

LIVING GRACE WORSHIP CATHEDRAL
21 DAY PRAYER AND FASTING JOURNEY IN CHRIST

“2025...THE YEAR OF EXPANSION”

1 Chronicles 4:10 NKJV: And Jabez called on the God of Israel saying, “Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain!” So God granted him what he requested.

SATURDAY, JANUARY 4, 2025, 6 AM TO SATURDAY, JANUARY 25, 2025, 6 AM

The Daniel Fast is a spiritual discipline designed to better connect us with God. As members and partners of The Living Grace Worship Cathedral, we'll begin our fast on January 4, 2025, at 6 AM and invite every member and ministry partner to spiritually fast, pray and study the word for 21 days. We are using this time to set the pace for our new year, to pray for the unusual blessing and covering of the Lord, to deepen our relationship with God and to center ourselves around what God is going to do in our life, home and church during this time. We encourage you to partner with us on this journey and BELIEVE that HIS Will will be done in each of our lives during this fast. Most importantly we pray for your commitment, strength and faith as God is going to do the unusual out of your obedience. Trust Him and believe for the supernatural to be done in the natural. Our spiritual cleanse and spiritual detox is approaching and as you prepare begin to identify things you would like to cleanse in your life and add them to your daily prayer list. We look forward to our year of Expansion in every area of our life!

Who: The entire Living Grace Worship Cathedral Ministry are invited to participate in this spiritual fast as God leads and directs each person and family. Feel free to share this opportunity and this is voluntary.

When:

Saturday, January 4th at 6 AM: Begin the “Daniel Fast”.

Saturday, January 25th at 6 AM: Break the Fast!

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

How: There are multiple menu resources available on the Daniel Fast such as Pinterest, Google etc. We have included a link below including food choices and what the participants of The Living Grace Worship Cathedral will be doing during the fast and some of the resources we will be using. This fast will require preparation as most meals will be made from scratch.

Resources: <http://www.daniel-fast.com> <http://www.ultimatedanielfast.com>

Timeline: Week 1 & 2 - only eat allowed foods (no meat, sugars, or caffeine) **Week 3** –add chicken or fish into week 1 & 2 menus, continue to abstain from all other non-allowed foods.

**Corporate Prayer: Monday- Friday 12 Noon Dial 1-716-427-1359- Code: 625910
Saturday, 8 AM**

PRAYER: CONNECT WITH GOD DAILY

Prayer Guide for 21 days January 4th – January 25, 2025

“However, this kind does not go out except by prayer and fasting.” Matthew 17:21 (NKJV)

Let us Pray daily...

•MY LIFE•MY FAMILY•MY CHURCH LEADERS & CHURCH FAMILY•THE GOVERNMENT

1. **A PRAYER FOR MY LIFE:** Dear Lord, thank You for enabling me to intercede for my family, the global church and the world.
2. **A PRAYER FOR THE CHURCH:** Lord, thank You for being our shepherd. Help us to live by Your counsel.
3. **A PRAYER FOR OUR WORLD:** Lord, thank You that all who call upon Your name may live. May Your name be known in all the earth.

SOAP METHOD

The SOAP method is a popular Bible study technique that can be used during a fast to deepen your understanding and application of Scripture. This is a great resource for you during the fast and beyond. Here's how it works, using the below method review each day and follow the instruction to study and apply the word you review daily. You can add scriptures to this study as desired. Prayerfully you can corporately study the below with us a Church body.

1. **S**cripture: Write down the verse or passage you are focusing on.
2. **O**bservation: Note any observations about the passage, such as key words, phrases, or themes.
3. **A**pplication: Reflect on how this Scripture applies to your life and what changes or actions it calls you to make.

4. **Prayer:** Pray about the passage, asking for understanding, guidance, and the strength to apply it.

Day 1

Scripture: Isaiah 54:2 **Observation:** God calls us to enlarge our tents and stretch our curtains wide, not holding back. **Application:** Consider areas in your life where God is asking you to expand your influence and capacity. **Prayer:** Ask God for the courage to step into new territories and trust Him for the increase.

Day 2

Scripture: 1 Chronicles 4:10 **Observation:** Jabez prayed for God to bless him and enlarge his territory. **Application:** Reflect on your personal "territory" and how God might be calling you to seek His blessing and expansion. **Prayer:** Pray for God's blessing and for wisdom to manage the expansion He brings.

Day 3

Scripture: Genesis 28:3 **Observation:** Isaac blesses Jacob, praying for God to make him fruitful and increase his descendants. **Application:** Think about the ways you can be fruitful in your endeavors and relationships. **Prayer:** Ask God to help you be fruitful and to bless future generations through you.

Day 4

Scripture: Psalm 115:14 **Observation:** The Psalmist declares a blessing of increase for God's people. **Application:** Consider how God's increase manifests in your life and how you can seek His continued blessing. **Prayer:** Pray for God's increase in all areas of your life and for His blessings to overflow.

Day 5

Scripture: Genesis 17:2 **Observation:** God promises to greatly increase Abram's descendants. **Application:** Reflect on God's promises of multiplication and increase in your own life. **Prayer:** Thank God for His promises and ask for faith to see His plans come to fruition.

Day 6

Scripture: Deuteronomy 1:11 **Observation:** Moses blesses Israel, asking God to increase them a thousand times. **Application:** Think about the ways God has already increased you and what areas still need growth. **Prayer:** Pray for a thousandfold increase in the areas you desire to grow and flourish.

Day 7

Scripture: Proverbs 3:9-10 **Observation:** Honoring God with your wealth leads to filled barns and overflowing vats. **Application:** Consider how you can honor God with your resources and trust Him for provision. **Prayer:** Pray for a generous heart and for God's blessing on your finances.

Day 8

Scripture: Luke 6:38 **Observation:** Giving generously leads to receiving abundantly. **Application:** Reflect on your giving habits and how you can give more generously. **Prayer:** Ask God for a generous spirit and for His abundant provision.

Day 9

Scripture: 2 Corinthians 9:10 **Observation:** God supplies seed to the sower and will increase your store of seed. **Application:** Consider what "seeds" you are sowing in your life and how God can multiply them. **Prayer:** Pray for God to increase the impact of your efforts and investments.

Day 10

Scripture: Matthew 6:33 **Observation:** Seeking God's kingdom first leads to all other needs being met. **Application:** Reflect on how you can prioritize God's kingdom in your daily life. **Prayer:** Ask God to help you seek His kingdom above all else and trust Him for provision.

Day 11

Scripture: Psalm 72:16 **Observation:** The Psalmist prays for abundant grain and flourishing cities. **Application:** Think about the areas of your life where you need abundance and growth. **Prayer:** Pray for abundance in your personal and community life.

Day 12

Scripture: Isaiah 60:22 **Observation:** A small one will become a thousand, and a little one a strong nation. **Application:** Consider the small beginnings in your life and how God can grow them. **Prayer:** Pray for faith to see small efforts become great achievements.

Day 13

Scripture: Job 8:7 **Observation:** Though your beginning was small, your future will be great. **Application:** Reflect on your beginnings and God's promise of a great

future. **Prayer:** Thank God for His plans to prosper you and for the growth He has in store.

Day 14

Scripture: John 15:2 **Observation:** Every branch that bears fruit, He prunes to bear more fruit. **Application:** Consider areas in your life that may need pruning for greater fruitfulness. **Prayer:** Ask God to prune you where needed and help you bear more fruit.

Day 15

Scripture: Matthew 13:31-32 **Observation:** The kingdom of heaven is like a mustard seed that grows into a large tree. **Application:** Think about small acts of faith and how they can grow into significant impacts. **Prayer:** Pray for faith to see small beginnings grow into great outcomes.

Day 16

Scripture: Psalm 1:3 **Observation:** A person who delights in the law of the Lord is like a tree planted by streams of water, yielding fruit in season. **Application:** Reflect on your spiritual growth and how you can stay rooted in God's Word. **Prayer:** Ask God to help you stay grounded in His Word and yield fruit in your life.

Day 17

Scripture: Jeremiah 17:7-8 **Observation:** Blessed is the one who trusts in the Lord, they are like a tree planted by the water. **Application:** Consider how trust in God can lead to stability and growth. **Prayer:** Pray for unwavering trust in God and for growth in your faith journey.

Day 18

Scripture: Ephesians 3:20 **Observation:** God can do immeasurably more than all we ask or imagine. **Application:** Reflect on your dreams and goals, and how God can exceed them. **Prayer:** Thank God for His limitless power and ask for His guidance in your plans.

Day 19

Scripture: Isaiah 30:23 **Observation:** God will give rain for the seed you sow and the ground will produce rich and plentiful crops. **Application:** Think about the seeds you are planting in your life and ask God for His blessing. **Prayer:** Pray for God's blessing on your efforts and for a rich harvest.

Day 20

Scripture: Proverbs 11:24-25 **Observation:** Generosity leads to prosperity; those who refresh others will themselves be refreshed. **Application:** Reflect on how you can be more generous and supportive of others. **Prayer:** Ask God to cultivate a generous spirit in you and to bless others through you.

Day 21

Scripture: Genesis 26:12-13 **Observation:** Isaac planted crops and reaped a hundredfold because the Lord blessed him. **Application:** Consider the importance of hard work and God's blessing in your life. **Prayer:** Pray for God's blessing on your efforts and for a bountiful harvest in all you do.

FASTING ALLOWABLE FOODS to include in your diet during the Daniel Fast weeks 1-3

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

Apples Coconuts Limes Pineapples
Apricots Cranberries Mangoes Plums
Avocados Dates Melons Prunes
Bananas Figs Mulberry Raisins
Berries Grapefruit Nectarines Raspberries
Blackberries Grapes Oats Strawberries
Blueberries Grenadine Olives Tangelos
Boysenberries Guava Oranges Tangerines
Breadfruit Honeydew melons Papayas
Watermelon
Cantaloupe Kiwi Peaches
Cherries Lemons Pears

Vegetables: These can be fresh, frozen, dried, juiced or canned (watch salt content)
Artichokes Collard greens Mustard greens
Sprouts
Asparagus Corn Okra Squashes
Beets Cucumbers Onions Sweet potatoes
Broccoli Eggplant Parsley Tomatoes
Brussel sprouts Garlic Peppers Turnips
Cabbage Ginger root Potatoes Watercress
Carrots Kale Radishes Yams
Cauliflower Leeks Rutabagas Zucchini
Celery Lettuce Scallions
Chili peppers Mushrooms Spinach

Legumes:

Dried beans Black eyed peas Beans
Black beans Green beans Lentils
Cannellini Green peas Lupines
Pinto beans Kidney beans White
Split peas Peanuts (includes natural peanut butter)
Lentils Peas

Seeds:

All nuts (raw, unsalted) Cashews Sesame
Sprouts Walnuts Almonds
Ground flax Sunflower Natural Almond
Butter

Whole Grains:

Whole wheat Rolled Oats Whole wheat
tortillas
Brown rice Plain Oatmeal- not instant
Plain Rice cakes
Millet Barley Popcorn
Quinoa Grits
Oats Whole wheat pasta

Liquids:

Water (spring, distilled, filtered) Herbal
(caffeine free) Tea
Unsweetened Soy Milk 100%
Fruit/Vegetable Juice (no added sugar)

Fish and Chicken can be added in the last week. (Week 3)

