

**Daniel 10:1-21 - In the third year of Cyrus, King of Persia, a word was revealed to Daniel, who was named Belteshazzar. And the word was true, and it was a great conflict. And he understood the word and had understanding of the vision. In those days I, Daniel, was mourning for three weeks. I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks. On the twenty-fourth day of the first month, as I was standing on the bank of the great river (that is, the Tigris) I lifted up my eyes and looked, and behold, a man clothed in linen, with a belt of fine gold from Uphaz around his waist. ...**

**The only beverage intake is water and 100% natural juices. The primary foods are fruits, vegetables, whole grains and legumes. There are no sweeteners on the fast, no processed foods or chemicals. (Please consult with your physician for specific guides.)**

When fasting, it is necessary to turn away from distractions and spend quality time in prayer. Think of two or three things most pressing on your heart and make that your focal point. You may want to write them down and be prepared to hear God speak to your heart, as He draws you closer to him.

Clearly, the purpose of the fast is to draw closer to God. During your fast you will want to focus your time with God for a specific purpose or to gain His advice, intervention or direction in your life.

### **Food for the Spirit, Soul and Body beginning Jan. 9<sup>th</sup> -29<sup>th</sup>**

**DAY 1:** Read Exodus 1-3. Thank God that He has given you advocates that will help you on your path. Thank Him that He will protect your inheritance. Thank Him for preparing a deliverer for CAG and you.

**DAY 2:** Read Exodus 4-10. Tell the enemy to let you go, and that you are going to worship in new way. Tell him to let go of your supply. Ask the Lord for a supernatural anointing to confront every old structure that has been holding you. Stir up the gift of God in you. Call and pray with someone. Decree together that CAG and you are coming out and into a new place.

**DAY 3:** Read Exodus 11-14, and Hebrews 9. Ask the Holy Spirit to cleanse your conscience. Declare that every death cycle around you, your family, your home, and finances will be let go.

**DAY 4:** Read 1 Cor. 5:7; John 1:29, John 19:32-36; I Peter 1:19; and Gal. 4:4,5. There is only one recorded celebration of Passover between the Exodus and the entrance into Canaan. It was primarily a commemorative ordinance, reminding the children of Israel of their deliverance out of Egypt. But it was, no doubt, also a type of the great deliverance wrought

by the Messiah for all His people from the doom of death on account of sin, and from the bondage of sin itself, bondage worse than Egypt. Declare that every

strategy of captivity that is holding you, your family and CAG will be exposed and broken.

**DAY 5:** Read the Faith Chapter - Hebrews 11. "Through faith he kept the Passover, and the sprinkling of blood, lest He that destroyed the firstborn should touch them." Participate in communion at home with your family.

**DAY 6:** Numbers 16-17. There was jealousy, rebellion, and accusation against leadership within the camp, brought by Korah and others. The earth opened and swallowed the people. God sent a plague. Ask the Lord to remove these deadly spirits from the body of Christ. We must always be careful in our attitude and actions toward leadership. We may disagree

with leadership, but should do so in an appropriate way. Break all cycles relating to past broken relationships with leadership in the body and in our nation.

**DAY 7:** Read Numbers 20. There was much complaining against leadership within the camp. Moses got angry and struck the rock. This was the only instance after leaving Sinai where God did not judge the people for their complaining. Instead, He judged Moses so that he could not enter the Land. Ask the Lord to break old cycles of anger that have held you captive and kept you from crossing over into the fullness of God's plan. Moses' spirit became vexed, keeping him from revealing

God's pattern from heaven. Ask the Lord to stop you, and our CAG leadership from reacting wrongly.

**DAY 8:** Read Numbers 21. Declare a new well will spring forth. Break any strategy of impatience. Do not allow the following question to be yours: "Why have you brought us out of Egypt to die in the wilderness?" Read Numbers 14. Declare that you will have a "different" spirit like Joshua and Caleb. Declare a new level of faith. In Numbers 21, the Lord supplies water in a new way. The leaders assembled and begin to sing, calling the water to spring up from the earth as they dug with their

staffs. The new song was breaking an old cycle of complaining about lack of water. Listen to or sing "Sound of Change." WORSHIP!

**DAY 9:** Read Numbers 22-25. Curses from outside the camp: Balak hires Balaam to curse Israel, but is unsuccessful. Instead Balaam blesses Israel and curses Balak. Idolatry and immorality occur from within the camp: BEWARE of seducing spirits. When Balak was not successful in placing a curse against Israel, he tempted them with idolatry and immorality. The older generation had not struggled with these issues after the golden calf. This was a new test for this "generation" and they failed. God sent a plague. Ask the Lord to deliver CAG and you from seducing spirits.

**DAY 10:** Read Numbers 31. Partial victory is not enough in this season of "Sounds of Change." God ordered Israel to wipe out those who had seduced them and caused them to agree with idolatry and immorality. Israel fought and won, but did

not execute the full vengeance God had commanded. They took for the spoils and plunder which God

had commanded to be destroyed. Moses made them execute the full vengeance of God. This is a time to understand the phrase "utterly destroy." There are certain things that the Lord is refusing to allow to go into our next phase. Choose to let go of all that the Lord is requiring CAG, its leadership and you to leave behind.

**DAY 11:** Read Deut. 2, 8, 11, 28, and 34. This is the prophetic recap before Moses dies, and the account of how Moses, the deliverer of God's people from captivity, died. Read how the promises of God were reiterated. God gave a period of mourning. Israel had to overcome their grief to cross over. Let go of the past. Review what God has said. Purpose in your heart to cross over into all of His blessings this season. Can you hear the "Sounds of Change" for your

life? Be still and listen.

**DAY 12:** Read Matthew 9; Mark 2; and Luke 5. Using a marriage-feast comparison, Jesus insists that fasting was not suitable for His disciples as long as He, the Bridegroom, was with them. Declare that new wine will begin to flow and new wineskins will begin to form. Declare that a reformation will occur in the Church. Declare that any old death structure that is holding us captive will be broken. Ask the Lord to give you a special GRACE to press through. Have a celebration. Rejoice over the changes that are beginning to happen. Ask the Lord to prepare you to press through our corporate fast in a whole new way.

**DAY 13:** Read Isaiah 58. Going without food or water was not automatically effective in accomplishing the desires of those who fasted. In the prophet Isaiah's time, people complained that they had fasted and that God had not responded favorably. The prophet declared that the external show was futile. The fast that the Lord requires is to loose the bonds of wickedness, undo the heavy burdens, feed the hungry, shelter the poor, and clothe the naked. Ask the Lord to break old cycles related to religious spirits.

**DAY 14:** Read Jer. 36:6; Acts 27:9; II Chron 20; and Jonah 3. Fasting is going without food or drink voluntarily, generally for religious purposes. The expression used in the law is "humble your souls" (Lev 16:29-31; 23:27; Num 30:13), implying the sacrifice of the personal will, which gives to fasting all its value. Fasting, however, could also be done for other reasons. It was sometimes done as a sign of distress, grief, or repentance. This custom resulted in calling the day "the day of fasting"

or "the Fast." Jehoshaphat called for a fast in all Israel when opposed by the Moabites and Ammonites. Reacting to Jonah's preaching, the men of Nineveh, at the king's order, fasted and put on sackcloth. Ask Him what your personal fast is to be about inside of the CAG corporate fast.

**DAY 15:** Read 2 Samuel 1; Nehemiah 1; Daniel 1 and 6. Fasting was often done by individuals in times of distress. David fasted after hearing that Saul and Jonathan were dead. Nehemiah fasted and prayed upon learning that Jerusalem had remained in ruins since its destruction. Darius, the king of Persia, fasted all

night after placing Daniel in the lions' den. Ask the Lord to remove old cycles of grief. Ask Him to show you situations that are in decay (individuals, cities, families, nations, churches, etc.). Receive supernatural wisdom from the Lord. Ask Him to send angels into your captivity.

**DAY 16:** Read Ezra 8 and Acts 23. Those about to return with Ezra from captivity fasted at the river of Ahava in the face of the dangers faced on the journey. Ask the Lord to lead you in a new way and to break every robbing spirit that is ahead on your path. Declare your children (physical or spiritual) will be protected. Let this day of fasting be done with a spirit of liberty.

**DAY 17:** Read Esther 3, 4, 5 and 9. Esther and the Jews of Shushan (or Susa) fasted when faced with destruction planned by Haman. Declare that decrees of the enemies will be reversed on CAG, leadership and you.

**DAY 18:** Read Luke 2; Mark 2; Matt. 4; and Luke 4. Fasting also occurs in the New Testament. Anna at the Temple "served God with fasting's and prayers night and day." John the Baptist led his disciples to fast. Jesus fasted 40 days and 40 nights before His temptation. Give thanks for the spiritual discipline of fasting, and for Jesus' faithfulness to complete His fast.

**DAY 19:** Read Acts 10, 13 and 14. Cornelius was fasting at the time of his vision. The church in Antioch fasted and sent Paul and Barnabas off on the first missionary journey with fasting and prayer. Paul and Barnabas prayed with fasting at the appointment of elders in the churches. Begin the last three days of our corporate fast asking for Bishop Morton to hear fresh revelation from Lord as he guides us through this season of "Sounds of Change." Thank the Lord for the release of revelation and the consecration that can result from fasting.

**DAY 20:** Read Joshua 3 and 1 Cor. 7. Paul suggested that husbands and wives might abstain from sexual intercourse to give themselves to fasting and prayer. Do not fear crossing over. Ask the Lord to sanctify you.

**Day 21:** Read 1 Cor. 15; Hebrews 2; and 2 Tim. 1. The apostle Paul speaks of death as an enemy: "The last enemy that will be destroyed is death." In His resurrection, Jesus conquered death - physical, spiritual, and eternal. Through fear of death, men are subject to bondage. "Our Savior Jesus Christ...has abolished death and brought life and immortality to light through the gospel". Demand that the shadow of death over you, your family, our church family CAG, city, state, and nation be broken. Read Is. 25. Declare a death shroud to lift. Spend three days praising and celebrating at the end of our corporate fast and 21- Day prayer Focus. Declare every ambush of the enemy will be uncovered. Declare supply that the enemy has held up will be released. Declare you will see your desire upon your

enemies. Memorize Acts 18:10: "For I am with you, and no one will attack you to hurt you; for I have many people in this city." (NKJV) The power of celebration will break through all barriers. This is a

major month of change. Declare new vision will develop. Rejoice that you crossed over and celebrate releasing your First Fruit as you honor God for all He has done for you.

**Whole Grains & Nuts:** 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, 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 .

**Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices .

**Foods to Avoid:** Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives, or Additives, Refined Sugar, Sugar Substitutes, White Flour, and All Products Using Margarine, Butter, Shortening, or High in Fat Products .