

A photograph of a forest path. The path is made of dark, damp earth and small stones, winding through a dense forest. The ground is covered in vibrant green moss and ferns. Tall, dark tree trunks stand on either side of the path, and the background is filled with more trees and foliage, creating a sense of depth and tranquility. The overall atmosphere is peaceful and natural.

March 10th - 30th
2013

21 Day Journey of
**FASTING AND
PRAYER**

Daniel Fast & Prayer Emphasis: March 10th—30th, 2013

Instructions for our Twenty-one day Daniel Fast and Prayer Emphasis...

Thank you once again for your faithfulness during this journey. We believe God has great things in store for us as we follow Him in obedience. Please let me remind you as you set aside this time for your fast to also give time with the Lord in prayer. Use this time of fasting and prayer to seek Him recognizing that fasting and prayer go hand in hand.

Begin your time of fasting with an attitude of humility and a desire for personal holiness and purity. Biblical fasting is synonymous with humility. God promises, no matter what, that He will hear the cry of the humble. 2 Ch 7:14 "...and if my people, my God-defined people, respond by humbling themselves, praying, seeking my presence, and turning their backs on their wicked lives, I'll be there ready for you: I'll listen from heaven, forgive their sins, and restore their land to health."

What is a Daniel Fast?

In the Book of Daniel, chapter 10, Daniel ate no pleasant foods, meat or wine for 21 days. A short list of acceptable foods include:

- All fruits and vegetables
- All legumes
- Whole grains
- Nuts and seeds
- Tofu
- Herbs and spices

Conversely, there is also an agreed upon list of foods to avoid. Keep in mind that no artificial or processed foods nor any chemicals are traditionally allowed in the Daniel fast.

Foods to avoid:

- Caffeine
- all meat and animal products
- all dairy products
- all deep fried foods
- all solid fats

Tips:

- If you are experiencing weakness or headaches, drink at least 8 glasses of water each day, but be careful not to drink too much water, too much liquid can be as bad as not enough.
- For more helpful ideas use a web search engine like Google and type *Daniel Fast*.

21 breakthroughs for which you could fast...

1. Effectiveness of our church to reach our community for Christ.
2. Financial provision and blessing or to get out of debt.
3. Physical healing for a family member, friend or yourself.
4. Victory over sins like pride, legalism, or self-righteousness.
5. Restoration of a relationship.
6. To quit a bad habit like smoking or others.
7. Overcome Drug or Alcohol addiction for a family member, friend or yourself.
8. Promotion or new opportunity at work.
9. Wisdom or direction for a critical decision.
10. Salvation of a friend or family member.
11. Deliverance from spiritual oppression.
12. The influence and growth of a ministry you lead or serve in.
13. Victory over anxiety, fear, depression or loneliness.
14. Decision you know you need to make.
15. Improved communication or conflict resolution in your marriage.
16. A revival of your passion and love for the Lord.
17. The development of a devotional time with the Lord.
18. Spiritual awakening for your spouse or children.
19. To stop living a double life, one at church and one at work.
20. Overcome sexual issues like pornography, lust or impure thoughts.
21. Expanding of new projects for this year for our church.

7 Things You Can Expect...

1. You can expect it to be challenging and difficult. This will take discipline and focus on your part. Disciples are known by their discipline.
2. If you'll stick to your commitment to the Lord you should see a great increase in your faith and experience personal spiritual transformation.
3. God may answer your request during these 21 days, or He may not. There is no way for people to know exactly what God is going to do. We do know that during this emphasis we will draw closer to the Lord and that is our responsibility.
4. You will be more sensitive to God's Holy Spirit in your life. Removing the necessities and distractions of life will add a new sense of clarity to the voice of God.
5. You will have an increased fellowship with God and have a greater understanding of what it means to depend upon Him to meet your needs.
6. You should find yourself praying more small direct prayers throughout the day.
7. You should expect an increase in spiritual tension and resistance from the enemy. Don't allow discouragement or deception to take you away from the commitment we have made these three weeks. Scripture says "Greater is He that is in us than he that is in the world."

5 Dangers to Guard Against...

1. Fasting is not a way to twist God's arm or earn some spiritual blessing.
2. The Pride and self-righteous attitude that can come with practicing spiritual disciplines. This is not about you being the best disciple, this is about your desire and hunger to draw closer to God.
3. Temptations will arise. Don't Quit, stick to your commitment.
4. Prepare for opposition.
5. Discouragement may come in like a flood.

IF FOR ANY REASON YOU EAT SOMETHING YOU SHOULDN'T HAVE DURING THE FAST. THEN RECIEVE GOD'S FORGIVENESS AND FORGIVE YOURSELF AND CONTINUE WITH THE FAST, DON'T THROW IN THE TOWEL AND STOP THE FAST.

Biblical reasons to fast

- Jesus modeled fasting-Matthew 4:1-4
- Jesus assumed we would be doing it-Matthew 6
- The Early church fasted-Acts 10:30-31
- God's power is released-Matthew 17:21
- God's direction is released-Ezra 8:1, Isaiah 58:11, Daniel 9:2-21
- Repentance is released-Isaiah 6:5
- Bondages are broken-Isaiah 58:6
- Healing is released-Isaiah 58:8
- Ministry is released-Acts 13:2
- Spiritual Awakening-Joel 1:4, 2:28
- To devote time to witnessing and soul-winning-John 4:4-34
- To share our abundance with others- Isaiah 58:6-7

Disclaimers

1. Do not fast if there are any medical or dietary reasons that prohibit it. Please consult your doctor about participating in a Daniel fast, but join us in praying.
2. There is no pressure from Cornerstone pastors or congregation for you to fast. If you are not ready, or really don't want to do it, then don't. Remember that fasting is to be done in faith and expectation. Never fast to impress someone else or pretend to be "spiritual" like everyone else.

***Please contact Pastor Craigton Tong if you have any further questions.
Phone: 925.779.2000, ext.2015 Email: ctong@cornerstonechristian.net
Or visit our website: www.cornerstonechristian.net***

21 Day Prayer Guide

Day 1 – March 10th

Genesis 16:1-18:15, Matthew 6:1-24, Proverbs 2:1-5

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for financial breakthrough in our church and our families.
- Pray that through this 21 days God will do a work in your life. That you will resemble him more closely at the end of these 21 days.

Day 2 – March 11th

Genesis 18:16 -19:38, Matthew 6:25-7:14, Psalm 8:1-9, Proverbs 2:6-15

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for the finances of our fellow church members. Pray God's blessing on their resources and business.
- Pray for financial breakthrough in our church and our families.
- Pray for each of us to be faithful with our resources as God's word directs us.

Day 3 – March 12th

Genesis 20:1- 22:24, Matthew 7:15-29, Psalm 9:1-12, Proverbs 2:16-22

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for financial breakthrough in our church and our families.
- Pray for the families of our church, for greater communication in marriages, for teenagers to stand strong in the face of peer pressure and for young children to start off their walk with God the proper way.

Day 4 – March 13th

Genesis 23:1- 24:51, Matthew 8:1-17, Psalm 9:13-20, Proverbs 3:1-6

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for financial breakthrough in our church and our families.
- Ask God for wisdom and His direction for our Pastors and Leaders concerning direction for our church.

Day 5 – March 14th

Genesis 24:52 - 26:16, Matthew 8:18-34, Psalm 10:1-15, Proverbs 3:7-8

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for financial breakthrough in our church and our families.
- Pray today for an increase of your personal faith. Ask God to refresh you and for renewed faith to believe Him that all things are possible.

21 Day Prayer Guide-Continued

Day 6 – March 15th

Genesis 26:17 - 27:46, Matthew 9:1-17, Psalm 10:16-18, Proverbs 3:9-10

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for financial breakthrough in our church and our families.
- Hope you're continuing with your commitment. If not then today is "get back on your horse day." Pray that God will renew your commitment to Him and give you the strength to carry it out. If you are going strong, then ask Him to continue to renew your passion as you keep going with this journey.

Day 7 – March 16th

Genesis 28:1- 29:35, Matthew 9:18-38, Psalm 11:1-7, Proverbs 3:11-12

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for financial breakthrough in our church and our families.
- Pray today for our children's ministry and youth ministry. Pray for God to work mightily in the lives of our children and teenagers. Pray for them to be renewed spiritually and to be bold in their walk with Christ.

Day 8 – March 17th

Genesis 30:1 - 31:16, Matthew 10:1-23, Psalm 12:1-8, Proverbs 3:13-15

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for financial breakthrough in our church and our families.
- Pray for those in our church family who are battling illness and that the Lord would touch and heal. Pray for strength for their families and peace from the anxiety and fears associated with the illness of a loved one.

Day 9 – March 18th

Genesis 31:17 - 32:12, Matthew 10:24-11:6, Psalm 13:1-6, Proverbs 3:16-18

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for financial breakthrough in our church and our families.
- Pray for those that serve and lead ministries at Cornerstone. Pray that God would give them renewed passion and vision and that He would increase their effectiveness in the area they minister.
- Pray where God would have you serve if you are not doing so right now.

21 Day Prayer Guide-Continued

Day 10 – March 19th

Genesis 32:13 - 34:31, Matthew 11:7-30, Psalm 14:1-7, Proverbs 3:19-20

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for financial breakthrough in our church and our families.
- Pray for nations where Christians are being persecuted and killed for their faith. Pray for strength and passion and protection for them as they face challenges to sharing their faith with others.

Day 11 – March 20th

Genesis 35:1- 36:43, Matthew 12:1-21, Psalm 15:1-5, Proverbs 3:21-26

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for financial breakthrough in our church and our families.
- Pray for those in our church family who are personally or who have someone living in their house that is battling alcohol or drug addiction. Pray for the teenagers and children in our church who have parents with addiction struggles.
- Pray for God's breakthrough for them from the patterns and behaviors that are damaging their lives and relationships.

Day 12 – March 21st

Genesis 37:1- 38:30, Matthew 12:22-45, Psalm 16:1-11, Proverbs 3:27-32

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for financial breakthrough in our church and our families.
- Pray for the government of our cities, state and country. Pray for God to give them wisdom to lead.
- Pray to have an increase in Godly leaders who can shape policy.

Day 13 – March 22nd

Genesis 39:1- 41:16, Matthew 12:46-13:23, Psalm 17:1-15, Proverbs 3:33-35

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for financial breakthrough in our church and our families.
- Pray for the opportunity to share your faith this week with someone who does not have a relationship with Jesus.
- Pray that God would give you the courage to share your faith when the door opens.

Day 14 – March 23rd

Genesis 41:17 - 42:17, Matthew 13:24-46, Psalm 18:1-15, Proverbs 4:1-6

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for Easter Sunday morning will be a great day of outreach.
- Pray for financial breakthrough in our church and our families.
- Pray for your neighborhood 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 neighbors or invite them to a Small Group Bible Study or to a Sunday morning worship service.

21 Day Prayer Guide-Continued

Day 15 – March 24th

Genesis 42:18 - 43:34, Matthew 13:47-14:12, Psalm 18:16-36, Proverbs 4:7-10

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for Easter Sunday morning to be a great day of outreach.
- Pray for financial breakthrough in our church and our families.
- Pray for Iron Shop and Hope Eternal recovery ministries, as well as Cleansing Stream discipleship ministry of our church. Pray that God would use these ministries to repair and restore the lives of people.
- Pray for the bus ministry that He would give us increase and wisdom to minister to those in need in those areas.

Day 16 – March 25th

Genesis 44:1 - 45:28, Matthew 14:13-36, Psalm 18:37-50, Proverbs 4:11-13

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for Easter Sunday morning to be a great day of outreach.
- Pray for financial breakthrough in our church and our families.
- Pray for men's and women's ministries, that God would use these two ministries to strengthen, encourage and challenge the lives of men and women.

Day 17– March 26th

Genesis 46:1 - 47:31, Matthew 15:1-28, Psalm 19:1-14, Proverbs 4:14-19

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for Easter Sunday morning to be a great day of outreach.
- Pray for financial breakthrough in our church and our families.
- Pray for the spiritual protection of our church body while engaging in warfare. The devil comes to steal, kill and destroy, but we have been, and are covered by the power of the Blood of Jesus Christ.
- God has disarmed, disgraced, and defeated the devil and we need to remind the devil of what happened on the Cross.

Day 18 – March 27th

Genesis 48:1 - 49:33, Matthew 15:29-16:12, Psalm 20:1-9, Proverbs 4:20-27

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for Easter Sunday morning to be a great day of outreach.
- Pray for financial breakthrough in our church and our families.
- Pray today and agree that God has a plan and a purpose for your life. Pray and believe and confess that His plan and will be done in your life and the lives of your family members.

21 Day Prayer Guide-Continued

Day 19 – March 28th

Genesis 50:1 - Exodus 2:10, Matthew 16:13 -17:9, Proverbs 5:1-6

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for Easter Sunday morning to be a great day of outreach.
- Pray for financial breakthrough in our church and our families.
- Pray for ways to become a better leader and difference maker in your family, your work, your neighborhood, 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.

Day 20 – March 29th

Exodus 2:11- 3:22, Matthew 17:10-27, Psalm 22:1-18, Proverbs 5:7-14

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for Easter Sunday morning to be a great day of outreach.
- Pray for financial breakthrough in our church and our families.
- Take today to write out some reflections of 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 to God in the future.

Day 21 – March 30th

Exodus 4:1- 5:21, Matthew 18:1-20, Psalm 22:19-31, Proverbs 5:15-21

- Pray to see those outside the family of God in our community won to Christ.
- Pray for our church's effectiveness in reaching those outside of God's family.
- Pray for financial breakthrough in our church and our families.
- Pray for Easter Sunday morning to be a great day of outreach.
- Today is the final day of our emphasis. Whenever you complete a major accomplishment it's always time to celebrate. Thank God today for what He has done and what He will do in your life through this journey. Come with great expectancy tomorrow, Easter Sunday morning! He Has Risen!!!