

A HOLY HUNGER

2023 CORPORATE DANIEL FAST

JANUARY 22ND - FEBRUARY 12TH

Hello Unity Family!

We would like to invite our UCJC congregation and friends to join us in a time of fasting, prayer, and consecration. Our theme is "A Holy Hunger". It is not a requirement, but an earnest request because we sense the Lord calling us to turn to Him, draw near to Him, and go deeper with Him. Jesus taught that those who hunger and thirst for righteousness will be filled. (Matthew 5:6)

Fasting is a spiritual discipline that is demonstrated by various people in the Bible, including our Lord Jesus. Often, God calls His people to consecrate themselves for a specific purpose. As a congregation, we are in a time when Father wants to do things in and through each of us that we have never experienced. So, we believe this call to consecration is for divine encounter, guidance, impartation and preparation for what He is going to do.

The Lord promises to meet us as we seek Him with all our heart, mind, and soul (Jeremiah 29:13). So, we pray that you will join us and encourage you to position your heart with praise, thanksgiving and expectation as we approach this special time.

Love and blessing to all!

Pastor McKenzie & Sister Sherren

A FEW NOTES:

Regarding Children & Teens:

- **Children:** Parents, we are not asking children to fast. However, we encourage parents to pray with their children about sacrificing 'something' during this time. Suggestions: sweets, television, social media, etc...
- **Teens:** Prayerfully consider having your teenager fast with you in some form under your guidance and oversight. Please take into consideration things like their activity level and schedule. We encourage them to definitely sacrifice 'something' during this time, and to pray, read scripture, and journal.
- We encourage being intentional about family prayer and time in the Word.

Regarding Health Concerns:

- If you have health concerns, please consult your physician, or fast according to your limitations. Fast only if your health allows it. If you are able to do only a partial fast, do it in faith and God will honor your intentions.

SCHEDULE:

Fasting Begins Sunday, January 22

- Fast begins on the morning of Sunday, January 22
- We will have a special Fast Kickoff Encounter Service that evening at 6:30pm

Weekly Corporate Prayer:

- We will meet virtually each Saturday during the fast from 7:00am - 8:00am (1/28, 2/4, 2/11)

Fasting Ends Sunday, February 12:

- Fast ends on Sunday, February 12 at the conclusion of service

TYPE OF FAST: A Daniel Fast

There are two examples of Daniel going on partial fasts:

1. Daniel 1:8-19, (vs. 12), “Please test your servants for ten days, and let them give us vegetables to eat, and water to drink.”
2. Daniel 10:2-3, “In those days I, Daniel, was mourning for three weeks. I ate no pleasant food, no meat, or wine came into my mouth...”

Types Of Foods We Will Eat:

- Fruits & vegetables; water, natural juices (no sugar, or sweeteners added); whole grains, barley, brown rice, oats, quinoa, millet, nuts (not refined); Legumes and beans (canned w/o sugar, or dried), lentils
- Quality oils: canola, coconut, flaxseed, grapeseed, olive, peanut, sesame
- Other: herbs, spices, salt, pepper, seasoning, soy products, tofu

Foods to Avoid:

1. All meat, dairy, and eggs
2. All natural and artificial sweeteners, including honey
3. Any bread product containing yeast
4. Refined processed foods and snacks, i.e. chips, fries, foods with artificial ingredients, etc.
5. All teas and coffee, alcohol, carbonated, or energy drinks

ADDITIONAL INFO:

This time of consecration is voluntary, but we encourage you to join with us. Please be prayerful and listen to His leading. God will guide you.

Having the RIGHT Fasting Focus:

Part of experiencing a successful fast is making sure it is not a time of simply focusing on what you cannot eat or do. **Fasting without focused time dedicated to prayer and reading the Bible is basically a diet.** Our main focus is to draw near to our heavenly Father in prayer for a more intimate connection to His heart, and to seek Him as individuals, families and a corporate body. Also consider the amount of time you spend watching TV, on social media, etc.

In addition to praying for personal needs, family etc., pray for the following:

1. **A Hunger for God:** Relational intimacy and the manifestation of His presence in your personal life. Psalms 27:8 (Amp) “-When You said, “Seek my face, require My presence as your greatest need,” my heart said to You, “Your face Oh Lord I will seek.””

Ask the Holy Spirit to ignite our hearts with greater hunger in our relationship with Him and passion for His purpose for our lives. Ask for His presence to be manifested in and through our lives. Ask for a God-centered focus that draws you closer to Him. He responds to a hunger for Him and His righteousness, and promises to fill us. (Matthew 5:6; Ephesians 4:19-Amp). He wants to do amazing things for, in, and through us.

2. **A Hunger for Holiness:** Joshua 3:5—“Joshua told the people, “Consecrate yourselves for tomorrow the Lord will do amazing things among you.””

Invite the Holy Spirit into our lives to consecrate us. Pray for a passion that our lives would reflect the character and nature of Jesus. (Galatians 4:19). Trust His love as you open your heart to the Spirit for examination. Ask the Holy Spirit to ignite an inward, spiritual motivation for the fast, as we move in obedience to the call of the Lord. We are surrendering our outer man/woman for greater consecration of our inner man/woman.

3. **A Hunger for Souls:** John 3:16— “For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life. Matthew 28:19 Go Therefore and make disciples of all nations...”

As Christians, we are God’s principle outreach to the world. We must see ourselves this way and respond to His call to go into the harvest. (Matthew 9:36-38). Ask Father to fill our hearts with His love and compassion for people. Ask for a burning desire for those who are living without Jesus in our neighborhood, community, and on campus. Let us pray for the harvest in our spheres of influence and how God wants to use us to bring it in.

4. **Pray for the Church (body of Christ) in our city and campus:** John 17:23- “I in them and You in Me, that they may be perfect in unity, so that the world may know that You sent Me, and loved them, even as You have loved Me.”

Ask Father for unity and revival in the body of Christ in our city, campus, and region. Pray that any division and strife of, whether in our individual congregations or the body of Christ at large, be brought under conviction and repented of. Division blinds the eyes of the world in a way that keeps the lost from seeing the light of Jesus through us.

BENEFITS OF FASTING

“So we fasted and petitioned our God about this, and He answered our prayer.” Ezra 8:23

Fasting benefits the total person:

Body, Soul and Spirit. Father God knew this spiritual discipline would be a very significant source to help us in all aspects of our lives. This information references the Daniel fast, but these benefits apply to fasting in general. Also remember that effective fasting is always centered on inward, spirit-led motivation.

**Some of the following information has been created using excerpts from the article, “7 Benefits of Fasting and the Best Types to Try for Better Health on draxe.com.*

Spiritual Benefits Of Fasting

Spiritual benefits are a top reason for fasting and may include:

- Fasting brings you closer to God
- Fasting makes you more sensitive to God’s voice
- Fasting helps break bad habits or even addictions
- Fasting shows us our weakness and allows us to rely on God’s strength

Mental & Emotional Benefits Of Fasting

Fasting benefits are different from person to person, but the following have been known to occur:

- Fasting relieves anxiety and nervousness
- Fasting can increase peace
- Fasting clears your mind of negative thoughts and feelings
- Fasting can help heal relationships in your life that have been stressful
- Fasting decreases brain fog
- Fasting helps increase your ability to trust God
- Fasting clears out toxins that can make you feel sluggish or depressed

Physical Benefits Of Fasting

Some benefits to the physical body have been known to include:

- Fasting helps break addictions to sugar
- Fasting supports the body's detoxification
- Fasting promotes healthy weight loss
- Fasting promoted healthy energy levels
- Fasting improves skin health
- Fasting promotes healthy digestion and elimination
- Fasting supports healthy inflammation response and promotes joint comfort
- Fasting promotes healthy hormonal balance