

2020 Daniel Fast Sept 18th - Sept 25th

Why just 7 days?

That's a great question. Many have never done a fast of any kind, so since this is the first time for many, this fast will only be for 7 days. If you believe that God is calling you to do a longer fast or to a different type of fast, I would instruct you to follow the leading of the Holy Spirit. However, I hope that even after the fast is over we will still, as a church body, seek God's guidance and direction for our nation. With this material are examples of how I believe the church should be praying. New Hope we have been charged to stand in the gap for our family, city, state, and this nation. The body of Christ are the only ones who can get His kingdom on this earth.

Why Sept 18th?

Jewish New Year or Rosh Hashanah begins on September 18th. Unlike our calendar and our New Year, there is no January 1st New Year. In other words, the New Year is a different date each year. Rosh Hashanah is a time of prayer, self-reflection, and repentance.

What is fasting?

The first mentioning of *fasting* was in the Old Testament. Many different kinds of biblical fasts took place according to how the Spirit of God led the people. In biblical times, fasting would only involve the abstinence of certain or all foods and/or water in order to spend dedicated time to prayer and reading God's Word.

What were / are the motives behind fasting?

Fasting can be regarded as an act of desperation for a move of God. In the Bible, the people who were led to fast needed something from God such as: divine wisdom, guidance, repentance, salvation, or victory in battles. Fasting told God, "I need You" and "I can't do this without You."

Today one may fast for the same reasons as listed above. People want their family to turn to Christ so they sacrifice a material value in their life to spend time with God for salvation to happen. Many people simply fast to be closer to God. There's nothing wrong with that. Fasting certainly will bring you closer to the Father, through time in prayer and reading and studying His Word. The Holy Spirit alone can give you the power and desire to start and complete a fast. Your eyes always have to be on Jesus and not on your own efforts otherwise the fast would be in vain.

Fasting and praying go together. In order to see a great move of God in your life, you have to wrestle with God, and the best way to do so is by getting desperate. Praying dangerous, biblically based prayers and fasting to spend more time in His word.

Examples of Old Testament Fasts:

In Exodus 34:28, Moses fasted 40 days and nights without food or water. This resulted in hearing from God and writing the Ten Commandments.

In 1 Samuel 7:6, the Lord pressed upon Samuel to tell the Israelites to gather in Mizpah after repenting to God and putting away their idols. There they were told to fast for that day for their repentance.

In Esther 4:16, Queen Esther asked that Mordecai would gather all the Jews and fast along with her and her maidens three days without food or water. Esther was desperate to save the Jews (her people) from annihilation.

Examples of New Testament Fasts:

In Matthew 4, Luke 4, and Mark 1, Jesus fasts 40 days in the wilderness with no food, but He did drink water. Jesus did this to deny His flesh and be able to overcome the temptations of Satan.

In Acts 10:30, Cornelius fasted four days for the salvation of his family. An angel of the Lord appeared and told him that God had heard his prayers.

In Acts 14:23, two of the disciples, Paul and Barnabas, prayed and fasted in order to gain wisdom from God on appointing elders to the churches.

What are we praying and fasting for?

The answer to this is quite simple. We are praying protection and direction over the 2020 election. How can we be more Christlike, in word and deed, during the 2020 U.S. election? We know a few things for sure: We're called to love others (John 15:12). We're called to pray for our leaders (1 Timothy 2:1-2). And we're called to live in unity (Ephesians 4:3).

In an election year, choosing love feels extra challenging when your environment often pushes you to pick one side and shun the other. How can we keep choosing to love rather than burying our heads under our pillows until Nov. 4?

God sees our frustration and confusion. And He promises that when we pray, He'll give us guidance and peace. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. *Philippians 4:6-7*

It seems so simple and sometimes our voices feel too small but when we pray we allow God to start growing our capacity to love each other as Jesus does, even people who are the most different from us. As we approach the 2020 election, we're humbled that God saw our anger, confusion, and prejudice and still loved us enough to send His Son to be our Savior. That perspective calms our frustration and calls us to prayer.

Our bold decision to kneel at God's throne when we're being pulled to one side or the other allows God to change our hearts, and the hearts of people we pray for. This election year, join us in praying for our country and its leaders, asking God to help us all see each other with His love.

1. Pray for candidates to seek God's guidance.

More than 8 in 10 members of Congress claim faith in Jesus. But like all of us, they're susceptible to losing sight of what's most important to God. Pray that they would seek God first as they seek to serve our country. For those who don't publicly follow Christ, pray that they would seek wise counsel and be encouraged toward good perspectives and actions by the Christians around them.

"Dear Lord, thank You that we have government representatives who believe Your truth. Remind them to seek Your guidance as they make decisions that affect our country and world. Send them godly wisdom and good counselors. And give election candidates the strength to choose integrity in both their campaigns and their terms in office."

2. Pray that candidates (and all of us!) would have listening ears and soft hearts.

Most of us have been guilty of preparing an answer before someone has even finished asking a question. Or we've been so concerned with promoting our own agenda that we fail to understand the big picture. During elections we see this even more in our personal lives and in political campaigns. We all, our leaders included, need the humility to listen first.

"Lord Jesus, forgive us for the times we've entered a conversation without really listening. Show us how to listen with open and humble hearts, especially to people different from us. Help our leaders to do the same. Teach us as a nation to focus less on getting our way and more on loving our neighbors, especially the most vulnerable among us. Lord, give our leaders and prospective leaders the strength to be humble, soft-hearted, and willing to listen to every voice."

3. Pray for candidates to address poverty and justice issues.

The 2020 election will have lasting effects on issues deeply important to Americans. People with money and power will have an easier time promoting their perspectives, but the election will also affect others without the means to amplify their voices. God calls us to speak up on behalf of those who cannot speak for themselves (Proverbs 31:8). We can start by praying that leaders would care about issues affecting the most vulnerable and work to address them.

“Father God, we are grateful that You love each of us no matter our status or abilities. Thank You that You walk with children and families struggling against poverty and injustice, calling us to do the same. We ask that candidates running for election would speak out about poverty and listen to the voices of the vulnerable. Give our leaders wisdom to create solutions that empower people living in poverty to survive and thrive. Help us to answer Your call to act justly, love mercy, and walk humbly with You.”

4. Pray for strength and encouragement for our leaders and election candidates.

Public service is exhausting in the best of times. People who hold, or are running for, positions of power expose themselves to high levels of scrutiny. It's easy to become discouraged and lose sight of what inspired them to run for office in the first place. As Christians, we can encourage our leaders even when we don't agree with them, and even when we didn't vote for them. We show Christ's love when we choose to pray for our leaders, no matter what.

“Father, thank You for creating each of us with unique gifts, and for gifting some with leadership abilities to help guide our country. For everyone running for office, whether they win or lose, refresh their spirits and encourage them. Give them the strength to make good decisions both in and out of the public eye. Help them readily give grace, and receive it. Protect their families from sickness, bitterness, and discouragement. May every leader be encouraged by the truth that Your love is always stronger than hate.”

5. Pray that our leaders would commit to working together (and that we would too).

God purposely created us with differences and designed us to work together. “Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ” (1 Corinthians 12:12).

We are one nation, but made up of many different parts, so it's easy to become divided. We hear “us vs. them” rhetoric on TV and in the news. And sometimes we're guilty of buying into it. But we pray against the idea that we cannot work together. We pray that, with God's grace, we would work as a nation toward unity.

“Jesus, thank You for humbling Yourself to walk alongside us as a man. Help our leaders be willing to walk alongside each other, their constituents, and especially the marginalized. Our leaders have different opinions and priorities; give them the wisdom to navigate differences and work together to strengthen our country. Remind us in this election year that You have called Christians to be one body.”

6. Pray that we would see each other through Jesus' eyes.

Imagine how different our lives would be if we loved each other like Jesus loves us. It's not always easy to love our own family and friends, let alone people who seem to insult us or our beliefs. During the election, we'll see people default to anger, and we may do the same ourselves. But Jesus' call to love makes no exceptions for election season.

“God, forgive us for the times we've failed to treat each other as Your creation. Forgive us for celebrating unloving behavior in our candidates and our leaders. Call our leaders and political candidates to a new level of respect and civility. Remind them that You are sovereign and that the

wisest choice we can make is to serve You and serve others. May there be a new movement of collaboration and respect in our nation's capital and throughout the country. Give Your people the strength to lead by example with radical, world-changing love."

Church the time is now, the time for action is now. The church has been asleep long enough and it is time for this church and the church in America to rise from its slumber. The church needs to lead and lead from out front. New Hope, where two or more are gathered in my name He is in the midst. So we don't need to be a mega church we need to be a hungry church. A church that wants to lead this generation with an outpouring of the Holy Spirit. So that when we leave this life we leave it better than the way we found it. We need to prepare this generation so that when the time comes we can pass on the baton.

This election isn't a political battle, this is a spiritual battle. And the church is the only ones capable of fighting this battle. And it can only be done on our knees. Remember that Jesus came not just to save us but to get His kingdom into this earth. Why? Because His kingdom, is greater, than our culture!

Let's pray church!

"We pray that voters will use wisdom as they vote. We pray that they will rightly discern between truth and lies and will vote according to God's plan and purpose for our nation. We declare each voter will vote righteously. We thank You that no weapon formed against this election will prosper. We pray that every effort to unjustly or illegally change the outcome of voting is stopped now. We pray against attacks or hindrances that would negatively impact or delay the election and election results. We pray for a safe and fair election. We pray that those who have not taken the time to vote in years will be convicted to vote and vote righteously. We pray that they will vote according to God's plan and God's purpose for this nation, which is thoughts of peace and not evil, to give us a future and a hope. (Jer. 29:11) But I trust in You, O LORD; I say, "You are my God." Our times are in Your hands. Deliver us from our enemies and from those who pursue us. Make Your face shine on us and save us by Your loving devotion. (Ps 31:14-16). Father, thank You for healing our land. Thank you for guarding our leaders, this election, and America. Thank You for fulfilling Your word for our nation. We give You praise, in Jesus' name. Now, we release the angels of God to go forth and establish this prayer for You. You watch over Your word to perform it. Thank you, Lord. Our trust is in You."

Foods: Ingredients To Avoid

White flour, White sugar, White rice, High fructose corn syrup, trans fat, soda, juice, caffeinated drinks.

| Replace this | With this |
|----------------------|--|
| Vegetable oil | Olive oil, grape seed oil, coconut, avocado, sesame oil |
| Shortening | Coconut butter or oil |
| White flour | Whole grain, almond, gluten free, cornmeal, organic |
| Cereals | Oatmeal, steel-cut oats, buckwheat, kasha |
| Milk, Cream | Coconut, almond milk |
| Crackers | Whole grain, brown rice crackers |
| Fried chips | Baked corn, baked vegetable |
| White pasta | Whole grain, brown rice, quinoa pasta |
| Table salt | Kosher, sea salt |
| White sugar | Raw honey, pure maple, stevia |
| Fruit juice | Herbal teas, water |
| Red meat | Black bean |