

21 Day Fast

#HRCF2020

Look Before You Jump



TYRONE SELLERS MINISTRIES

A ministry tool to assist you in your 21 day fast for 2020

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What is fasting from a biblical standpoint?

Fasting is a spiritual discipline practiced by God's people. It has been an acceptable discipline of God's people for thousands of years. It is a means to seek God for guidance on spiritual matters and direction, as well as, for a strategy in making our next move in life. Biblical fasting requires us to restrain from eating certain types of food and drink. During those times of fasting attention is devoted to prayer and reading of scripture with an open ear to hear God speak to us. While fasting we focus on turning over our plates seeking God's face to develop a deeper relationship with our savior Jesus Christ.

Fasting not only good for the soul but it is also good for the body and mind. Fasting aids in the detoxification of the body which leads to a balanced healthier you. Many healings and preventions of sickness can be accomplished through a discipline of fasting. Fasting also contributes to a renewing of the mind. A type of mental renewal that develops a sharp and critical mind which helps us in being ready to make right choices and judgements which advances us rather than setting us back. During a 21 day fast, you will develop a deep sense of understanding and knowledge of what the will of God is for your life.

Together praying and fasting will increase your spiritual power to fight off demonic and evil powers just as Jesus declared in Matthew 17:21, *"However, this kind does not go out except by prayer and fasting."* The 21 day fast is not meant to just be going on a diet, but it is meant to develop a prayer life in times of need. For instance, you will be disciplining your body to lean towards prayer instead of material things for strength and energy to get through your tough times. Therefore, it is imperative that you go into your secret place and pray with the faith given to you by God. The Holy Spirit will help sustain you as well as help you to pray. Look forward to it and expect great moments with God!

What is the goal of a fast?

The goal of any fast is to seek the face of God expecting to receive a miracle, breakthrough, healing, direction or a complete spiritual makeover. While fasting, you should expect to become more spiritually each time you connected with God in this fashion.

Look forward to increasing your time for prayer and reading God's Word. Your fast should not be seen as a simple diet, even though fasting will cause you to lose weight and detox your body. Dieting should not be your goal. Rather main goal is to seek spiritually blessings from getting and being in the presence of God.

What should you do while on a fast?

During the entire fast, use a note pad or a journal to write what the Holy Spirit directs you to pray about; visions you see and dreams you have. God is going to tell you and show you somethings which will come to past. You don't want to forget them. List these things and be on the lookout for them to happen. List the names of people who God brings to your mind to pray for and write down dates when God answers these prayers. Meditate on the scriptures throughout your day, make them part of your prayer focus too. Stay away from worldly events if possible and focus on your walk in the Spirit as Galatians 5:1 & 25 tells us to do.

May the Lord bless you as you fast and know this one thing, "God is able!" Truly for sure, "God is able!" Just trust and obey His voice.

What is a 21 Day Daniel Fast?

The 21 Day Daniel Fast is a fast that is named after the prophet Daniel in the Old Testament book "Daniel." In the book of Daniel, you will find Daniel fasted for 10 days in Chapter 1 verses 11-16 and then again for 21 days in Chapter 10 verses 1-2. This booklet is designed to get you through a 21 Day fast like that same 21 Day fast of Daniel. The 21 Day Daniel Fast is a **partial fast**. It is considered a **partial fast** because while on the fast you can eat, and drink certain foods verses a **complete fast** in which you are only to drink water.

When beginning the 21 Day Daniel Fast, be aware that you may experience cramps and headaches. Also be aware, that at times you will discover a burst of energy that will help carry you through your day. All these experiences are of God. As God disciplines you through fasting, enjoy the moments of bodily reactions knowing at the end of your fast blessings lay at wait for you. Use this booklet as a guide to assist you in your 21 Day Daniel Fast.

21 Day Daniel Fast Food List. Foods to include in your 21 Day Daniel Fast

ALL FRUITS: This can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, 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.

ALL VEGETABLES: This can be fresh, frozen, dried or juiced. For canned vegetables read the label to avoid preservatives and processes. 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 are an option if you are not allergic to soy.

ALL 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. Also nut butters including peanut butter.

ALL BEANS: These can be canned or dried. Beans include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

ALL QUALITY OILS: Olive, canola, grape seed, peanut, and sesame.

BEVERAGES: Spring water, distilled water or other pure waters and 100% fruit or vegetable juices.

OTHER: Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid during the 21 Day Daniel Fast

ALL MEAT AND ANIMAL PRODUCTS: including but not limited to beef, lamb, pork, poultry, and fish.

ALL DAIRY PRODUCTS: including but not limited to milk, cheese, cream, butter, and eggs.

ALL SWEETENERS: including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

ALL LEAVENED BREAD: including but not limited to white and wheat bread, if it contains yeast and honey do not eat it, and baked deserts.

ALL REFINED AND PROCESSED FOOD PRODUCTS: including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

ALL DEEP-FRIED FOODS: including but not limited to potato chips, french fries, corn chips.

ALL SOLID FATS: including shortening, margarine, lard and foods high in fat.

BEVERAGES: including but not limited to coffee, tea, herbal teas (that contain caffeine), carbonated beverages, and energy drinks.

Remember when in doubt READ THE LABELS of the foods!



The guide for the 21 Day Daniel Fast

Below are scriptures in which I was led by the Spirit of God to share with you for the fast. You are not bound to these scriptures only, but they should be a part of your daily devotion for the 21 days. By doing so, we will all be in unity as it relates to what these scriptures are designed to empower us. The scriptures are listed for each of the 21 days that we will fast. It will be beneficial for you to reflect on the daily scripture throughout the day. Let the daily scripture be a part of your prayer focus, as well as, your goal for your improved wisdom and understanding for 2020.

“Look Before You Jump” is the theme the Lord gave me to share with you for 2020. It is a personal goal and should be applied to your decision-making process going forward. The theme was derived from two significant signs.

- 1) The year 2020 is significant to what is called of having clear vision i.e. 20/20 vision.
- 2) The year 2020 is a calendar leap year, hence it is significant for us getting a jump on what God has in store for us.

So, ***“Look Before You Jump”*** says before you decide to jump into anything investigate it first. Make sure it's of God and not simply jump into it because the opportunity is there. The reason for this spiritual wisdom is because many of us, if not all of us, have at one time or another jumped into something we later have regret. We find out down the road that it was not all it appeared to be. As a result, many of us are wounded, distress, alone, sadden, heartbroken, revenging, angry, in debt, etc. In this season of our lives I'm hearing the Lord say, "It's over!" No more are we to be taken as suckers by the devil's deceptions. No more are we to fall in the snares set by the devil. God wants us to walk as the wise and not as the fool. It is time that we no longer be ruined because of the lack of knowledge. Going forward we will pray and when necessary Google the thing/person, seek professional advice, or study it a bit because our anointing, calling, livelihood, reputation, or everything we worked can end up being on the line. God is saying, "Don't jump in before you look because when it's time to jump out you may come out with less or without all you had before you jumped in." So, don't throw your pearls to the swine, don't be

unequally yoked, beware of the enemy who is walking this earth seeking whom he may devour. The devil is after your greatest of assets just to steal or destroy them. Don't let the devil win simply because you jumped into his snare. Jesus had overcome all evil so we can have the victory over all evil. Through Christ we are victorious. It's time to walk it and live it!

Throughout time there has always been people who lived to take advantage of others. It's no different today. Their purpose is to drain us of everything. They are simply **"no good."** So why get involved in anything or anyone that is "no good." Be on the lookout for so called "no good" things or people. Investigate every smile, every come on and every "I got you", "I got your back", or "Don't worry it's all good." We know everyone doesn't have our back or best of interest but how many times have we fallen into their hands. One perfect answer is we didn't look before we jumped. We did not investigate before we jumped into bed with someone, jumped into a relationship with one; or jumped to a conclusion about something or someone, jumped into an investment for our future, jumped into a costly commitment, or jumped to a life changing decision. Well rejoice because those days are over! With this fast we will become wiser. We will leap into the deep and reap those things the Lord has for us. We will jump into those things the Lord has prepared for us. 2020, is the beginning of a new decade for us. So, let us get a jumpstart and be aware of what God is calling us into and not fall into the snares the enemy will try to get us into. New decade, new beginnings so jump in as the **Lord says, "jump in!"**



Daily scripture to feast upon and use as prayer focus points during your 21 Days of fasting and praying:

Week 1 and fast day number:

- 1) Psalm 1:1-6
- 2) Proverbs 8:8-21
- 3) Proverbs 12:1-7
- 4) Proverbs 15:11-18
- 5) Proverbs 18:15-16 and 21-24
- 6) Isaiah 52: 1-12
- 7) Isaiah 56:9-12

Prayer Notes:



Week 2 and fast day number:

- 8) Matthew 7:15-23
- 9) Matthew 13:10-17
- 10) 1 Corinthians 12:1-11
- 11) 2 Corinthians 6:11-18
- 12) Ephesians 4:17-32
- 13) Ephesians 5:1-7
- 14) Ephesians 5:8-14

Prayer Notes:



Week 3 and fast day number:

- 15) Ephesians 5:15-18
- 16) 1 Thessalonians 5:12-22
- 17) James 1:5-8
- 18) James 1:12-18
- 19) James 3:13-18
- 20) 1 John 1:1-10
- 21) 1 John 4:1-11

Prayer Notes:





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