

# Lighthouse Christian Center

March 30, 2025 – April 20, 2025



## 21 Day Spiritual Fast

# Lighthouse Christian Center Corporate Fast

**Fasting** is a spiritual discipline designed to aid believers in developing a deeper and richer experience with God. Fasting reminds us that we do not live by bread alone {Deut. 8:4}. **Fasting enhances our spiritual sensitivity.**

**Lighthouse** invites you to join us as we purpose to emphasize that our spiritual lives are more important than our physical existence. It is our prayer that lives will be saved, delivered, and radically changed for God's glory. Further, we desire foster and live in unity with one another.

**Begins:** Monday, **March 30**, 2025 at **18:00 pm**

**Ends:** Friday, **April 20**, 2025 at **0:00 am**

## Fast Details

The biblical model for fasting adopted by Lighthouse found in the Daniel Fast. Daniel fasted for three weeks {Daniel 9:25}. During this time, he abstained from certain {choice} foods and waited on God in prayer (10:12) concerning his people's destiny . While the focus of the Daniel's Fast limits what we can eat, it is a progressive fast that restricts one to eliminate certain foods weekly. During the final week, fruits, vegetables, whole grains, nuts, and water, (limited caffeine) are the diet.

**Week #1—Eliminate all Pleasure foods, processed Sugar, Fried Foods: No process foods (e.g. bologna, liverwurst, pickled meats, etc.) chip, candies, sweets, etc.**

**Week #2—Eliminate Pork, Beef, all Dairy, White Rice & Pastas, and the items in Week # 1:** Chicken, Fish (with scales), and all veggies, fruits, nuts, and **unleavened breads** (e.g. pita/wraps, crackers) may be eaten. **You may eat brown rice veggie pastas, peanut butter. For more options see lists on page 5.**

**Week # 3—Eliminate all meats (including fish), breads, and items the in Weeks 1 & 2:** All animal products are restricted, including dairy. This week is restricted to veggies and fruits.

**No carbonated drinks or Alcoholic Beverages: Limit caffeine intake.**

The restriction, coupled with previous fast where Daniel drank only water (typical for biblical fasting), is a revision for today' s Daniel Fast finds its roots for water. Organic (natural) fruit juices are acceptable.

## Purpose of Fasting

**Fasting** implements the spiritual discipline of abstaining from food for designated a period of time whereby the believer seeks to know God in a deeper experience. Daniel sought to know and abide in the will of God during a time of national distress and turmoil. We are living in similar times. Our nation as a whole is in need of spiritual revival that comes only through prayer and repentance. Fasting without prayer is starvation. This means during our time of fasting, we are to set aside a time for regular prayer, meditation, and worship. Otherwise, our fasting is simply an ineffective ritual and dieting.

**Fasting** does not provoke the hand of God to work in our behalf. Its purpose is to promote change in the life of a believer. While the discipline of fasting may provoke untoward emotions of irritability, anger, binge cravings, etc. it is important to recognize those emotions existed within prior to this fast. Therefore, fasting helps us to purge-to empty ourselves from such behaviors so we may draw closer to God and focus on becoming more like the new individual He designed (2 Cor. 5:17). We, therefore,

**Fast from criticism, and feast on praise.**

**Fast from judgment and feast on grace.**

**Fast from self-pity, and feast on joy.**

**Fast from ill-temper, and feast on peace.**

**Fast from resentment, and feast on contentment.**

**Fast from jealousy, and feast on love.**

**Fast from pride, and feast on humility.**

**Fast from selfishness, and feast on service.**

**Fast from fear, and feast on faith.**

## **Basic Guidelines**

*This Fast involves a spiritual commitment to God.*

*"Daniel proposed in his heart that he would not defile himself." Daniel 1:8*

When you consider a food item, take a look at the ingredient list included on the label. It's usually near or under the nutritional information. The acceptable foods must be sweetener-free, chemical-free, and consistent with the food lists below.

### **FOODS TO INCLUDE DURING THE DANIEL FAST**

**All Fruits:** These can be fresh, frozen, dried, juiced or canned. Not packed in sugars or syrups.

Fruits include but not limited to:

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	

**All Vegetables and Legumes:** (fresh, frozen, dried, juiced or canned. Watch for salt content)

#### **Vegetables**

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	
Chili peppers	Mushrooms	Spinach	

#### **Legumes**

Dried beans	Black eyed peas	Split peas	Lupines
Black beans	Green beans	Lentils	Green peas
Cannellini beans	Kidney beans	White Beans	Pinto beans
Navy beans			

Veggie burgers are an option if you are not allergic to soy.

**All Whole Grains:** This includes but is not limited to whole wheat:

Brown rice	Plain Oatmeal- not instant	Whole wheat pasta	Whole wheat tortillas
Millet	Barley	Whole wheat tortillas	Oats
Quinoa	Popcorn	Plain Rice cakes	Rolled Oats
Grits (no butter)			

**All Nuts and Seeds, and Oils:** This includes but is not limited to:

**Nuts & Seeds (raw and unsalted)**

Sprouts	Sunflower	Cashews	Hazelnuts
Ground flax	Sesame	Peanuts	Poppy Seeds
Cashews	Almonds	Pecans	Pine Nuts
Walnuts	All natural nut butters: peanut, almond	Sunflower	Sesame seeds

**Quality Oils**

Canola	Olive
Coconut	Peanut
Grape seed	Sesame

**Soy Foods**

Tofu (all kinds)  
TVP (textured vegetable protein)  
Other soy products

**Condiments and Cooking Ingredients**

Adobo sauce	Salt	Small amounts of fruit juices as ingredients in dishes - apple juice - lemon juice - lime juice - orange juice - pineapple juice
Cilantro	Herbs	
Mustard (unsweetened)	Seasonings	
Vanilla	Soynnaise	
Vegetable broth	Spices	

## **Beverages**

**Water:** Distilled water, filtered water, spring water, or other pure waters .

## **FOODS TO AVOID ON THE FAST**

**Meat Products** not limited to beef, pork, and fish with no scales (bottom feeders; Catfish, shrimp, lobster, oysters, etc.

**All Dairy Products** not limited to milk, cheese, butter, and eggs.

**All Sweeteners** not limited to sugar, substitute sugar, agave nectar, honey, etc.

**All Leavened Bread** including Ezekiel Bread and baked goods with yeast.

**All Refined and Processed Food Products** not limited to flavorings, food additives, chemicals, white rice/flour, and artificial preservatives.

**All Deep Fried Foods** not limited to potato chips, fries, corn chips.

**All Solid Fats** including shortening, margarine, lard and foods high in fat.

**Beverages** including but not limited to carbonated beverages, energy drinks, and alcohol.

## FASTING

Throughout the Bible, believers took up a fast for three reasons:

1. To become more aware of God's presence
2. To confirm God's will and anointing
3. To hear a Word from the Lord in a time of need.

Fasting is setting ourselves apart to center our lives on God. It's not just eating differently and expecting some supernatural results. But rather, fasting helps us focus more on God and His Word, we will become aware of the supernatural power of God that is already at work all around us.

### Helpful Tips

You will probably need to cook a vast majority of your meals "from scratch." That's because so many of the prepared foods include sugar and chemicals, which are both no-no's on the Daniel Fast.

**READ THE LABELS.** You will likely be amazed, and maybe even a bit discouraged, as you try to find prepared foods that are sugar-free and chemical-free. But make sure you read the labels.

Use frozen vegetables. Obviously, you will eat more vegetables on the Daniel Fast. The good news is that the vegetables found in the frozen food cases are often cheaper and even more nutritious than many vegetables found in the produce section.

The Daniel Fast is a great time to find new recipes and try new foods that may become family favorites.

Keep in mind, this fast became a way of life for Daniel. May the Lord inspire you to maintain some of the healthier disciplines as a lifestyle of purity, well-being and self-control, long after the 12 days are completed.

As you fast, seek the Lord's wisdom and direction. Life is full of noise that makes it difficult to clearly discern God's will. As the requirements of fasting consume your thoughts and interrupt your activity throughout the day- instead of a distraction, use these thoughts as a reminder to pray and be sensitive to the Spirit.

## PREPARING FOR THE FAST

Prior to starting the fast, consider journaling the following statements so you can refer to it at the end and see how God manifested Himself to you during this time of fasting.

### **Statement:**

**What I'm expecting from God during this time of consecration through the 21 day Daniel Fast is:**

**What I'm hoping will change within me through this sacred time?**

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## Moments with God Devotional Journal

### **DAY 1:**

Instead of coming with a list of requests, simply pursue His presence each day. Make it your main priority to become more aware of the voice of God. Hear Him speaking to you.

Isaiah 55:2 Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare.

### **DAY 2:**

Fasting is an act of worship, a way of submitting and surrendering to the Holy Spirit in our lives. As you worship Him and resist temptation, you place your desire for intimacy with God above physical cravings of hunger.

Deuteronomy 8:3 He humbled you ... to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD. See also (Matthew 4:4 and Luke 4:4)

### **DAY 3:**

You can do nothing without the power of God at work in your life. With Him, all things are possible.

John 15:5 I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.

**DAY 4:**

**During a fast, you come face to face with the weakness of your flesh. In order to persevere, you'll need His strength.**

Zech. 4:6 Not by might nor by power, but by my Spirit, says the LORD Almighty.

**DAY 5:**

**When you trust in the Lord to fight your battles, He will persevere until you have victory.**

Mark 12:36-- The Lord said to my Lord: "Sit at my right hand until I put your enemies under your feet.

**DAY 6:**

**fasting allows you to walk freely in the love of God and challenges you to express God's love to others.**

John 13:34-35 New command I give you: Love one another. As I have loved you, so you must love one another. 35 By this all men will know that you are my disciples, if you love one another.

## **Day 7**

**It is only through the indwelling of the Holy Spirit you receive wisdom and guidance to do God's will.**

Colossians 1 :9 For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding.

## **DAY 8:**

**Start each day with a prayer from your heart, that your fasting may not be in vain or become a routine.**

Psalm 51 :10-12 Create in me a pure heart, O God, and renew a steadfast spirit within me. <sup>11</sup> Do not cast me from your presence or take your Holy Spirit from me. <sup>12</sup> Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

## **DAY 9:**

**Fasting is an act of faith. We deny ourselves today based on the promises of God. Fasting and prayer cleanse both our body and Spirit as we focus our mind on Him.**

2 Corinthians 7:1 Since we have these promises, dear friends, let us purify ourselves from everything that contaminates the body and spirit, **perfecting holiness out of reverence for God.**

## DAY 10

**The discipline of fasting is meant to build up your Spirit. It is only effective as much as it is coupled with prayer.**

Jude 1:20 But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit.

## DAY 11

**This 12 day fast is not just about food. The daily choices we make are a testimony to the fact that God alone sustains us. We trust in Him for strength and healing.**

Jeremiah 17:14 Heal me, O LORD, and I will be healed; save me and I will be saved, for you are the one I praise.

## DAY 12:

Give God the glory for the victory! Stay alert for the traps of the enemy. May you finish this fast not only filled with the Holy Spirit, but also operating in the fullness of the Spirit's power in your life.

Luke 4: 1- 14 Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert,<sup>2</sup> where for forty days he was tempted by the devil...When the devil had finished all this tempting, he led him until an opportune time.

<sup>14</sup> Jesus returned to Galilee in the power of the Spirit ...

## DAY 13:

Today is day 13 and thank God you have come this far. There is no one who can stop you in this sure journey. You will see the hand of God! Many challenges might have appeared to try and discourage you but STAY STRONG because your prayer are being heard.

Eph. 3:20—Now to Him who, by (in consequence of) the [action of His] power that is at work within us, is able to [carry out His purpose and] do superabundantly, for over and above all that we [dare] ask or thing [infinitely beyond our highest prayer, desires, thoughts, hopes, or dreams]—**Amplified.**

**DAY 14:**

The number seven is a symbol of completion! Day fourteen stands as two sevens, meaning double completion. I thank God you have come this far on this sure journey. You have done two-thirds of this journey. In the coming days the voice of God will become more discerning and stronger in your life. Your purpose here on earth will be sealed to the disappointment of your arch nemesis.

Isa. 46:10: **Declaring the end from the beginning, and from ancient times the things that are not yet done, saying, My counsel shall stand, and I will do all my pleasure.**

**DAY 15:**

Our God is a supernatural God! He specializes in turning things around. That which man sees as impossible He is capable of changing it. Look at His impressive CV for Genesis to Revelation. Jesus lives in you today. If He is resurrection and life, it means you are carrying these two forces within you! The thwart decay and death. So speak to these forces around you. Declare resurrection and life on your loved ones, on people around you, your job, company, business, etc.

**John 11:25**—**Jesus said unto her, I am the resurrection, and the life: he that believes in me, though he were dead, yet shall he live.**

**DAY 16:**

The Apostle Paul give us an analogy of a race that we are running. We must run to win because we are endowed with all the requirements to give us victory. We have grace on our side. We have the power of the Holy Spirit, and we have Wisdom from above. There is not a reason for us to fail!

**1 Cor. 9:6**—**I therefore so run, not as uncertainty; so fight I, not as one that beateth the air.**

Paul reminds us that those who race do it to obtain a prize. Paul is determined to win the prize so he is fully strategic in his approach. How determined are you. Run to obtain the prize!

**DAY 17:**

Discernment is one of the greatest endowments that every believer must have. It is not only to discern evil but to also discern good. As good's child, growth is not optional, it is mandatory!

Today as you pray desire **growth**, move from level to the next in your faith. Desire maturity in the things of God. Develop skill in the word of righteousness.

**Heb. 5: 13-14**—For every one that use milk is unskillful in the word of righteousness; for he is a babe. But strong meat belongs to them that are of full age, even those who be reason of use have their senses exercised to discern both good and evil.

**DAY 18:**

Hunger is a powerful force. It can drive somebody to positive or negative outcomes. It is so powerful it has driven nations into wars and has been used before as weapon to gain submission. During fasting, hunger works on your body and allows the spirit to gain the ascendancy in you.

Declare today that you are trouble proof, fear proof, poverty proof and death proof. You are repelling every satanic force and every work that the devil up to in this journey. Declare you are blessed.

**Luke 6:21**—Blessed are you that hunger now: for you shall be filled. Blessed are you that weep, for you shall laugh.

**DAY 19:**

Fire is one of those forces that has been around humans from time immemorial. It is a necessary force but if not harnessed, it can be devastating and cause great destruction. However, if it is missing, the process of humans is capped and even threatened.

**Fire burns off chaff, it removes anything that is not worthy of being there. Fire purifies. Get ready for the results that fire brings. Declare today I am overcoming the world and its systems. I am a consuming fire and everything that is not of God is consumed, Jesus' name**

**Luke 3:16**—“he shall baptize you with the Holy Ghost and with fire.”

**DAY 20:**

The ability to see is of importance in the believer's life. Your perception has the ability to limit you. It is never about education but the exposure you allow yourself. The word today is demanding a departure from the familiar. It demands you to ENLARGE, STRETCH, and LENGTHEN because there is a breaking forth for every direction that is coming. It is so BIG that you have to work on yourself to handle it. So Strength, Lengthen, and Enlarge your territory.

**Isa. 54:2**

Enlarge the place of your tent, and let them stretch forth the curtains of your habitation; spar not, lengthen

your cords, and strengthen thy stakes.

**DAY 21:**

WOW! You have made this far by the sure hand of God. Do you see that whatever you set your heart to do succeeds? There are definitely lesson you hav learned from this time of fasting and prayer. Don't stop here, continue to grow in grace and in the knowledge of our Lord Jesus Christ.

2 Peter 3:18—But grow in grace, and in the knowledge of our Lord and Savior Jesus Christ. To Him be glory both now and forever. Amen

## Post-fast Journal

WHAT GOD HAS REVEALED TO ME ABOUT HIMSELF DURING THIS FAST:

THINGS I LEARNED ABOUT MYSELF AND NEW DISCIPLINES I INTEND TO KEEP: