

A photograph of a sunset over a field. The sun is low on the horizon, creating a bright glow and long rays of light that fan out across the sky. The sky is filled with soft, golden clouds. Below the horizon, there is a green field in the distance and a closer field of golden wheat in the foreground.

DANIEL FAST

21 DAYS OF
PRAYER & FASTING

REVISED: 2017



Dear ones,

As we enter into this New Year, it is a perfect time to assess and take inventory in our lives. This kind of self-examination allows the Holy Spirit to clean out the old and make room for the new! Your leaders at Epic Church make it a priority every year to dedicate time for prayer and fasting. We are thankful that you have decided to join us this year.

Some of you have never fasted or followed a devotional and journaling plan for 21 days. It can seem a little intimidating when you start. However, as we do this together, you will find that God's grace will help you and a great joy will overtake you. Get ready for a life-changing encounter with God!

I am excited about this season in God. Unexpected harvest and overwhelming blessing will overtake us as we follow the way of the Lord!

Blessings,

Pastor Steve and Dr. Shirley Arnold
Epic Church ~ Lakeland, Florida

The Daniel Fast

Daniel's decision not to eat the king's food was an outward symbol of an inward commitment he had made to God. Let your choices over the 21 days reflect the hunger you have for God's presence in your life. If there is something that is not specifically listed that you think still qualifies as a 'food of the king,' then ask God to reveal to you whether it should be part of your diet over the next few weeks. The details of the fast are between you and God — use this time to focus on Him. God is certain to bless your life in new and exciting ways during the fast. We encourage you to write down your prayers and the many ways God reveals Himself to you. We can't wait to see what God is going to do in your life and in the life of our church!

HOW TO BEGIN A DANIEL FAST

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible. Remember this is about simplifying life and connection with God.

~ Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4).

Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

~ Fast as a covenant commitment to God. (Read Daniel 1)

In Daniel 1:8, it says that Daniel purposed in His heart that He would keep himself pure from the emptations of the King's table. That means specifically fatty meat and sweets. As a good Jewish young man, he could not defile himself with the meat that was not blessed by the priests and the “delicacies” full of sugar and liquor. He was determined to remain true to His God.

~ Be specific in your purpose.

What is your purpose in fasting and what do you need from God? Read Is. 58 to see the true purposes of fasting.

~ Consecrate this time to cleanse your mind, soul and body from impurity and unhealthy lifestyles.

Most of us have never really evaluated what we put into our mouths from a healthy standpoint. This is your opportunity to sanctify the temple of the Holy Ghost (which is your body) by denying the addictions of sugar, caffeine, etc... to control you. Let us cast off all bondage!

~ Can my whole family participate? Even the children?

This eating style is healthy for every member of your family-even your children. Help children do their best. There is no condemnation if you or your children cannot participate. Maybe they can do one meal. You as their parents decide what is best. This is a great opportunity for your children to experience God and to learn by observation as well.

If you have specific medical issues, you should adjust your eating to compensate. If you have any condition which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, other technology, etc...) and fast in that manner for the next 21 days. Remember, the details are not as important as the spirit in which you participate.

**If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.*

~ What to Expect

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face. Also, include your family in times of family prayer and dedication.

~ How to End

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

SCRIPTURE REFERENCES:

Matt. 6:16-18, 9:14-15, Lk. 18:9-14, I Sam. 7:5-6, Ezra 8:21-23, Neh. 9:1-3, Joel 2:14-16, Jonah 3:5-10, Acts 27:33-37. Isaiah 58

SUGGESTED READINGS: (Both books are available for purchase in the Epic Café)

***Holiness, Truth and The Presence of God*, By Francis Frangipane
The Divine Pursuit, By Dr. Shirley Arnold**

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

FOODS YOU MAY EAT:

Whole Grains: Brown Rice, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

FRUITS:

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

VEGETABLES:

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, 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 not allergic to soy.

LIQUIDS:

Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices, Water (as much as possible), Unsweetened Soy Milk, Herbal (caffeine free) Tea, Natural Fruit Juice (no added sugar); you may also drink protein drinks

OTHERS:

Seeds, Nuts, Sprouts, Extra-Virgin Olive Oil (small quantities), Honey

FOODS TO AVOID:

Meat, Poultry, Fish

White Rice

Fried Foods

Caffeine, Coffee, Tea (including decaf)

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar or Sugar Substitutes

White Flour and All Products Using It

Margarine, Shortening, High Fat Products

All Breads

Dairy (milk, butter, cheese, yogurt, etc...)



*The
Journey
Begins*



ISAIAH 54:1-3

MSG

¹⁻⁶ “Sing, barren woman, who has never had a baby. Fill the air with song, you who’ve never experienced childbirth! You’re ending up with far more children than all those childbearing women.” GOD says so! ***“Clear lots of ground for your tents! Make your tents large. Spread out! Think big! Use plenty of rope, drive the tent pegs deep.*** You’re going to need lots of elbow room for your growing family. You’re going to take over whole nations; you’re going to resettle abandoned cities.

VOICE

Eternal One: Sing, childless woman, you who have never given birth. Raise a joyful shout, you who have never gone through labor. You, whose husband is dead, will bring forth much more than the *fertile* one who has a husband. ***Enlarge your house. You are going to need a bigger place; don’t underestimate the amount of room that you’ll need. So build, build, build.*** You will increase in every direction *to fill the world*. Your offspring will take over the nations; Your people will revitalize long-abandoned towns.

We have experienced a defining moment - a point that has revealed, and identified our essential nature both individually and corporately. Consequently, there will be a demand for us to more fully than ever before, carry the mantle, fulfill the mandate and continue the mission of an apostolic church and an apostolic people.

We must settle the fact that, as a people and a church, we are risk takers (based on the Word of God). We are miracle workers. We have a spirit of generosity. We are willing to fight, to go to war for what is right. We have a pioneering spirit that always keeps us on the cutting edge of the move of God as we break new ground and generate new ideas. We are relationally motivated. We establish priorities based upon the word of God. It's who we are. It's what we do.

Here are some key points to keep in mind during this season -

God is Establishing

The work that is being done in, for and through us by the Spirit of God is meant to be a new beginning from which we progress from faith to faith and glory to glory, bearing lasting fruit for the Kingdom.

God is Aligning

The work that is being done in, for and through us by the Spirit of God is bringing about comprehensive adjustments in attitudes, relationships and actions to produce proper orientation with the Kingdom.

God is Mobilizing

The work that is being done in, for and through us by the Spirit of God is ensuring that we are fit for the Master's use and available to be released for the work of the Kingdom.

A paradigm is simply a mental model that describes a view of the world, as well as the guidelines that define boundaries and evaluate success within these boundaries.

In many different arenas, we are going through a paradigm shift – a comprehensive, surprising abrupt, unprecedented revolutionary change in which rules, roles, and required results are altered – nothing is off limits during this time. The Bible calls it a “new thing.” It requires us to renew our minds and submit everything to God so we stay in line with His plans and purposes.

This fast will be yet another defining moment that typifies or determines all subsequent related occurrences as God begins to clarify and give practical instruction for implementing the necessary changes. This time of corporate consecration, including being “Epic Together,” is necessary to receive the fullness of what God is releasing.

During this fast we will focus on “driving the tent pegs deep and enlarging our ground” in the areas of strength, love, worship, faith, unified expectation, apostolic/supernatural ministry and prosperity to posture ourselves to walk at a new level of dominion within our spheres of influence.

“All hands on deck” is a term used to indicate (the need for) the immediate involvement or efforts of all the members of a party, or of a large number of people, especially in an emergency (in this case an exciting time!) That is the call going out right now - **ALL HANDS ON DECK! Every voice, every prayer, every level of engagement matters and no sacrifice is insignificant**

HELPS FOR USING THE DEVOTIONAL

- Let the scripture speak to you
- Read the scripture aloud and listen for phrases or words that catch your attention
- Study the scripture in the context of the points mentioned above and the word that is being released during our worship services
- Look up words you do not understand
- Ask Questions
 - What does the scripture say about the focus for the day?
 - What does the focus for the day look like in my life and in the life of the church?
 - What does the scripture teach me about the character or the ways of God and what is the significance of it?
 - How does the scripture relate to the work God is doing (establishing, aligning, mobilizing)?
- Capture what God is saying, how he is moving and share your insights with others
- Summarize the scripture in your own words
- Read the decrees for the focus areas aloud as often as you can
- Don't be overwhelmed - let the Holy Spirit guide and teach you
- Begin this journey with a declaration for yourself and a decree concerning Epic Church (repeat as led by the Spirit)

DECLARATION OF FAITH – A DESTINY (2 SAMUEL 22:29-41)

This life is but a grain of sand on eternity's beach. Your ultimate destiny is more magnificent than you can possibly imagine. However, God wants to give you a taste of it right here in this life. He has a plan for you. He has set you on a prearranged path with an intended destination. Step onto that path, [child], and stay on it. Every step on this path is covered in God's wisdom. Follow the flow of favor He gives you. Listen and watch as He guides you past every obstacle and distraction. Know that your heavenly Father is always guiding you with His right hand. Your destiny of greatness is inevitable. You have your Father's Word on it.

My Lord lights my way before me. He gives me His clear instruction to keep me firmly on the path of righteousness.

By Him, I claim victory over the enemy. I run through a garrison and leap over their fortified walls.

God's Word is ever before me. It is tested, tried and true. I put my complete trust in Him.

He is my Shield and my Refuge! He is my Rock and my Fortress!

He supervises my way before me and enlightens my understanding of His plan for my life.

He has set me free from all hindrances.

He has made me secure and capable. I maintain a steadfast resistance against the attacks of the enemy.

He has set me on the heights (as His top priority) and has established me with the steadfast assurance and a boldness that cannot be shaken.

He trains my hands to do battle so that my arms can bend a bow of bronze.

He has given me the shield of His salvation.

By His grace, He came down to my level that I may be lifted up to His level.

He has enlarged my steps under me to keep me from falling.

His greatness is within me and by His strength I destroy the enemy. I refuse to turn back until they are consumed. I keep them at bay and they shall not arise!

My Lord has girded me with strength for the battle. I see nothing but the backs of my enemies as they turn tail and run from me utterly terrified!

(Ephesians 2:6; 6:12; Psalm 5:11,12; 12:6; 18:32; 27:1; 44:5; 119:105; Joel 2:1-11; Matthew 5:48; Hebrews 13:21; Isaiah 33:16; Proverbs 4:12; Malachi 4:3; 1 John 4:4; James 4:7; Romans 8:29-32)

Courtesy of Harrison House, Tulsa OK and James Riddle, "The Complete Promise Topical Bible"

***WE ARE A PEOPLE AND EPIC IS A PLACE
THAT EXPERIENCE OPEN HEAVENS***

WE DECREE - the heavens are open over us individually and corporately so we can consistently receive from the throne room of God.

WE DECREE - according to the Word of God that by the Blood of Jesus Christ we have direct access to the throne of grace where we boldly go to obtain mercy and find grace to help in time of need.

WE DECREE – we are receiving a deeper revelation of the fullness of our great salvation that is transforming every area of our lives.

WE DECREE - there is no interference in the communication between Our Father in Heaven and the Church of Jesus Christ on earth.

WE DECREE - there are no spiritual hindrances allowed – only breakthrough because Jesus, Our Breakthrough, has gone before us.

WE DECREE - the forces of darkness are being pushed back through our prayer, our worship, our unity, our love, and our servant-hood.

WE DECREE - strongholds of poverty, sickness, crime, violence, racism, and perversion are all being broken.

WE DECREE - through the rivers of living water flowing out of our bellies, God is pouring out hope, healing, peace, joy, life, light and love.

WE DECREE – because of God’s great grace we have the capacity to receive all that He is releasing in this hour so that with boldness we may fulfill God’s original intent to be fruitful, multiply, subdue and exercise dominion.

EPIC IS THE PLACE FOR MIRACLES AND BREAKTHROUGHS HAPPEN HERE!

STRENGTH



Dav 1



ISAIAH 41:10

MSG

Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you, I'll hold you steady, keep a firm grip on you.

VOICE

So don't be afraid. I am here, with you; don't be dismayed, for I am your God.
I will strengthen you, help you. I am here with My right hand to make right and to hold you up.

AMPC

Fear not [there is nothing to fear], for I am with you; do not look around you in terror *and* be dismayed, for I am your God. *I will* strengthen and harden you to difficulties, yes, I will help you; yes, I will hold you up and retain you with My [victorious] right hand of rightness and justice.

[illegible]



LOVE

ROMANS 5:1-6 (TPT)

¹Our faith in Jesus transfers God's righteousness to us and he now declares us flawless in his eyes. This means we can now enjoy true and lasting peace with God, all because of what our Lord Jesus, the Anointed One, has done for us. ²Our faith guarantees us access into this marvelous kindness that has given us perfect relationship with God. What incredible joy bursts forth within us as we keep on celebrating our hope of experiencing God's glory!

³But that's not all! Even in times of trouble we have a joyful confidence, knowing that our pressures will develop in us patient endurance. ⁴And patient endurance will refine our character, and proven character leads us back to hope. ⁵And this hope is not a disappointing fantasy, because we can now experience the endless love of God cascading into our hearts through the Holy Spirit who lives in us!

⁶For when the time was right, the Anointed One came and died to demonstrate his love for sinners who were entirely helpless, weak, and powerless to save themselves.

Notes

[illegible]

WORSHIP

JOHN 4:21-24

MSG

²¹⁻²³ “Believe me, woman, the time is coming when you Samaritans will worship the Father neither here at this mountain nor there in Jerusalem. You worship guessing in the dark; we Jews worship in the clear light of day. God’s way of salvation is made available through the Jews. But the time is coming—it has, in fact, come—when what you’re called will not matter and where you go to worship will not matter.

²³⁻²⁴ “It’s who you are and the way you live that count before God. Your worship must engage your spirit in the pursuit of truth. That’s the kind of people the Father is out looking for: those who are simply and honestly *themselves* before him in their worship. God is sheer being itself—Spirit. Those who worship him must do it out of their very being, their spirits, their true selves, in adoration.”

TPT

Jesus responded, ²¹“**Believe me, dear woman, the time has come when you won’t worship the Father on a mountain nor in Jerusalem, but in your hear.** ²² *Your people don’t really know the One they worship. We Jews worship out of our experience, for it’s from the Jews that salvation is made available.* ²³⁻²⁴ **From here on to worship the Father is not a matter of the right place but with the right heart. For God is a Spirit, and he longs to have sincere worshippers who worship and adore him in the realm of the Spirit and in truth.**”

“Worship is the submission of all of our nature to God. It is the quickening of the conscience by his holiness; the nourishment of mind with his truth; the purifying of imagination by his beauty; the opening of the heart to his love; the surrender of will to his purpose—all this gathered up in adoration, the most selfless emotion of which our nature is capable.”
(Archbishop William Temple)

[illegible]

FAITH



Day 4

HEBREWS 11:1, 3; 11:6; 32-40A

TPT

¹Now faith brings our hopes into reality and becomes the foundation needed to acquire the things we long for. It is all the evidence required to prove what is still unseen... ³Faith empowers us to see that the universe was created and beautifully coordinated by the power of God's words! He spoke in faith and the invisible realm gave birth to all that is seen...⁶And without faith living within us it would be impossible to please God. For we come to God in faith knowing that he is real and that he rewards the faith of those who truly seek him.

³²And what more could I say to convince you? For there is not enough time to tell you of the faith of Gideon, Barak, Samson, Jephthah, David, Samuel, and the prophets. ³³Through faith's power they conquered kingdoms and established true justice. Their faith fastened onto their promises and pulled them into reality! It was the faith that shut the mouth of lions, ³⁴put out the power of raging fire, and caused many to escape certain death by the sword. In their weakness their faith imparted power to make them strong! Faith sparked courage within them and they became mighty warriors in battle, pulling armies from another realm into battle array. ³⁵Faith-filled women saw their dead children raised in resurrection power. Yet it was faith that enabled others to endure great atrocities. They were stretched out on the wheel and tortured, and didn't deny their faith in order to be freed, because they longed for a more honorable and glorious resurrection!

³⁶Others were mocked and experienced the most severe beating with whips; they were in chains and imprisoned. ³⁷Some of these faith champions were brutally killed by stoning, sawn in two, or slaughtered by the sword. These lived in faith as they went about wearing goatskins and sheepskins for clothing, they lost everything they possessed, they endured great afflictions, and they were cruelly mistreated. ³⁸They wandered the earth living in the desert wilderness, in caves, on barren mountains and in holes in the earth. Truly, the world was not even worthy of them, not realizing who they were.

³⁹These were the true heroes, commended for their faith, yet they lived in hope without receiving the fullness of what was promised them. ⁴⁰But now God has invited us to live in something better than what they had – faith's fullness!

[illegible]



Day 5



UNIFIED EXPECTATIONS

PSALM 133

TPT

¹How truly wonderful and delightful,
To see brothers and sisters living together in sweet unity!
²It's as precious as the sacred scented oil
Flowing from the head of the High Priest Aaron,
Dripping down upon his beard, and running all the way down
To the hem of his priestly robes.
³This heavenly harmony can be compared to the dew
Dripping down from the skies upon Mount Hermon,
Refreshing the mountain slopes of Israel.
For from this realm of sweet harmony
God will release his eternal blessing,
The promise of life forevermore!

The dew of Hermon and Zion was plentiful even in dry weather. In the morning everything was as wet as if it had rained.

EPHESIANS 3:13-16

TPT

¹³These grace ministries will function until we all attain oneness in the faith, until we all experience the fullness of being one with the son of God, and finally we become one perfect man with the full dimensions of spiritual maturity and fully developed in the abundance of Christ.
¹⁴And then our immaturity will end! And we will not be easily shaken by trouble, nor led astray by novel teachings or by the false doctrines of deceivers who teach clever lies that sound like the truth – only to pull us into their “flock.” ¹⁵But instead we will remain strong and always sincere in our love as we express the truth. All our direction and ministers will flow from Christ and lead us deeper into him, the anointed Head of his body, the church. ¹⁶For his “body” has been formed in his image and is closely joined together and constantly connected as one. And every member has been given divine gifts to contribute to the growth of all; and as these gifts are imparted and operating effectively throughout the whole body, we are built up and made perfect in love.

Notes

[illegible]

APOSTOLIC

SUPERNATURAL MINISTRY

VOICE

¹⁹The truth is that the Son does nothing on His own; *all these actions are led by the Father*. The Son watches the Father closely and then mimics the work of the Father. ²⁰The Father loves the Son, so He does not hide His actions. Instead, He shows Him everything,

TPT

¹⁹So Jesus said, “I speak to you timeless truth. I never act independently of the Father or do anything through my own initiative. I only do the works that I see the Father doing, for the Son does the same works as his Father.

²⁰Because the Father loves his Son so much, he always reveals to me everything that he is about to do.

JOHN 14:10

AMPC

Do you not believe that I am in the Father, and that the Father is in Me? What I am telling you I do not say on My own authority *and* of My own accord; but the Father Who lives continually in Me does the (*His*) works (His own miracles, deeds of power).

VOICE

Don’t you believe Me when I say I abide in the Father and the Father dwells in Me? I’m not making this up as I go along. The Father has given Me these truths that I have been speaking to you, and He empowers all My actions.

MSG

Don’t you believe that I am in the Father and the Father is in me? The words that I speak to you aren’t mere words. I don’t just make them up on my own. The Father who resides in me crafts each word into a divine act.

TPT

Don’t you believe that the Father is living in me and that I am living in the Father? Even my words are not my own but come from the Father, for he live in me and performs his miracles of power through me.

Notes

[illegible]

PROSPERITY

PSALM 1:1-3

AMPC

¹ Blessed (happy, fortunate, prosperous, and enviable) is the man who walks *and* lives not in the counsel of the ungodly [following their advice, their plans and purposes], nor stands [submissive and inactive] in the path where sinners walk, nor sits down [to relax and rest] where the scornful [and the mockers] gather.

² But his delight *and* desire are in the law of the Lord, and on His law (the precepts, the instructions, the teachings of God) he habitually meditates (ponders and studies) by day and by night.

³ And he shall be like a tree firmly planted [and tended] by the streams of water, ready to bring forth its fruit in its season; its leaf also shall not fade *or* wither; and everything he does shall prosper [and come to maturity].

TPT

¹ What delight comes to those; Who follow God's ways!

They won't walk in step with the wicked, nor share the sinners way,
Or be found sitting in the scorner's seat.

² Their pleasure and passion is remaining true to the Word of "I Am,"
Meditating each and every moment in the revelation of light.

³ They will be standing firm like a flourishing tree planted by God's design, deeply rooted by the brooks of bliss; bearing fruit in every season of their lives.

They are never dry, never fainting, ever blessed, ever plentiful.

3 JOHN 2

VOICE

My beloved friend, I pray that everything is going well for you and that your body is as healthy as your soul is prosperous.

AMPC

Beloved, I pray that you may prosper in every way and [that your body] may keep well, even as [I know] your soul keeps well *and* prospers.

Notes

[illegible]

STRENGTH

EPHESIANS 3:16-19

TPT

¹⁶And I pray that he would pour over you the unlimited riches of his glory and favor until supernatural strength floods your innermost being with his divine might and explosive power.

¹⁷Then by constantly using your faith, the life of Christ will be released deep inside you, and the resting place of his love will become the very source and root of your life, providing you with a secure foundation that grows and grows.

¹⁸⁻¹⁹Then, as your spiritual strength increases, you will be empowered to discover what every holy one experiences – the great magnitude of the astonishing love of Christ in all its dimensions. How deeply intimate and far-reaching is his love! How enduring and Inclusive it is! Endless love, beyond measurement, beyond academic knowledge – this extravagant love pours into you until you are filled to overflowing with the fullness of God.

MSG

¹⁶⁻¹⁹I ask him to strengthen you by his Spirit—not a brute strength but a glorious inner strength—that Christ will live in you as you open the door and invite him in. And I ask him that with both feet planted firmly on love, you'll be able to take in with all followers of Jesus the extravagant dimensions of Christ's love. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! Live full lives, full in the fullness of God.

VOICE

¹⁶Father, out of Your honorable and glorious riches, strengthen Your people. Fill their souls with the power of Your Spirit ¹⁷so that through faith the Anointed One will reside in their hearts. May love be the rich soil where their lives take root. May it be the bedrock where their lives are founded so that together ¹⁸⁻¹⁹with all of Your people they will have the power to understand that the love of the Anointed is infinitely long, wide, high, and deep, surpassing everything anyone previously experienced. God, may Your fullness flood through their entire beings.

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

LOVE



ROMANS 8:31-39

TPT

The Triumph of God's Love

³¹So, what does all this mean? If God has determined to stand with us, tell me, who then could ever stand against us? ³²For God has proved his love by giving us his greatest treasure, the gift of his Son. And since God freely offered him up as the sacrifice for us all, he certainly won't withhold from us anything else he has to give.

³³Who then would dare to accuse those whom God has chosen in love to be his? God himself is the judge who has issued his final verdict over them – "Not guilty!"

³⁴Who then is left to condemn us? Certainly not Jesus, the Anointed one! For he gave his life for us, and even more than that, he has conquered death and is now risen, exalted, and enthroned by God at his right hand. So how could he possibly condemn us since he is continually praying for our triumph?

³⁵Who could ever separate us from the endless love of God's Anointed One? Absolutely no one! For nothing in the universe has the power to diminish his love toward us. Troubles, pressures, and problems are unable to come between us and heaven's love. What about persecutions, deprivations, dangers, and death threats? No, for they are all impotent to hinder the omnipotent love, ³⁶even though it is written

All day long we face death threats for your sake, God
We are considered to be nothing more
than sheep to be slaughtered!

³⁷Yet even in the midst of all these things, we triumph over them all, for God has made us to be more than conquerors, and his demonstrated love is our glorious victory over everything!

³⁸So now I live with the confidence that there is nothing in the universe with the power to separate us from God's love. I'm convinced that his love will triumph over death, life's troubles, fallen angels, or dark rulers in the heavens. There is nothing in our present or future circumstances that can weaken his love.

³⁹There is no power above us or beneath us – no power that could ever be found in the universe that can distance us from God's passionate love, which is lavished upon us through our Lord Jesus, the Anointed One!

[illegible]



Day 10



WORSHIP

ROMANS 12:1

MSG

¹⁻² So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.

VOICE

Brothers and sisters, in light of *all I have shared with you about* God's mercies, I urge you to offer your bodies as a living and holy sacrifice *to God*, a sacred offering that brings Him pleasure; this is your reasonable, essential worship.

AMPC

I appeal to you therefore, brethren, *and* beg of you in view of [all] the mercies of God, to make a decisive dedication of your bodies [presenting all your members and faculties] as a living sacrifice, holy (devoted, consecrated) and well pleasing to God, which is your reasonable (rational, intelligent) service *and* spiritual worship.

TPT

The Transforming Power of the Gospel

Beloved friends, what should be our proper response to God's marvelous mercies? I encourage you to surrender yourselves to God to be his sacred, living sacrifices. And live in holiness, experiencing all that delights his heart. For this becomes your genuine expression of worship.

“Worship is the submission of all of our nature to God. It is the quickening of the conscience by his holiness; the nourishment of mind with his truth; the purifying of imagination by his beauty; the opening of the heart to his love; the surrender of will to his purpose—all this gathered up in adoration, the most selfless emotion of which our nature is capable.”

(Archbishop William

Temple)

[illegible]



Day 11



FAITH

1 CORINTHIANS 2:4, 5

VOICE

⁴The sermons I preached were not delivered with *the kind of* persuasive elegance *some have come to expect*, but they were effective because I relied on God's Spirit to demonstrate God's power. ⁵If this were not so, your faith would be based on human wisdom and not the power of God.

AMPC

⁴And my language and my message were not set forth in persuasive (enticing and plausible) words of wisdom, but they were in demonstration of the [Holy] Spirit and power [a proof by the Spirit and power of God, operating on me and stirring in the minds of my hearers the most holy emotions and thus persuading them],

⁵So that your faith might not rest in the wisdom of men (human philosophy), but in the power of God.

2 CORINTHIANS 5:7

VOICE

The path we walk is charted by faith, not by what we see with our eyes.

AMPC

For we walk by faith [we regulate our lives and conduct ourselves by our conviction or belief respecting man's relationship to God and divine things, with trust and holy fervor; thus we walk] not by sight *or* appearance.

Notes

[illegible]

UNIFIED EXPECTATIONS

JOHN 17:20-23

TPT
Jesus Prays for You

²⁰“ And I ask not only for these disciples,
But also for all those who will one day
Believe in me through their message.
²¹I pray for them all to be joined together as one
Even as you and I, Father,
Are joined together as one,
I pray for them to become one with us
So that the world will recognize that you sent me.
²²For the very glory you have given to me
I have given to them,
So that they will be joined together as one
And experience the same unity that we enjoy.
²³You live fully in me
And now I live fully in them
So that we will experience perfect unity,
And the world will be convinced
That you have sent me,
For they will see that you love each one of them
With the same passionate love
That you have for me.

[illegible]

APOSTOLIC SUPERNATURAL MINISTRY

BREAKTHROUGH

An offensive thrust that penetrates and carries beyond an enemy's defensive line in warfare; an act or instance of, overcoming or penetrating an obstacle or restriction; an event that causes or marks the breaking down of a barrier to progress; a sudden advance, an important new discovery that has a dramatic and far-reaching effects and permits further progress; a productive insight

MIRACLES

An extraordinary event, contrary to the established laws of nature, manifesting divine intervention in human affairs

MARK 16:17-18

AMPC

¹⁷ And these attesting signs will accompany those who believe: in My name they will drive out demons; they will speak in new languages; ¹⁸ They will pick up serpents; and [even] if they drink anything deadly, it will not hurt them; they will lay their hands on the sick, and they will get well.

MATTHEW 6:10

VOICE

Bring about Your kingdom. Manifest Your will here on earth, as it is manifest in heaven.

1 CORINTHIANS 4:20

AMPC

For the kingdom of God consists of *and* is based on not talk but power (moral power and excellence of soul).

MSG

God's Way is not a matter of mere talk; it's an empowered life.

TPT

For the kingdom realm of God comes with power, not simply impressive words.

Notes

[illegible]

PROSPERITY

PSALM 35:27

AMPC

Let those who favor my righteous cause *and* have pleasure in my uprightness shout for joy and be glad and say continually, Let the Lord be magnified, Who takes pleasure in the prosperity of His servant.

JOSHUA 1:7, 8

MSG

⁷⁻⁸Give it everything you have, heart and soul. Make sure you carry out The Revelation that Moses commanded you, every bit of it. Don't get off track, either left or right, so as to make sure you get to where you're going. And don't for a minute let this Book of The Revelation be out of mind. Ponder and meditate on it day and night, making sure you practice everything written in it. Then you'll get where you're going; then you'll succeed.

VOICE

⁷ Always be strong and courageous, and always live by all of the law I gave to my servant Moses, never turning from it—even ever so slightly—so that you may succeed wherever you go. ⁸ Let *the words from* the book of the law be always on your lips. Meditate on them day and night so that you may be careful to live by all that is written in it. If you do, as you make your way *through this world*, you will prosper and always find success.

AMPC

⁷ Only you be strong and very courageous, that you may do according to all the law which Moses My servant commanded you. Turn not from it to the right hand or to the left, that you may prosper wherever you go.

⁸ This Book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe *and* do according to all that is written in it. For then you shall make your way prosperous, and then you shall deal wisely *and* have good success.

Notes

[illegible]

STRENGTH

PSALM 28:7

AMPC

The Lord is my Strength and my [impenetrable] Shield; my heart trusts in, relies on, *and* confidently leans on Him, and I am helped; therefore my heart greatly rejoices, and with my song will I praise Him.

PSALM 92:10

VOICE

But You have made me strong as a wild ox, anointed me with the refreshing oil *of Your blessing*.

AMPC

But my horn (emblem of excessive strength and stately grace) You have exalted like that of a wild ox; I am anointed with fresh oil.

TPT

Your anointing has made me strong and mighty.
You've empowered my life for triumph
By pouring fresh oil over me!

PSALM 118:14

TPT

Lord, you are my true strength
And my glory-song,
My Champion, my Savior!

VOICE

He is my strength, and He is the reason I sing; He has been there to save me *in every situation*.

Notes

[illegible]

LOVE

1 CORINTHIANS 13 – TPT

Love, the Motivation of Our Lives

¹If I were to speak with eloquence in earth's many languages, and in the heavenly tongues of angels, yet I didn't express myself with love, my words would be reduced to the hollow sound of nothing more than a clanging cymbal.

²And if I were to have the gift of prophecy with a profound understanding of God's hidden secrets, and if I possessed unending supernatural knowledge, and if I had the greatest gift of faith that could move mountains, but never learned to love, then I am nothing.

³And if I were to be so generous as to give away everything I owned to feed the poor, and to offer my body to be burned as a martyr, without the pure motive of love, I would gain nothing of value.

⁴Love is large and incredibly patient. Love is gentle and consistently kind to all. It refuses to be jealous when blessing comes to someone else. Love does not brag about one's achievements nor inflate its own importance. ⁵Love does not traffic in shame and disrespect, nor selfishly seek its own honor. Love is not easily irritated or quick to take offense. ⁶Love joyfully celebrates honesty and finds no delight in what is wrong. ⁷Love is a safe place of shelter, for it never stops believing the best for others. Love never takes failure as defeat, for it never gives up.

Perfect Love

⁸Love never stops loving. It extends beyond the gift of prophecy, which eventually fades away. It is more enduring than tongues, which will one day fall silent. Love remains long after words of knowledge are forgotten. ⁹Our present knowledge and our prophecies are but partial, ¹⁰but when love's perfection arrives, the partial will fade away. ¹¹When I was a child, I spoke about childish matters, for I saw things like a child and reasoned like a child. But the day came when I matured, and I set aside my childish ways.

¹²For now we see but a faint reflection of riddles and mysteries as though reflected in a mirror, but one day we will see face-to-face. My understanding is incomplete now, but one day I will understand everything, just as everything about me has been understood. ¹³Until then, there are three things that remain: faith, hope, and love - yet love surpasses them all. So above all else, let love be the beautiful prize for which you run.

Notes

[illegible]

WORSHIP

PSALMS 29:1, 2

TPT

¹Proclaim his majesty all you mighty champions,
You sons of Almighty God,
Giving all the glory and strength back to him!
²Be in awe before his majesty.
Be in awe before such power and might!
Come worship wonderful Yahweh
Arrayed in all his splendor,
Bowing in worship as he appears in all his holy beauty.
Give him the honor due his name!
Worship him wearing the glory-garments.
Of your holy, priestly calling!

VOICE

Give all credit to the Eternal, O heavenly creatures;
 give praise to Him for His glory and power.
²Give to the Eternal the glory due His name;
 worship Him with lavish displays of sacred splendor.

1 CHRONICLES 29:11

¹¹ All that is great and powerful and glorious and victorious and majestic
 is Yours, O Eternal One.
 Indeed everything that is in the heavens and the earth belongs to You.
 The kingdom belongs to You, O Eternal One, and You are the head of it all.
¹² Wealth and glory come from You,
 and You rule over them all.
 In Your hand is power and strength,
 and You use them to make great and strengthen everyone.
¹³ Because of your greatness, our God,
 we testify about Your greatness and praise Your glorious name.

Notes

[illegible]

FAITH

1 TIMOTHY 6:12

TPT

There is a battle raging, so fight with faith for the winner's prize! Lay your hands upon eternal life, for this is your calling – celebrating in faith before the multitude of witnesses!

MSG

Run hard and fast in the faith. Seize the eternal life, the life you were called to, the life you so fervently embraced in the presence of so many witnesses.

EPHESIANS 6:16

TPT

In every battle, take faith as your wrap-around shield, for it is able to extinguish the blazing arrows coming at you from the evil one!

AMPC

Lift up over all the [covering] shield of saving faith, upon which you can quench all the flaming missiles of the wicked [one].

1 JOHN 5:4

VOICE

⁴Everything that has been fathered by God overcomes the corrupt world. This is the victory that has conquered the world: our faith.

⁵Who is the person conquering the world? It is the one who truly trusts that Jesus is the Son of God

MSG

⁴⁻⁵ Every God-begotten person conquers the world's ways. The conquering power that brings the world to its knees is our faith. The person who wins out over the world's ways is simply the one who believes Jesus is the Son of God.

[illegible]

UNIFIED EXPECTATIONS

EPHESIANS 4:3-6

TPT

³Be faithful to guard the sweet harmony of the Holy Spirit among you in the bonds of peace, ⁴so that you will be one body and one spirit, as you were all called into the same glorious hope of divine destiny.

⁵For the Lord God is one, and so are we! For we share in one faith, one baptism, and one Father. ⁶He is the perfect Father who leads us all, works through us all, and lives in us all!

MSG

³ [be] alert at noticing differences and quick at mending fences.

⁴⁻⁶ You were all called to travel on the same road and in the same direction, so stay together, both outwardly and inwardly. You have one Master, one faith, one baptism, one God and Father of all, who rules over all, works through all, and is present in all. Everything you are and think and do is permeated with Oneness.

EPHESIANS 4:13-16

MSG

[grace ministries are] to train Christ's followers in skilled servant work, working within Christ's body, the church, until we're all moving rhythmically and easily with each other, efficient and graceful in response to God's Son, fully mature adults, fully developed within and without, fully alive like Christ.

¹⁴⁻¹⁶ No prolonged infancies among us, please. We'll not tolerate babes in the woods, small children who are an easy mark for impostors. God wants us to grow up, to know the whole truth and tell it in love—like Christ in everything. We take our lead from Christ, who is the source of everything we do. He keeps us in step with each other. His very breath and blood flow through us, nourishing us so that we will grow up healthy in God, robust in love.

Notes

[illegible]

APOSTOLIC

2 CORINTHIANS 12:12

TPT

The things that distinguish a true apostle were performed among you with great perseverance – supernatural signs, startling wonders and awesome miracles.

ACTS 6:8

MSG

Stephen, brimming with God's grace and energy, was doing wonderful things among the people, unmistakable signs that God was among them.

AMPC

Now Stephen, full of grace (divine blessing and favor) and power (strength and ability) worked great wonders and signs (miracles) among the people.

MATTHEW 10:1, 7, 8

AMPC

¹And Jesus summoned to Him His twelve disciples and gave them power *and* authority over unclean spirits, to drive them out, and to cure all kinds of disease and all kinds of weakness *and* infirmity.

⁷And as you go, preach, saying, The kingdom of heaven is at hand!

⁸Cure the sick, raise the dead, cleanse the lepers, drive out demons. Freely (without pay) you have received, freely (without charge) give.

MSG

¹Jesus called twelve of his followers and sent them into the ripe fields. He gave them power to kick out the evil spirits and to tenderly care for the bruised and hurt lives.

⁷⁻⁸Tell them that the kingdom is here. Bring health to the sick. Raise the dead. Touch the untouchables. Kick out the demons. You have been treated generously, so live generously.

Notes

[illegible]

PROSPERTIY

JOHN 10:10

AMPC

The thief comes only in order to steal and kill and destroy. I came that they may have *and* enjoy life, and have it in abundance (to the full, till it overflows).

MSG

A thief is only there to steal and kill and destroy. I came so they can have real and eternal life, more and better life than they ever dreamed of.

VOICE

The thief approaches *with malicious intent*, looking to steal, slaughter, and destroy; I came to give life with joy and abundance.

TPT

A thief has only one thing in mind- he wants to steal, kill, and destroy. But my desire is to give you everything in abundance, more than you expect- life in its fullness until you overflow!

Abundant - Superabundance, excessive, overflowing, surplus, over and above, more than enough, profuse, extraordinary, above the ordinary, more than sufficient

Abundant Life, GOD'S ABUNDANCE. God's covenant to us is a covenant for abundant life. From the very beginning of time, Scripture shows us that God wanted us to be happy and prosperous. In Genesis, we are told that God made everything and declared it to be good. Then He gave this beautiful, plentiful Earth to Adam; Adam was given dominion over all of it (Gen. 1:28). God's plan from the beginning was for man to be enriched and to have a prosperous, abundant life. Here Jesus declared His intention to recover and restore to man what was the Father's intent and to break and block the Devil's intent to hinder our receiving it. (**New Spirit-Filled Life Bible.**)

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Menu
&
Recipes



Thick and Creamy Corn-Potato Soup

6 ears corn (cut off the cob)
6 medium-large red potatoes (chopped in 1/2 inch pieces)
6 carrots (finely chopped)
1 medium-large onion (finely chopped)
2 green peppers (finely chopped)
2 bay leaves
3 teaspoons thyme
2 teaspoons marjoram
3 teaspoons cumin
2 teaspoons sea salt
2 teaspoons pepper
3 32oz. boxes of vegetable broth
water

Put vegetables and spices in a large soup pot. Cook on medium heat, stirring occasionally for 15 minutes.

Add broth and maintain a light boil. Cook 45 minutes to 1 hour. Remove from heat. Blend 3/4 of the soup mixture in a blender in batches. Put blended soup in a large bowl or container until the blending process is complete. Pour the blended soup back into the pot. Add water to thin and obtain the desired consistency. Heat through and serve. Serves 8-10 generously.

Tomato Basil Soup

12 Vine Ripe Tomatoes
1 Package Cherry Tomatoes
2 1/2 Cups Fresh Carrot Juice (or Odwalla available in juice section)
1 Large Ripe Avocado
2 Yellow Onions (chopped)
4 Cloves Garlic (chopped)
5 Stems Fresh Basil
2 Tablespoons Pure Honey
1 Bay Leaf
1 teaspoon Oregano
1 teaspoon Sea Salt
1 Tablespoon Red Pepper Flakes
2 Tablespoons Olive Oil

Cook onion and garlic in olive oil until tender. Cut tomatoes and avocado in quarters and place all ingredients in blender and blend on low speed for one minute. Continue to blend on high for an additional minute until creamy. Pour into large soup bowl or crock pot and cook on medium low for 2 to 3 hours.

Portabella Steaks

6 Portabella mushroom caps
1/2 cup fresh squeezed lemon juice
2 tablespoons apple cider vinegar
2 tablespoons Pure Maple syrup
2 teaspoons fresh grated ginger
1/2 teaspoon marjoram

Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through. Serve with baked sweet potatoes and grilled squash and asparagus.

Grilled Vegetables

Toss yellow squash, zucchini, and asparagus with 2 tablespoons extra-virgin olive oil. Salt and Pepper to taste. Grill indoors or out until tender.

Baked Sweet Potatoes

Wash sweet potatoes, prick with a fork several times and place in a 400 degree oven for an hour and a half. Less time may be needed if potatoes are small.

Vegetable Barley Soup

Choose your vegetables. Really, anything can work depending upon your taste.

3 cups chopped celery
2 cups chopped white onion
3 cups chopped carrots
3 cups chopped green/yellow/red pepper
3 cups thin sliced mushrooms
2 cups chopped roma tomatoes (peeled and seeded)
2 32oz. boxes vegetable broth

I choose 2 cloves garlic, sea salt to taste, 2 teaspoons marjoram flakes, 2 teaspoons oregano flakes, 1 bay leaf and 1 teaspoon parsley. Pour 1/4 cup vegetable broth in a soup pot. Add all of the vegetables and saute them until tender. Add the spices and stir to mix. Add the remaining vegetable broth.

Bring to a boil and add 1 cup Natural Whole Grain Barley. Boil for 15-20 minutes until the barley is tender. Serves 6

For thicker soup, just blend 1/2 of the vegetable mixture (prior to putting in the barley) in a blender. Add it back to the soup pot and then add the barley.

Guacamole

Blend ripe avocados in a food processor with juice from 1 large lime, 2 cloves garlic, 1 roma tomato and a dash of salt. If you like spice, you can add 1/4 of a jalapeno pepper seeded.

Serve on black beans, portobello mushrooms or use as a dip with vegetables.

Cuban Black Beans & Rice with Tomato Salsa

1 package dried black beans

Vegetable broth (1- 32oz. box)

Chili powder

Chipotle powder

2 cloves garlic

Soak beans overnight in water (cover w/2 inches above beans). Drain and rinse beans. Place beans in sauce pan and add vegetable broth. Add water to cover if needed. Add spices and boil for 1 hour and then simmer until tender (follow package direction if available). Prepare brown rice according to package directions.

Salsa

Roma Tomatoes quartered

Lime

Cilantro

Green onion (1 bunch)

Chili powder

Cumin

Garlic

In a food processor, chop tomato, cilantro, green onion with chili powder, garlic, cumin and lime juice by pulsing the blade several times to desired texture. We prefer chunky.

Place rice on individual dishes and top with beans and salsa.

Serves: 6 entrée size

Serve with sliced mango and papaya and lime juice.

Toasted Nut Snack

Pre-heat oven to 400 degrees. Place raw walnuts, almonds, cashews or other desired nuts on a baking sheet.

Bake for 15 minutes or until slightly browned. Cool completely and mix in a bowl with unsweetened raisins.

Keep this on the counter for a quick snack.

Honey and Oat Cereal

Prepare Oatmeal with Soy Milk or Water. Sweeten with Honey and a dash of cinnamon.

Vegetarian Spaghetti Squash

Slice squash in half lengthwise. Scoop out the seeds with a spoon as you would a pumpkin. Then completely submerge both halves in boiling water and cook for about 20 to 25 minutes, or until the inside is tender to a fork and pulls apart in strands. (It is better to undercook if you are not sure). Remove, drain, and cool with cold water or an ice bath to stop the cooking. Then use a fork to scrape the cooked squash out of its skin, and at the same time, fluff and separate the squash into spaghetti-like strands. Discard the skin. Reheat the squash strands by dipping with a strainer in boiling water just before serving.

You can also bake the spaghetti squash in the oven. Just scoop seeds out as described above and prick outside skin with a fork. Place skin side up in a baking pan with 1 inch water. Bake 45 minutes or until tender in a 400 degree oven. Remove and allow to cool for a few minutes until they can be handled. Scrape with a fork as mentioned above and serve with stir fried sauce.

Stir Fried Sauce

10 Roma tomatoes, peeled, seeded, and chopped coarsely
2 cups thinly sliced mushrooms
2 cloves garlic
2 cups chopped broccoli florets or 1 package baby spinach
2 teaspoons oregano (powdered or flakes)
Sea salt to taste

Sauté mushrooms and onion with garlic and oregano. Add tomatoes and other vegetables. Cook until tender and heated through. Toss in a large bowl with spaghetti squash strands. Serve hot. 6 servings

Brown Rice with Edamame and Vegetables

2 cups brown rice
4 cups water or vegetable broth
1 cup fresh squeezed orange juice
1 package frozen, shelled edamame
1 cup shredded carrots
1 cup sliced white mushrooms
1/2 teaspoon cumin
1 clove garlic minced
1/2 cup chopped green onion

Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside.

While rice is cooking, prepare edamame according to package directions but without salt. Drain in a sieve. Sauté garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion.

Servings: 4-6 entrée size. Serve with orange slices and celery sticks.