. Huegel and published by Christian Publications in

Fort Washington, Pennsylvania. Here are a few others that may be a great blessing to you:

- Intercessor by Rees Howells
- Praying Hyde: The Life Story of John Hyde
- The Secret Life of Intercession by Andrew Murray
- Listening Prayer by LeAnne Payne
- I Will Lift Up Mine Eyes by Glenn Clark



THE FAST ITSELF

In the next number of days, you will want to establish a “rhythm” for the fast. The first thing you will want to begin immediately is to drink at least 8, 8 ounce glasses of pure water (steam distilled, reverse osmosis, spring) spaced throughout the day.

Eliminate all caffeine and sugar from your diet. Eliminate from your diet all white flour and white flour products, which turn to sugar and fat in your system.

If you are able and have no major medical problems, begin to take brisk walks on a daily basis. You may want to get up earlier and take your morning prayer time as a prayer walk for your morning devotional. I find walking and praying to be very stimulating to my time of intimacy with God.

The reason you need to wean yourself off caffeine is because it is toxic and remains in your system longer after you have ingested coffee, Coke, Pepsi, Fresca, Mountain Dew, etc. It takes time for your liver and kidneys to detoxify from all that poison. Be kind to your temple and prepare it for the time of the “Daniel Fast”.

Beginning, **January 8th**, your time of eating will be consistent and focused. This will provide increased effectiveness in terms of concentration and awareness of the Presence and Person of the Holy Spirit, the indwelling ever-living Witness and Observer of your life.

If you are someone who can eat fruit for breakfast without any problem, then you will pick one you can handle early in the morning. You may obtain grain cereal at either Chamberlain’s Health Food or Whole Foods as a breakfast

starter. If you prefer, you can have 2 slices of Ezekiel Bread or a small piece of Essene Bread in any flavor.

Essene Bread and Ezekiel Bread will provide the grains you will need in your diet as well as be a form of dietary fiber. Also, if you do not take any extra dietary fiber, it will be beneficial to obtain a good dietary fiber product and take it twice daily according to the directions (in the A.M. and P.M.) These are available at the above – mentioned stores, and are essential to the cleansing of your digestive tract and the promotion of health and well being. Some products worth considering are:

- Yerba Prima Psyllium Husks
- Yerba Prima has a complete detox program that is worth doing if you have never really taken the time to clean out your system.
- Ultimate Fiber
- Sonne's Cleansing Products
- Colon Cleanse
- There are also certain herbal formulas that provide an additional cleanse for the liver, kidneys, and lymph glands.

Your lunch ideally need to be fresh greens and perhaps a piece of Ezekiel or Essene Bread. **AVOID ICEBURG LETTUCE** – it is one of the worst things you can put in your body. Instead, have Romaine lettuce, green or red head lettuce, Hydroponic Bib Lettuce, Endives, Radicchio, red or green cabbage, sweet peppers, tomatoes, carrots, celery.

If you need to snack during the day, consider making carrot and celery sticks, soaking them in distilled water in your refrigerator every night.

For your evening meal, have a large salad with at least 8 different vegetables in it. If you feel you are desperate for protein, add some almonds or walnuts (in moderation). Season your salads with olive oil, balsamic vinegar, or lemon juice.

NO CREAMY DRESSING OR OTHER CONDIMENTS ARE ALLOWED.

You can obtain Polaner All Fruit spread for your morning toast or for an evening meal before retiring. You are, however, enhancing your health if you eat a piece of fruit for your night time snack, about 2 hours after your evening meal. Try not to eat after 9:00 p.m.

- Get plenty of rest
- Drink lots of water

- Keep a prayer journal
- Keep a dream journal
- Put it by your bed and remind yourself to wake up after you have a dream. Write it down in detail, then go back to sleep.
- Pray often in the Spirit
- Stir up your prayer language
- Choose a portion of scripture on a daily basis to be your meditation for the day and stay in that scripture. Chew on it and digest it until you receive insight and application to your personal journey.
- Ask God to help you identify those areas in your life He wants to work on.
- Ask Him to help you identify those obstacles that are impeding your progress in Him.
- Ask Him to help you identify what issues are yet unfinished at this season that needs to be finished.
- Ask God to sensitize you to the things that distract you so that you can stay focused.
- Seek Him to keep you from temptation and the snares from the forces of darkness.
- Spend time singing in the Spirit and worshipping in song.
- Make a melody in your heart as a discipline towards a focused imagination.
- Remember God keeps an individual in perfect peace when their mind is stayed on Him.

Together in Love,

Dr. Mark J. Chironna

7 POINTS OF PRAYER FOR THE 21 DAYS OF CONSECRATION

1. That men and women would speak forth as the oracles of God (not just speak about Him, but speak for Him...what thus saith the Lord).
2. That every voice in our land that is contradictory to the voice of God would be silenced.
3. The saints of God will live free from the recession and restraints of the economic system and live with unlimited resources.
4. That God would raise up servant leaders in the house of God...those with willing hearts.
5. That there would be an increased intimacy and passion in worship.
6. That we would be mission minded and not self-centered.
7. That there would be a release of the demonstration and power of God that would be undisputed by the world.