



**GREAT**>**R**

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**CORPORATE FAST**

*2024*

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## What is Fasting?

Fasting is deliberately abstaining from the everyday routines of life. Its purpose is to spend focused time in prayer and studying God's word, seeking to align our lives with God's will.

Ultimately, fasting is more about replacing than abstaining. It fills our lives with God's word instead of food, social media, or entertainment. It is finding satisfaction and enjoyment in God and God alone. Fasting helps us humble ourselves before the Lord and positions us to experience spiritual breakthrough in our lives.

"Eating" and "drinking" can represent anything holding you back. What do you "consume" in terms of social food, intellectual food, spiritual food, and emotional food? Are these things distracting you from your relationship with God?

Are you relying on things that have nothing to do with God to get you through your day? You may not even realize you have an addiction. For example, if you "have to have" coffee every day, and you are not willing to give it up, then you are addicted.

Everyone doing a physical fast should consult a physician first. If you have medical issues, consider fasting from TV or social media. The point is that you are sacrificially separating yourself from things and food to spend more time with God.

## **Why We Fast**

*We fast for a fresh encounter with God!*

**Fasting reveals and heals our dependence on food (and other things)** to fill the discomfort caused by low self-esteem, unfulfilling work, unloving relationships, uncontrollable circumstances, etc. It removes the false peace derived from non-spiritual things.

**Fasting expresses and deepens our hunger for God.** It reminds us that we are sustained “by every word that proceeds from the mouth of God” (Matt. 4:4). Food does not sustain us; God sustains us. In Christ, “all things hold together” (Colossians 1:17). Therefore, in experiences of fasting, we abstain from food or other activity to feast on God’s Word.

**Fasting and prayer are the only disciplines that fulfill the requirements** of Mark 9:29, “This kind can come out by nothing but prayer and fasting.” Since fasting does not come naturally, it is something that we must *decide* to do. In addition, some of the changes we want to see happen in our lives and the lives of our loved ones will only come from the discipline of fasting and praying.

## THE DANIEL FAST

### **Foods to Include:**

**Fruits** - *Fresh, frozen, dried, juiced, or canned.*

Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.

**Vegetables** - *Fresh, frozen, dried, juiced, or canned.*

Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers (an option if you are not allergic to soy).

**Whole grains - Including**, but not limited to, whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn. All nuts and seeds, including, but not limited to, sunflower seeds, cashews, peanuts, sesame. In addition, nut butter, e.g. peanut butter, and almond butter.

**Legumes** - *Canned or dried.*

Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black-eyed peas, kidney beans, black beans, cannellini beans, white beans.

**Beverages** - Spring water, distilled water, or other pure waters.

**Sample Menu for Daniel Fast:**

**Breakfast** - Fruit smoothie with protein powder

**Mid-morning Snack** - Fresh fruit or fresh vegetables

**Lunch** - Raw vegetable salad with light dressing and vegetable broth soup

**Mid-afternoon Snack** - Fresh fruit or fresh vegetables

**Dinner** - Fresh salad with light dressing and steamed grilled vegetables.

**Sample Menu for Modified Daniel Fast:**

**Breakfast** - 1-2 servings whole grains with fresh fruit juice

**Mid-morning Snack** - Fresh fruit or fresh chopped vegetables

**Lunch** - 1-2 servings whole grains; fresh salad with legumes and light dressing

**Mid-afternoon Snack** - Fresh fruit juice or fruit smoothie with protein

**Dinner** - 1-2 whole grains; fresh salad with legumes and light dressing

## OUR PLAN

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### 1. Set personal goals and write them down!

Begin with clear personal goals as well as discovery goals for our church. Be specific! Why are you fasting, personally? What are you expecting God to do in this new season of your life? What are you expecting God to do in lives of those around you? What things do you need to change to align with what God expects of you? Pray and ask the Holy Spirit for guidance. Write your goals or requests in a journal or notebook or create a digital journal using your favorite notetaking program or app.

Keeping a journal throughout your fast is a fantastic way to track and remember all God does for you during this fast. **We are fasting corporately for 2024 vision: GREATER!**

**We** are expecting greater for ourselves, our church, and our community!

*\*We will pray individually at 12 noon each day for personal and spiritual formation, our church, and the vision for 2024.*

### 2. Open yourself to God.

Fasting is about replacing the daily intake of food, entertainment, and human contact with focused times of prayer, spending large amounts of time feeding on the Word of God, and spiritual listening.

Focus on moving toward a more profound spiritual dependency and away from willful self-dependency.

### 3. Expect God to respond.

Enter this time by faith and expect God to move according to your faith. Expect God to respond!

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*Week 1: God Is Doing a New Thing!*

## **DAY 1**

### **BELIEVING AND ACCEPTING THE NEW**

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#### **TODAY'S SCRIPTURE READING**

“Do not remember the past events;  
pay no attention to things of old.  
Look, I am about to do something new;  
even now it is coming. Do you not see it?  
Indeed, I will make a way in the wilderness,  
rivers in the desert.”

—[Isaiah 43:18-19 \(CSB\)](#)

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#### **PRAYER + REFLECTION**

1. As we commence these 21 days, pray, and declare God is doing a new thing in your life!
2. Thank God for making all things new and doing away with the former things.
3. Pray for a willing spirit and ask the Lord to help you accept what God will bring you into.

#### **NOTES:**



*Week 1: God Is Doing a New Thing!*

## **DAY 2**

### **DECLARATION OF SEPARATION FROM YOUR OLD SELF**

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#### **TODAY'S SCRIPTURE READING**

“For we know that our old self was crucified with him so that the body ruled by sin might be rendered powerless so that we may no longer be enslaved to sin, since a person who has died is freed from sin. Now if we died with Christ, we believe that we will also live with him, because we know that Christ, having been raised from the dead, will not die again. Death no longer rules over him.”

—[Romans 6:6-9 \(CSB\)](#)

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#### **PRAYER + REFLECTION**

1. Ask God to illuminate to you any limiting beliefs about yourself.
2. Pray for the Holy Spirit's transformation through the renewal of your mind.
3. Ask the Lord to grant you an understanding of the things above and for increased measures of faith that His word will not return void.

#### **NOTES:**

*Week 1: God Is Doing a New Thing!*

## **DAY 3**

### **ACKNOWLEDGING THAT GOD CHOSE YOU**

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#### **TODAY'S SCRIPTURE READING**

“But you are a chosen race, a royal priesthood, a holy nation, a people for his possession, so that you may proclaim the praises of the one who called you out of darkness into his marvelous light. Once you were not a people, but now you are God’s people; you had not received mercy, but now you have received mercy.”

—1 Peter 2:9-10 (CSB)

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#### **PRAYER + REFLECTION**

1. Say a prayer of gratitude for God’s acceptance of you as His own.
2. Pray that the Holy Spirit will continually help you to deny yourself daily.
3. What does denying yourself mean for your Greater? Write your answer below.

#### **NOTES:**

*Week 1: God Is Doing a New Thing!*

## **DAY 4**

**I AM BEING RENEWED EACH DAY**

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### **TODAY'S SCRIPTURE READING**

“Therefore, we do not give up. Even though our outer person is being destroyed, our inner person is being renewed day by day. For our momentary light affliction is producing for us an absolutely incomparable eternal weight of glory.”

— [2 Corinthians 4:16-17 \(CSB\)](#)

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### **PRAYER + REFLECTION**

1. As a believer you have a huge benefit. You can be renewed day by day! Pray and thank God for this daily process of renewal.
2. Pray for renewed strength, elevated perspective, and courage to rise above present circumstances.
3. Pray for the discernment of whether to run or walk in each given situation and believe in His promise of endurance.

### **NOTES:**

*Week 1: God Is Doing a New Thing!*

## **DAY 5**

I HAVE RENEWED HOPE

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### **TODAY'S SCRIPTURE READING**

“My eager expectation and hope is that I will not be ashamed about anything, but that now as always, with all courage, Christ will be highly honored in my body, whether by life or by death.”

— [Philippians 1:20 \(CSB\)](#)

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### **PRAYER + REFLECTION**

1. Pray for greater hope to overcome what your reality may show you.
2. Pray for greater understanding of your new hope and the uprooting of anything not planted by God.
3. Ask God for spiritual eyes and ears to see and hear beyond the physical and the audible.
4. Praise God for your renewed hope which is the key to your victory!

### **NOTES:**

*Week 1: God Is Doing a New Thing!*

## **DAY 6**

**GOD CREATES GOOD THINGS**

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### **TODAY'S SCRIPTURE READING**

“God saw all that He had made, and it was very good indeed...”

—[Genesis 1:31a \(CSB\)](#)

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### **PRAYER + REFLECTION**

1. What should we think about creation – everything seen and unseen that God made? More importantly, what does God think of what He made and does that line up with your experience?
2. Ask God to give you greater belief that what He created in you is good.
3. Pray that you would live out the good God intended and the good He will create for you.

### **NOTES:**

*Week 1: God Is Doing a New Thing!*

## **DAY 7**

**GREAT IS YOUR FAITHFULNESS**

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### **TODAY'S SCRIPTURE READING**

“Because of the Lord’s faithful love  
we do not perish,  
for his mercies never end.  
They are new every morning;  
great is your faithfulness!  
I say, “The Lord is my portion,  
therefore I will put my hope in him.”  
— [Lamentations 3:22-24 \(CSB\)](#)

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### **PRAYER + REFLECTION**

1. What does God’s faithfulness mean to you?
2. With new intention, seek the Lord for His thoughts toward you—and let hope arise in your heart.
3. Ask God to give you His peace as you embrace His faithful beginning for you.
4. Pray for perseverance and to stand firm in the expectation of God’s promised future for you.

### **NOTES:**

*Week 2: I AM Committed to Expecting Greater*

## **DAY 8**

**MY HEART IS COMMITTED TO GOD**

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### **TODAY'S SCRIPTURE READING**

“Be wholeheartedly devoted to the Lord our God to walk in his statutes and to keep His commands, as it is today.”

— [1 Kings 8:61 \(CSB\)](#)

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### **PRAYER + REFLECTION**

1. Ask God to help you remain consistent with seeking the things of God and not things of the world.
2. Ask the Holy Spirit to help with increasing your discipline regarding the things of God.
3. Pray to be undeterred, as Jesus was, by things outside of God's Kingdom.
4. Spend time meditating on how your heart can become more disciplined.

### **NOTES:**

*Week 2: I AM Committed to Expecting Greater*

## **DAY 9**

**I WILL OBEY THE COMMANDS OF THE LORD**

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### **TODAY'S SCRIPTURE READING**

“Obey the Lord your God and follow His commands and statutes I am giving you today.”

— [Deuteronomy 27:10 \(CSB\)](#)

“How happy is everyone who fears the Lord,  
who walks in His ways!

You will surely eat  
what your hands have worked for.

You will be happy,  
and it will go well for you.”

— [Psalm 128:1-2 \(CSB\)](#)

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### **PRAYER + REFLECTION**

1. Pray to remain open to accepting the things God will reveal to you.
2. Ask the Holy Spirit to help you obey God in the small matters which is an essential step in receiving God's greatest blessings.
3. What are some practical things you can do to move toward greater discipline?  
Write your answer below.

### **NOTES:**



*Week 2: I AM Committed to Expecting Greater*

## **DAY 10**

**I WILL TAKE INITIATIVE**

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### **TODAY'S SCRIPTURE READING**

"I can do nothing on my own. I judge only as I hear, and my judgment is just, because I do not seek my own will, but the will of Him who sent me."

—[John 5:30 \(CSB\)](#)

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### **PRAYER + REFLECTION**

1. Ask God to give you the wisdom and strength to take the initiative in your life, relationships, marriage, and church.
2. Pray that you will have a cadence of uninterrupted initiative.
3. Pray that you would never avoid or pass by someone clearly in need or a task that needs to be completed.

### **NOTES:**

*Week 2: I AM Committed to Expecting Greater*

## **DAY 11**

**I WILL HOLD MYSELF TO A HIGHER STANDARD**

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### **TODAY'S SCRIPTURE READING**

“Then Jesus spoke to the crowds and to his disciples: “The scribes and the Pharisees are seated in the chair of Moses. Therefore do whatever they tell you, and observe it. But don’t do what they do because they don’t practice what they teach. They tie up heavy loads that are hard to carry[a] and put them on people’s shoulders, but they themselves aren’t willing to lift a finger to move them.”

—[Matthew 23:1-4 \(CSB\)](#)

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### **PRAYER + REFLECTION**

1. As followers of Jesus, we must hold ourselves to a higher standard than we hold anyone else. Why is this important?
2. Ask the Lord to help you live consistently to please God with no limits.
3. Pray and seek God’s will for your life.

### **NOTES:**

*Week 2: I AM Committed to Expecting Greater*

## **DAY 12**

**GREATER LOVE, GREATER JOY, GREATER PEACE...**

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### **TODAY'S SCRIPTURE READING**

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The law is not against such things. Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.”

—[Galatians 5:22-25 \(CSB\)](#)

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### **PRAYER + REFLECTION**

1. Pray that you would wholly submit to the Holy Spirit.
2. Pray that you would not only house the Holy Spirit but be filled with the Holy Spirit, and that this infilling will be poured out in every environment you enter.
3. Pray for God's greater love, joy, and peace to be planted deeply inside so that it flows from your life.
4. How would greater love change your life? Joy? Peace?

### **NOTES:**

*Week 2: I AM Committed to Expecting Greater*

## **DAY 13**

**I KNOW THAT GOD IS WITH ME**

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### **TODAY'S SCRIPTURE READING**

“Our God, will you not judge them? For we are powerless before this vast number that comes to fight against us. We do not know what to do, **but we look to you.**”

—2 Chronicles 20:12 (CSB)

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*Context: The scripture above is a scripture by King Jehoshaphat, where he found himself in a precarious situation. Several nations had joined forces to fight against Israel and he became disheartened and afraid, but he shifts his focus and attention on God, and reread what he says at the end of his prayer.*

### **PRAYER + REFLECTION**

1. As we are fasting, let us thank and praise God for the ability to always look to Him!
2. Ask God to help you trust Him and believe He is always with you.
3. Let God know how much you trust Him as He helps you and our church work towards the greater.

### **MAKE THIS DECLARATION:**

*God is for me.*

*I will not fear because I know God is walking with me.*

*I stand with confidence, knowing God is on my side.*

*I am tearing down walls, defeating giants, and living in freedom because God is with me.*

### **NOTES:**

*Week 2: I AM Committed to Expecting Greater*

## **DAY 14**

I AM ALL IN

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### **TODAY'S SCRIPTURE READING**

“For whoever wants to save his life will lose it, but whoever loses his life because of me will find it.”

— [Matthew 16:25 \(CSB\)](#)

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### **PRAYER + REFLECTION**

1. Pray that the same level of commitment you start with in 2024 would remain throughout the year.
2. Pray that you will pattern your life after today's scripture.
3. Pray and ask God to help you accept that a life fully surrendered to God is a life of taking next steps, no matter the cost.

### **NOTES:**

*Week 3: GREATER is coming to my life, to my church and those around me!*

## **DAY 15**

### **I EXPECT GREATER FOR MYSELF**

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#### **TODAY'S SCRIPTURE READING**

“So it is sin to know the good and yet not do it.”

—James 4:17 (CSB)

“Therefore, my dear friends, just as you have always obeyed, so now, not only in my presence but even more in my absence, work out your own salvation with fear and trembling.”

—Philippians 2:12 (CSB)

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#### **PRAYER + REFLECTION**

*Greater expectations come with greater accountability!*

1. Pray that God opens your heart to allow you to be accountable for yourself.
2. Pray that God reveals to you what He expects of you in every season of your life.
3. Ask God to equip you to walk in holiness and to help you lay aside every weight and sin that easily trips you up.

#### **NOTES:**

*Week 3: GREATER is coming to my life, to my church and those around me!*

## **DAY 16**

### **I WILL DO GREAT THINGS**

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“Believe me that I am in the Father and the Father is in me. Otherwise, believe because of the works themselves. Truly I tell you, the one who believes in me will also do the works that I do. And he will do even greater works than these, because I am going to the Father.”

—[John 14:11-12 \(CSB\)](#)

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#### **PRAYER + REFLECTION**

1. Boldly pray that God would allow you to begin the greater work that He intended.
2. Pray that you are not fearful of the offenses from your good works.
3. Pray that God gives you the strength and ability to maximize this next season to focus on the area where you can exceed what Jesus did in quantity, not quality.

#### **NOTES:**

*Week 3: GREATER is coming to my life, to my church and those around me!*

## **DAY 17**

### **GOD WILL EXCEED MY EXPECTATIONS**

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#### **TODAY'S SCRIPTURE READING**

“Now to him who is able to do above and beyond all that we ask or think according to the power that works in us— to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.”

—[Ephesians 3:20-21 \(CSB\)](#)

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#### **PRAYER + REFLECTION**

1. Pray that God helps you to believe Him for more!
2. Pray that the Holy Spirit helps you to not dwell on the person or things of old.
3. Ask God to allow His will to be done in your life and that your desires never supersede His will.
4. Thank and praise God for all that He has given you and will give you.

#### **NOTES:**



*Week 3: GREATER is coming to my life, to my church and those around me!*

## **DAY 18**

**GOD WILL WITHHOLD NO GOOD THING FROM ME**

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### **TODAY'S SCRIPTURE READING**

“Until now you have asked for nothing in my name. Ask and you will receive, so that your joy may be complete.”

—[John 16:24 \(CSB\)](#)

“For the Lord God is a sun and shield.

The Lord grants favor and honor;

he does not withhold the good

from those who live with integrity.”

—[Psalms 84:11 \(CSB\)](#)

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### **PRAYER + REFLECTION**

1. Ask God to help you deepen your understanding of asking and receiving.
2. Pray for the understanding that God's definition of 'good things' may be different than the earthly blessings you often think you need.
3. Pray that God will help you to recognize and focus on the good things and not your difficult circumstances.

### **NOTES:**

*Week 3: GREATER is coming to my life, to my church and those around me!*

## **DAY 19**

### **I MOVE WITH INTENTIONALITY**

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#### **TODAY'S SCRIPTURE READING**

“The soul of a lazy man desires, and has nothing;  
But the soul of the diligent shall be made rich.”

— [Proverbs 13:4 \(NKJV\)](#)

“But above all, my brethren, do not swear, either by heaven or by earth or with any other oath. But let your “Yes” be “Yes,” and your “No,” “No,” lest you fall into judgment.”

— [James 5:12 \(NKJV\)](#)

“Walk in wisdom toward those who are outside, redeeming the time.”

— [Colossians 4:5 \(NKJV\)](#)

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#### **PRAYER + REFLECTION**

1. Ask the Lord to deliver you from laziness and slothfulness this year.
2. Pray for signs, wonders, and the gifts of the Holy Spirit to spark new movements of people in our church.
3. Pray that our actions and activity reflect persistence as we fulfill God’s purpose for us.

#### **NOTES:**

*Week 3: GREATER is coming to my life, to my church and those around me!*

## **DAY 20**

### **I AM BLESSED**

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#### **TODAY'S SCRIPTURE READING**

“Blessed is the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavens in Christ.”

—[Ephesians 1:3 \(CSB\)](#)

“And my God will supply all your needs according to his riches in glory in Christ Jesus.”

—[Philippians 4:19 \(CSB\)](#)

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#### **PRAYER + REFLECTION**

1. Pray that God increases your awareness of how blessed you are.
2. Pray for the strength and insight to walk in your blessings and not your brokenness.
3. Understand that God wants to bless you for It is the blessing of the LORD that makes rich, and He adds no sorrow to it (Proverbs 10:22).
4. Ask the Lord to open your understanding to what the blessing of God is and how to activate it in your family, finances, ministry, etc.

#### **NOTES:**

*Week 3: GREATER is coming to my life, to my church and those around me!*

## **DAY 21**

### **I AM BLESSED TO BE A BLESSING**

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#### **TODAY'S SCRIPTURE READING**

“You will be enriched in every way for all generosity, which produces thanksgiving to God through us.”

— [1 Corinthians 12:12-27 \(CSB\)](#)

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#### **PRAYER + REFLECTION**

1. Thank God for His blessings that enable you to be a blessing.
2. Deeply understand that you cannot be a blessing if you are not blessed.
3. Pray that God will open avenues for you to be a blessing to others using what He has already given you.

#### **NOTES:**

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## ADDITIONAL NOTES + OBSERVATIONS

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**TAKE TIME TO RECORD WHAT THE LORD HAS SAID OR REVEALED TO YOU DURING THE  
LAST 21 DAYS.**

*Living Word Bible Fellowship Family,*

Thank you for taking the time each day to remain committed to this fast. I hope these 21 Days of Prayer and Fasting have blessed you and that you feel better equipped for the year ahead as we grow in the Lord together.

I pray the Holy Spirit inspires you daily as you walk with Christ. We pray expectantly that the Lord will help us seek GREATER in our lives, church, and the Kingdom.

I am excited about 2024 and what God will do to and through us, but remember, our expectation requires obedience!

Our faithfulness, prayers, and intentionality will bring about significant change.

Let us all seek *GREATER* in 2024!

God Bless You,

*Pastor Jeremy*

