



2022 SPRING FASTING GUIDE
Wednesday, March 2nd – Sunday, April 10, 2022
40 DAYS OF PRAYING & FASTING

This is the year to WISE UP!

*“How blessed is the man who finds wisdom
And the man who gains understanding.”*

Proverbs 3:13 NASB

I believe that God desires for His People to function in the earth using wisdom and understanding.

OUR 2022 CONFESSION STATEMENT:

After hearing and obeying the Word of God, I believe
I WILL face everything that comes my way with WISDOM.

I WILL live my life wiser than before.

I WILL handle my resources wiser than before.

I WILL relate to others wiser than before.

I WILL respond to God wiser than before.

Thank you, Lord, for my Year to WISE UP!

FAST INSTRUCTIONS

New Beginnings Fellowship Church will participate in the Daniel’s Fast Monday through Saturday during the 40 days of fasting from March 2nd to April 10th. In addition, we ask that you remove all unnecessary spending.

PRAYER TIME GOALS

Week	Dates	Time Goal – Devote Yourself to Prayer & Reading
Week 1	March 2 - 9	10 minutes a day
Week 2	March 10 – 16	15 minutes a day
Week 3	March 17 - 23	20 minutes a day
Week 4	March 24 - 30	25 minutes a day
Week 5	Mar. 31 – Apr. 10	30 minutes a day

WHAT IS FASTING?

God designed fasting for His people. It's a spiritual discipline that helps us focus intently on Him and seek His guidance, wisdom, and intervention. In the New Testament in Matthew 4, Jesus' earthly ministry is preceded by 40 days of prayer and fasting. In addition, when Jesus taught on fasting in His Sermon on the Mount found in Matthew 6:16, He didn't say *if* you fast, but *when* you fast. In Matthew 9:15, He doesn't say His followers *might* fast; but *they will*. It's something that He expects of us if we are in relationship with Him. It is the path by which we go deeper in our intimacy with Him.

Biblical fasting should not be considered a method for dieting. In addition to a deeper, more intimate relationship with God, other benefits for biblical fasting and prayer are:

- Fasting and prayer can help us hear from God.
- Fasting and prayer can reveal our hidden sins.
- Fasting and prayer can teach us to pray with right motives.
- Fasting and prayer can build our faith.

During a fast, many people choose to abstain from food. However, food is not the only means of fasting. Christians can choose to abstain from anything that hinders or distracts them from getting into a deeper relationship with God. Remember, the objective of fasting is not only to eliminate things from your daily routine, but also to replace them with prayer so that transformation can take place in your life!

WHAT IS THE DANIEL'S FAST?

The Daniel Fast is a spiritual fast based on two biblical accounts of the Prophet Daniel (Daniel 1:15-16, Daniel 10:2-3). In the first biblical account, Daniel, Shadrach, Meshach, and Abednego, underwent a ten-day "fast" to not defile themselves with the King's choice meats that went against their religious restrictions. Instead, they ate vegetables and drank water. At the end of the ten days, they looked healthier and more fit than the other men who ate from the King's choice foods. In the second biblical account, the Prophet Daniel underwent 21 days of fasting to receive an interpretation for a vision he received. Daniel refrained from eating meat and drinking wine. As a result, at the conclusion of his 21 days of fasting, he received a message from an angel that explained his vision. In both biblical accounts, Daniel undergoes a fast to hear and remain true to his God. The purpose of the Daniel Fast is not to mimic Daniel, but rather to seek God and grow spiritually. It is a time to draw near to God and as you draw near to Him, He will draw near to you.

FOODS TO EAT ON THE DANIEL FAST

- **All fruit** – fresh, frozen, dried, juiced, or canned.
- **All vegetables** – fresh, frozen, dried, juiced, or canned.
- **All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- **All legumes** – canned or dried; black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **All quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- **Beverages** – distilled water, filtered water, spring water, fresh fruit or vegetable juices.
- **Other** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg’s Liquid Amino, soy products, and tofu

FOODS TO AVOID ON THE DANIEL FAST

- **All meat & animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- **All dairy products** – butter, cheese, cream, milk, and yogurt.
- **All sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, and sugar.
- **All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).
- **All refined & processed food** products – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **All deep-fried foods** – corn chips, French fries, and potato chips.
- **All solid fats** – lard, margarine, and shortening.
- **Beverages** – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.

by Kristen Feola, “Ultimate Guide to the Daniel Fast”

HOW TO HAVE A MEANINGFUL TIME WITH GOD

Definition – The **Quiet Time** is simply a daily time of personal fellowship with God through the Word and prayer. It is a time we deliberately set aside to meet with Him. The objective is that we might grow in our personal relationship with God, so that we can know Him and become more like Him.

Why is daily fellowship with God so important?

1. We were created to have fellowship with Him. (Gen. 2-3)
2. Jesus Christ dies on the cross so that fellowship could be restored. (Cor. 1:9; I John 1:3-4)
3. The regular quiet time during Jesus' ministry was a source of His strength. (Mark 1:35; Luke 5:16; 22:39-44)
4. Every great man or woman of God throughout history has spent much time alone with God. (Moses, David, Daniel and Paul etc.)
5. We cannot be healthy, growing Christians without daily fellowship with the Lord. (Job 23:12; Matt.4:4; I Peter 2:2; Heb. 5:14; Ps. 119:9)

What happens when we have daily quiet time with God?

1. We give devotion to God.
2. We get direction from God.
3. We gain delight in God.
4. We grow more like God.

What are the results of having a daily quiet time?

Joy: Ps. 16:11, 119:47; Jer. 15:16
Strength: Isa. 40:29-31
Peace: Isa. 26:3, 48:18; Rom. 8:6
Stability: Ps. 16:8-9, 46:1-3, 55:22, 57:7
Success: Josh 1:8
Answered Prayer: John 15:7
Others will notice the difference in our lives (Acts 4:13)

When you come to meet with God, you should have the following:

1. Expectancy
2. Reverence
3. Alertness
4. Willingness to obey

When and how long should your time with God be?

1. The general rule: The best time is when you are at your best.
2. Early morning seems to be the best time. It was Jesus' own practice to rise early to pray and meet with the Father (Mark 1:35). However, you choose what is the best time **for you**.
3. Don't watch the clock.
4. Emphasize quality, not quantity.

Where should I have my daily time with God?

1. A secluded place (if possible)

- Where you can pray aloud without disturbing others
 - Where you have good lighting and reading
 - Where you are comfortable
2. A special place
 3. A sacred place

Below is an example of a six-point workable plan for a quiet time of any duration. You will need the following items for your planned quiet time:

- A Bible
- A Journal/ Notebook

1. *Wait on the Lord (relax)*
2. *Pray briefly for God to give you revelation on His Word.*
3. *Read a section of the Scripture (read).*
4. *Meditate and memorize (reflect and remember).*
5. *Write down what God has shown you (record).*
6. *Have your time of prayer (request)*

A SAMPLE WAY TO PRAY:

- A---- Adore and Praise God
- C---- Confess your sins
- T---- Thanksgiving (Thank God)
- S---- Supplication (Petitions and Intercessions)

A Prayer of Commitment

“Lord, I commit myself to spending a definite time with You every day, no matter what the cost. I am depending on Your Strength to help me be consistent.”

Signature: _____ Date: _____

40 DAYS OF FASTING AND PRAY

STEP 1: Find a quiet location to get alone with God. Please have your Bible and your journal with you.

STEP 2: Recite NBFC's 2022 Confession Statement

I believe that God desires for His People to function in the earth using wisdom and understanding. And after hearing and obeying the word of God I believe I will face everything that comes my way with WISDOM. I will live my life wiser than before. I will handle my resources wiser than before. I will relate to others wiser than before. I will respond to God wiser than before. Thank you, Lord, for my Year to WISE UP!

STEP 3: ***Wait on the Lord***
Pray briefly for God to give you revelation of His Word.
Read the scripture for the day in Proverbs
Meditate and memorize
Use the Journal Question to assist writing in your journal
Have your time of prayer

DAY 1 – MARCH 2

Father, we pray for strength and power from the Holy Spirit to sustain us in our commitment to this season of prayer and fasting. We declare by faith and works that **2022 is The Year to WISE UP**. Therefore, we pray God on today that You will renew our minds throughout this spiritual journey with You and as a church family. Help us to walk in wisdom because our ultimate goal is to bring glory and honor to Your Mighty Name.

Scripture Focus: The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction. Proverbs 1:7

Journal Question: Write out your prayer requests during the next 40 days. Complete as needed.

Prayer Goal: 10 minutes

DAY 2 – MARCH 3

Scripture Focus: For the Lord gives wisdom; from his mouth come knowledge and understanding. He holds success in store for the upright, he is a shield to those whose walk is blameless, for he guards the course of the just and protects the way of his faithful ones. Then you will understand what is right and just and fair—every good path. For wisdom will enter your heart, and knowledge will be pleasant to your soul.

Proverbs 2:6-10 (NIV)

Journal Question: Ask God in what areas of your life does He want you to increase in wisdom. Write those areas down in your journal. In addition, list the things that you need to start doing to increase in wisdom.

Prayer Goal: 10 minutes

DAY 3 – MARCH 4

Scripture Focus: Let love and faithfulness never leave you: bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man. Proverbs 3: 3-4 (NIV)

Journal Question: Throughout your day, in what ways can love and faithfulness remain with you?

Prayer Goal: 10 minutes

DAY 4 – MARCH 5

Scripture Focus: Trust in the Lord with all your heart And do not lean on your own understanding. In all your ways submit to Him, And He will make your paths straight. Proverbs 3: 5-6 (NIV)

Journal Question: What are you worrying about? In what ways do you need to resist pride and submit your concerns to God?

Prayer Goal: 10 minutes

DAY 5 - MARCH 6

Scripture Focus: Above all else, guard your heart, for everything you do flows from it. Keep your mouth free of perversity; keep corrupt talk far from your lips. Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil. Proverbs 4:23- 27 (NIV)

Journal Question: After reading Proverbs 4:23-27, what areas do you need God to help you grow in?

Prayer Goal: 10 minutes

DAY 6 – MARCH 7

Scripture Focus: Get wisdom, get understanding; do not forget my words or turn away from them. Do not forsake wisdom, and she will protect you; love her, and she will watch over you. The beginning of wisdom is this: Get-wisdom. Though it cost all you have, get understanding. Cherish her, and she will exalt you; embrace her, and she will honor you. She will give you a garland to grace your head and present you with a glorious crown. Proverbs 4:5-9 (NIV)

Journal Question: Describe the benefits of gaining wisdom in your life? What are the challenges that can possibly prevent you from gaining wisdom?

Prayer Goal: 10 minutes

DAY 7 – MARCH 8

Scripture Focus: For your ways are in full view of the Lord, and he examines all your paths. The evil deeds of the wicked ensnare them; the cords of their sins hold them fast. For lack of discipline they will die, led astray by their own great folly. Proverbs 5:21-23

Journal Question: What are the obstacles that prevent me from being spiritually disciplined with regards to my thoughts, words, actions, and deeds?

Prayer Goal: 10 minutes

DAY 8 – MARCH 9

Scripture Focus: There are six things the Lord hates, seven that are detestable to him: haughty eyes, a lying tongue, hands that shed innocent blood, a heart that devises wicked schemes, feet that are quick to rush into evil, a false witness who pours out lies and a person who stirs up conflict in the community. Proverbs 6:16-19 (NIV)

Journal Question: Why do you think these seven negative characteristics should be avoided in your life?

Prayer Goal: 10 minutes

DAY 9 – MARCH 10

Scripture Focus: Choose my instruction instead of silver, knowledge rather than choice gold, for wisdom is more precious than rubies, and nothing you desire can compare with her. Proverbs 8:10-11 (NIV)

Journal Question: When you make decisions in your life, what influences your decision? Is it cash or Christ?

Prayer Goal: 15 minutes

DAY 10 – MARCH 11

Scripture Focus: Leave your simple ways behind, and begin to live; learn to use good judgment. Proverbs 9:6 (NLT)

Journal Question: What must be done to experience abundant life in Christ?

Prayer Goal: 15 minutes

DAY 11 – MARCH 12

Scripture Focus: Hatred stirs up conflict, but love covers over all wrongs. Proverbs 10:12 (NIV)

Journal Question: Is there anyone that you need to forgive today? Ask God to help you follow through with forgiveness.

Prayer Goal: 15 minutes

DAY 12 – MARCH 13

Scripture Focus: The godly can look forward to a reward, while the wicked can expect only judgment. Proverbs 11:23 (NLT)

Journal Question: When I consider my actions, do they please or disappoint God? If they are not pleasing to God, seek God for correction.

Prayer Goal: 15 minutes

DAY 13 – MARCH 14

Scripture Focus: The words of the wicked are like a murderous ambush, but the words of the godly save lives. Proverbs 12:6 (NLT)

Journal Question: In what areas of your communication do you need to watch your mouth?

Prayer Goal: 15 minutes

DAY 14 – MARCH 15

Scripture Focus: Pride leads to conflict; those who take advice are wise. Proverbs 13:10 (NLT)

Journal Question: What prideful attitudes and behaviors are preventing you from accepting godly advice?

Prayer Goal: 15 minutes

DAY 15 – MARCH 16

Scripture Focus: Walk with the wise and become wise; associate with fools and get in trouble. Proverbs 13:20 (NLT)

Journal Question: Do your associations improve your spiritual walk or become stumbling blocks for fulfilling God's purposes for your life?

Prayer Goal: 15 minutes

DAY 16 – MARCH 17

Scripture Focus: Each heart knows its own bitterness, and no one else can share its joy.
Proverbs 14:10 (NIV)

Journal Question: Is there any bitterness in your heart that is destroying opportunities for enjoying God's blessings for your life?

Prayer Goal: 20 minutes

DAY 17 – MARCH 18

Scripture Focus: I love those who love me; and those who diligently seek me will find me.
Proverbs 8:17 (NIV)

Journal Question: Is the declaration for your love for God evident in the demonstration of making Him the highest priority in your life? Do you fully search for God's will in every area of your life?

Prayer Goal: 20 minutes

DAY 18 – MARCH 19

Scripture Focus: A heart at peace gives life to the body, but envy rots the bones.
Proverbs 14:30 (NIV)

Journal Question: Identify the ways that envy disrupts the peace in your life?

Prayer Goal: 20 minutes

DAY 19 – MARCH 20

Scripture Focus: Righteousness exalts a nation, but sin condemns any people. Proverbs 13:34 (NIV)

Journal Question: In what ways can you pray for the well-being of your city, state, country and the world?

Prayer Goal: 20 minutes

DAY 20 – MARCH 21

Scripture Focus: A heart at peace gives life to the body, but envy rots the bones.
Proverbs 14:30 (NIV)

Journal Question: Identify the ways that envy can disrupt the peace in your life?

Prayer Goal: 20 minutes

DAY 21 – MARCH 22

Scripture Focus: Wisdom’s instruction is to fear the Lord, and humility comes before honor.
Proverbs 15:33

Journal Question: How can you make this scripture applicable to your life?

Prayer Goal: 20 minutes

DAY 22 – MARCH 23

Scripture Focus: A cheerful look brings joy to the heart; good news makes for good health.
Proverbs 15:30 (NLT)

Journal Question: Reflect on how you can bring cheer and joy to others today and then carry it out.

Prayer Goal: 20 minutes

DAY 22 – MARCH 23

Scripture Focus: We can make our own plans, but the Lord gives the right answer.
Proverbs 16:1(NLT)

Journal Question: What did you experience when you left God out of your plans and what did you learn from it?

Prayer Goal: 20 minutes

DAY 23 – MARCH 24

Scripture Focus: When people’s lives please the Lord, even their enemies are at peace with them.
Proverbs 16:7 (NLT)

Journal Question: Why is it important to be a servant, ambassador, and witness for Christ in this dark world?

Prayer Goal: 25 minutes

DAY 24 – MARCH 25

Scripture Focus: Those who listen to instruction will prosper; those who trust the Lord will be joyful.
Proverbs 16:20 (NLT)

Journal Question: How has reading and meditating upon God’s Word for instructions helped you make better decisions?

Prayer Goal: 25 minutes

DAY 25 – MARCH 26

Scripture Focus: The name of the Lord is a strong fortress; the godly run to him and are safe.
Proverbs 18:10 (NLT)

Journal Question: How has God been the blessing of “a strong fortress” in the storms of your life? Why did you choose to run to God?

Prayer Goal: 25 minutes

DAY 26 – MARCH 27

Scripture Focus: Fear of the Lord leads to life, bringing security and protection from harm.
Proverbs 19:23 (NLT)

Journal Question: With the current world events, in what ways can find comfort and security in God?

Prayer Goal: 25 minutes

DAY 27 – MARCH 28

Scripture Focus: The godly walk with integrity; blessed are their children who follow them.
Proverbs 20:7 (NLT)

Journal Question: What blessings have you experienced when you were an example of consistently walking in Godly integrity around your family and others?

Prayer Goal: 25 minutes

DAY 28 – MARCH 29

Scripture Focus: Train up a child in the way he should go and when he is old, he will not depart from it. Proverbs 22:6 (KJV)

Journal Question: Why is it important to become an active participant in training your child according to God’s standards as opposed to becoming comfortable in allowing the world to provide its view of training your child?

Prayer Goal: 25 minutes

DAY 29 - MARCH 30

Scripture Focus: By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures. Proverbs 24:3-4 (NIV)

Journal Question: Is your home built on wisdom, knowledge and understanding that is filled with the treasures of love, peace, and joy? If not, what areas need a spiritual renovation by God?

Prayer Goal: 25 minutes

DAY 30 – MARCH 31

Scripture Focus: One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother. Proverb 18:24 (NKJV)

Journal Question: Reflect on the times when God has been a faithful friend to you.

Prayer Goal: 25 minutes

DAY 31 – April 1

Scripture Focus: Get all the advice and instruction you can, so you will be wise the rest of your life. Proverbs 19:20 (NLT)

Journal Question: Who and what are your sources for acquiring advice and instructions for your life and why were they selected? Proverbs 19:20

Prayer Goal: 30 minutes

DAY 32 – APRIL 2

Scripture Focus: Blessed are those who fear to do wrong, but the stubborn are headed for serious trouble. Proverbs 28:14 (NLT)

Journal Question: What are those private sins that keep nagging you? You know they are wrong, but you have chosen to keep doing them. Take them to God to receive forgiveness, restoration, and redirection.

Prayer Goal: 30 minutes

DAY 33 – APRIL 3

Scripture Focus: Fearing people is a dangerous trap, but trusting the Lord means safety. Proverbs 29:25 (NLT)

Journal Question: Who OR what in your life has the potential to become an emotional stronghold that will impact your trust in the Lord?

Prayer Goal: 30 minutes

DAY 34 – APRIL 4

Scripture Focus: A man has joy in an apt answer, and how delightful is a timely word! Proverbs 15:23 (NASB)

Journal Question: For the next twenty-four hours refrain from saying anything bad about anybody or anything. After the twenty-four hours, please write about your experience and how it made you feel.

Prayer Goal: 30 minutes

DAY 35 – APRIL 5

Scripture Focus: Pride goes before destruction, and a haughty spirit before stumbling.
Proverbs 16:18 (NASB)

Journal Question: Ask God to reveal any areas of pride in your life and write them out. Ask God to help you overcome the spirit of pride.

Prayer Goal: 30 minutes

DAY 36 – APRIL 6

Scripture Focus: Go to the ant, O sluggard, observe her ways and be wise. Proverbs 6:6 (NASB)

Journal Question: Joseph Newton said, “A duty dodged is like a debt unpaid; it is only deferred, and we must come back and settle the account at last.” What are the things that you been postponing that need to be done today?

Prayer Goal: 30 minutes

DAY 37 – APRIL 7

Scripture Focus: As iron sharpen iron, so one person sharpens another. Proverbs 27:17

Journal Question: What can you do to affect accountability and support in your relationships?

Prayer Goal: 30 minutes

DAY 38 – APRIL 8

Scripture Focus: A gentle answer turns away wrath, but a harsh word stirs up anger.
Proverbs 15:1 (NIV)

Journal Question: God rightly expects His children to manage conflict in every area of their lives, but how can you best accomplish this?

Prayer Goal: 30 minutes

DAY 39 – APRIL 9

Scripture Focus: Charm is deceptive, and beauty does not last; but a woman who fears the Lord will be greatly praised. Reward her for all she has done. Let her deeds publicly declare her praise. Proverbs 31:30-31 (NLT)

Journal Question: What are the dangers of emphasizing charm and beauty over reflecting character and integrity?

Prayer Goal: 30 minutes

DAY 40 –APRIL 10

Scripture Focus: Review the previous scriptures in the previous 39 days.

Journal Question: During the 40 days of fasting and prayer, what have you learned and in what areas have you grown? What prayers have been answered from your prayer requests?

Prayer Goal: 30 minutes