



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

What is Fasting?

Fasting is essentially **SACRIFICING** food (or something else) for a period of time in order to focus your thoughts on God. Prayer and the reading of the word of God should accompany this process. Fasting is one of the most powerful spiritual disciplines of all the Christian disciplines. It is a way to align our hearts with the psalmist, “My soul thirsts for God, the living God” (Psalm 42:2). Through fasting and prayer, the Holy Spirit can transform your life. According to Scripture, personal experience, and observation, fasting and prayer can also effect change on a much grander scale. When God’s people fast with a proper biblical motive – seeking God’s face not His hand – with a broken, repentant, and contrite spirit; God will hear from heaven. He will heal our lives, our churches, our communities, our nation, and world. Fasting and prayer can bring about a change in the direction of our nation, the nations of Earth and the fulfillment of the Great Commission. This is powerful motivation in today’s unsettled world. For those who desire both inward and outward impact, humbling yourself before God through fasting is a good place to start. His power can be released in and through you by the enabling of the Holy Spirit.

What am I fasting for?

FDCC is doing a corporate 10-day fast as we start off 2023 and as we embark upon entering into the “**NEXT LEVEL**”: (the theme for FDCC this year given to Pastor Nathan Jackson by God for our ministry). We hope to obtain spiritual guidance, we are also asking the Lord to fulfill His purpose in us, and lastly, we are fasting so that we can see ourselves how God sees us. If we know both how God sees us, and what his **PURPOSE** is for our life, then we can elevate to the “**NEXT LEVEL**”. God has created us to have dominion and he has also planted a gift inside each of us that will allow us to accomplish just what he intended for each of us individually and to help us with our walk on this earth.



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

Benefit of fasting per scripture:

2 Corinthians 4:17

For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;

I want to encourage you to make the biblical practices of fasting and prayer a part of your lifestyle and seriously run after God by using all the 'weapons of our warfare' that have been given to the Church. Although we pray throughout the year, these are times when the concerted focus of the entire body is in unity and laser focused on the greater things God has for us. These "SACRED DAYS" are extremely powerful and necessary to see the kind of spiritual advancement we are believing for. Fasting, both privately and as a body of believers, is significant because fasting and prayer release the blessing and power of God over our lives, our families, our businesses, our church, and our communities!

Addl Scriptures:

"But if from there you seek the LORD your God, you will find Him if you look for Him with all your heart and with all your soul. When you are in distress and all these things have happened to you, then in later days you will return to the LORD your God and obey Him." Deuteronomy 4:29-30

"You will seek Me and find Me when you seek Me with all your heart. I will be found by you," declares the LORD, "and will bring you back from captivity."



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

Jeremiah 29:13-14 “And will not God bring about justice for His chosen ones, who cry out to Him day and night? Will He keep putting them off? I tell you, He will see that they get justice, and quickly.” Luke 18:7

“Seek the LORD while He may be found, call upon Him while He is near. Let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the LORD...” Isaiah 55:6-7

What are we giving up?

1. Sugar and sugar products (i.e. desserts, soft drinks, etc.), 2. ALL Beverages (i.e. soda, juice, etc. **WATER ONLY**), 3. Breads, grains (rice is an exception), 4. Meats, fish poultry, eggs, dairy products, butter, 5. Fried foods, 6. Foods containing preservatives or additives, 7. Refined sugar

What are FDCC fasting guidelines?

Fast from meats, sweets, breads, and any drink but water. Eat fruits and vegetables (Daniel 10:2-3). **We are corporately reading one foundation scripture a day, and Praying consistently.** (Modify as needed)

Note: (Fasting is a personal decision that should be made at the discretion of the individual. If you have health concerns or are under the care of a physician, we encourage you to consult with your medical professional prior to committing to fast. (Eccl 4:4-6).)



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

Benefits of fasting: Fasting detoxifies your body so that your organs begin to function effectively; Fasting cleanses your body and your soul; Fasting promotes healing; Fasting relieves nervousness & tension; Fasting gives your digestive system a rest; Fasting lowers blood pressure and cholesterol; Fasting prevents sickness; from common colds and flu to heart disease; Fasting regenerates the body, mind, and spirit (promotes focus and clarity of thought); Fasting relieves stress-related exhaustion; Fasting relieves irregular menstrual cycles and hot flashes

Note this:

Fasting is a Private Affair you don't have to tell everyone what you are doing.

Fasting is only temporary. DON'T GIVE UP! See it through because the rewards are greater than that temptation or hiccup during your process.

Many Characters in the Bible fasted: Moses, David, Daniel, John the Baptist, & Jesus.... just to name a few. (Go read about it)

Goals: Get closer to God, praying for Discipline, we want better health, and to hear from God concerning our NEXT LEVEL! Find Gods Purpose for our Life so we can find out how we can use it to serve him.



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

Addl Scriptures: I Samuel 1:6-8,17-18; Neh 1:4; Neh 9:1-3; Dan 9:3, 20; 10:3; Joel 2:12; Esther 4:16; Ex 34:28; 1 Sam 7:6; 1 Kings 19:8; Isa 58; Zech 7:5-8; Ezr 8:21, 28; 10:6; Ps 35:13; Jer 36:9; II Chron 7:14; Joel 2:12; Matt 6:17; Luke 2:37; 4:2; Acts 9:9, 11; Acts 10:30; Acts 13:2; Acts 14:23; 1 Cor 7:3-6; Heb 11:1-6 2 Peter 3:9, 1 Thessalonians 5:18, Hebrews 10:23, Proverbs 3:5-6, Proverbs 3:9-10

Instructions: Read the scripture for each day & take notes on what God reveals to you about that scripture. Also, write down any testimonies about what God has done for you during the fast on each day.

	Scripture of the Day	What we are Fasting for Today	Notes	Testimony (if applicable)
1	Hebrews 13:17 <i>Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you.</i>	Our Leaders/ Our Ministry/ Our Church Family & Our Community When God's people pray for their pastor, they are serving him in one of the most direct and meaningful ways	1. God would put a hedge of protection around Pastor Nathan, Lady J, Natalie, Junior, and our Apostles. Praying that their decisions and influence have a positive impact on our families, cities, churches, laws, schools, and more.	



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

<p><i>1 Tim. 2:1</i> First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people,</p> <p><i>Isaiah 58:10</i></p> <p><i>“If you pour yourself out for the hungry and satisfy the desire of the afflicted, then your light will rise in the darkness and your gloom will be as the noonday.”</i></p>	<p>possible.</p> <p>Pray for his wisdom, physical and mental health, and his protection against the enemy. Pray that God will give generously to him, because your pastor prays for you. Our leaders need God's wisdom and to be covered in prayer. Especially in the midst of a transition of leadership</p> <p>God created us to live in community, giving and receiving support, which leads to generosity and gratitude.</p> <p>We hope to see congregations committed to serving the residents and representing the</p>	<ol style="list-style-type: none"> 2. God would grant Pastor Nathan and all Directors, Staff and Ministry Volunteers endurance, peace, insight and wisdom. 3. Unity within and between ministries. 4. Each member, staff and volunteer would have a more intimate relationship with Christ. 5. God would improve the health and viability of small groups 6. God would draw people in the community to FDCC. 7. FDCC’s membership would increase by 1000 members. 8. Emotional, financial, spiritual, mental and physical healing for those in the community. 9. God would raise up Godly men in the 	
--	--	--	--



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

		<p>hands and feet of Jesus.</p> <p>We ask for a flourishing community, where neighbors learn to love each other and come to know Jesus. We pray that we can be good stewards of Your love to each one of our neighbors. We ask that You help us to learn from our community, and it may be a place where all are welcomed.</p>	<p>community to lead.</p> <p>10. God would protect every man, woman and child and give them an opportunity to accept Jesus Christ.</p> <p>11. Walls of poverty, violence and hatred would come down.</p>	
2	<p>Philippians 1:6</p> <p>Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.</p>	<p>Expectancy</p> <p>Expectation has always been the womb for manifestation. Expectations are beliefs that come from a person's thought process when examining evidence.</p>	<p>1. We Pray that God produce Warriors in FDCC who will be transformed, Rise and not be afraid to pray, cry out and request a desire or need.</p> <p>2. We will let our confidence in the Lord will be the driving factor</p>	



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

	<p><i>Proverbs 10:24</i></p> <p>but the desire of the righteous shall be granted</p>	<p>When we enter worship, we should expect to leave differently than we entered. Why? The gospel is proclaimed in order to prepare “your minds for action” and “set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ” (1 Peter 1:13).</p>	<p>of our expectations.</p> <ol style="list-style-type: none"> 3. We will understand that your doings are attached to the manifestation of your destiny 4. We will all be confident enough to know that God is doing a good work in us, but also humble enough to know that He is still working in us knowing that whatever outcome you may face, you have an expected end, so be expectant! 5. We will enter service with eagerness and expectancy 	
3	<p>1 Corinthians 10:13</p> <p><i>No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he</i></p>	<p>Discipline</p> <p>Discipline Leads to Strong Faith.</p> <p>Discipline is simply training.</p> <p>Self-discipline must first</p>	<ol style="list-style-type: none"> 1. We pray for strength to defeat our flesh 2. We will take a look at our sin that is causing us to lack self-discipline. 3. Understand that God is fighting for us, so we don't have to fight 4. We can do all things 	



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

	<p><i>will also provide a way out so that you can endure it.</i></p>	<p>start at the feet of Jesus, Then you can come before the Lord, broken, and ready to work on my daily habits to live a more discipline life.</p> <p>Slowly, over time, you will form habits and become more disciplined.</p>	<p>through Christ who strengthens us!</p> <ol style="list-style-type: none"> Discipline ourselves to avoid junk food and other foods that are not good for our health. You won't be moved by every opinion and trend. 	
4	<p>Proverbs 3:5-6</p> <p>Trust in the Lord with all your heart and lean not on your own understanding; ⁶ in all your ways submit to him, and he will make your paths straight.</p> <p>Romans 15:13</p> <p>May the God of hope fill you with all joy and peace, as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.</p>	<p>Trust</p> <p>The Bible says that God cannot lie. That He always keeps His promises.</p> <p>When you trust in someone do you believe what they say and do you have confidence that they'll do what they say?</p> <p>It's important to believe in God because trust is the foundation of any relationship we can build. You can't connect to</p>	<ol style="list-style-type: none"> We must learn to trust God in every situation Trust God to give you opportunities to rejoice with your friends authentically. Be truly happy for them and forgive the ones you need to reconcile with so you can move forward in peace Trust God for direction that leads to NEXT LEVEL Trust the holy spirit to help us Trust that God knows better than we do 	



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

	<p>Deut 31:8 <i>It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."</i></p>	<p>someone you don't trust.</p> <p>Being a disciple of Jesus doesn't automatically make one a faith giant. Fear and anxiety can rob us from faith.</p>		
5	<p>Proverbs 4:25 25 Let your eyes look straight ahead; fix your gaze directly before you</p>	<p>Focus Jesus is still the answer, and the gospel is still the mission." When he remains our focus we then remain effective.</p> <p>When Peter stepped out of the boat and began to walk on water, he experienced a miracle. Certainly, what Peter experienced was literally phenomenal. But something happened. Peter took his eyes off of Jesus, and when he did, he began to sink.</p> <p>When Jesus remains your</p>	<ol style="list-style-type: none"> 1. Lord Remove Distractions 2. Ask God to allow you to stick to and complete tasks 3. Pray for clarity on confusing situations 4. Ask God for less of us and more of him 5. Experience true unity with fellow believers. 6. Nothing will be able to shake us 	



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

		focus, several things happen.		
6	<p>Luke 6:38</p> <p>Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.”</p> <p>Malachi 3:8</p> <p>Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings.</p> <p>1 Peter 4:10</p> <p>“As each has received a gift, use it to serve another, as good stewards of God’s varied grace</p>	<p>Increase in our resources that come in and the ones that we give back out (incl our gifts)</p> <p>God promises that as we give, so it will be given back to us. He promised to take care of us. He has called us the lenders and not the borrower.</p> <p>We are stewards of the earth, and we have a responsibility to care for it.</p> <p>Biblical stewardship is one of the primary ways Christ calls us to live our life</p>	<ol style="list-style-type: none"> 1. Our giving (tithes and offerings) would increase by 50%. And we will not Rob God. 2. We would meet the Embracing Our FDCC goals. 3. God would grant a well-paying job to each person who desires to be employed. 4. FDCC family would not be stifled by a poverty mentality, but instead would embrace God’s perspective for building His kingdom. 5. God would enable each person to be an excellent steward. 6. God will make room for our gift 7. How can you make smarter financial decisions? 8. Understand that stewardship is not only 	



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

			about finances	
7	<p>Hebrews 11:1</p> <p>Now faith is confidence in what we hope for and assurance about what we do not see.</p>	<p>Faith</p> <p>Without Faith, it's Impossible to Please God. Our faith is what helps us remain strong during hard times. Our Faith and our Works together will take us to the NEXT LEVEL</p>	<ol style="list-style-type: none"> 1. Have Faith that God will move in our lives 2. Prayer for persistent faith 3. Ask God for opportunities to share our faith 4. God will dwell in our hearts through our faith 	
8	<p>Deuteronomy 5:33</p> <p>Walk in obedience to all that the Lord your God has commanded you, so that you may live and prosper and prolong your days in the land that you will possess.</p>	<p>Obedience</p> <p>Obedience to God is not only a way to worship him, but a way to get closer to him, prepare for whatever he leads you to and grow as a person. Obedience is better than sacrifice</p>	<ol style="list-style-type: none"> 1. Trust that we will receive revelation from our obedience 2. Pray that our obedience will lead us to peace and intimacy with God 3. Our obedience will make God and us proud too. 	
9	<p>1 Corinthians 6:19-20</p> <p>Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from</p>	<p>Good health</p> <p>Reasons to care for yourself and be healthy:</p> <ol style="list-style-type: none"> 1. It glorifies God 	<ol style="list-style-type: none"> 1. Help us to live our lives in a way that represents our faith well. 2. The more fit and healthy we are the more energy we will have to fulfill our 	



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

	<p>God? You are not your own; ²⁰you were bought at a price. Therefore honour God with your body.</p> <p>James 5:14</p> <p>"Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord."</p>	<ol style="list-style-type: none"> 2. You're taking care of your body – His temple 3. It's being a good witness 4. You'll have more energy – be better equipped for what God has planned for you 5. We won't allow sickness to live in our bodies 	<p>purpose God has for us</p> <ol style="list-style-type: none"> 3. Help us to remember that God wants all of us and that he is a healer. 4. Remember, health is an action, not a look or a standard of beauty. 5. God wants you to invite him into every aspect of your life 6. In Him you we are made perfect, 	
10	<p>Isaiah 43:18-19</p> <p>Do not remember the former things, nor consider the things of old. Behold, I will do a new thing, now it shall spring forth; shall you not know it? I will even make a road in the wilderness and rivers in the desert.'</p> <p>John 15:5 'I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from Me you can do nothing.'</p>	<p>Restoration</p> <p>The Lord wants to come and restore your life and to restore new life to you.</p> <p>One of the most helpful places to look for optimistic encouragement in times of sickness or when you need comfort is the Bible</p>	<ol style="list-style-type: none"> 1. In Him we have the power to live transformed. 2. May we all know what it means to be effective, fruitful, productive and filled with destiny and purpose! That is His plan of restoration for us. 3. May we be able to see beyond your current situation and beyond what you can see with your physical eyes! 	



FDCC Corporate Fasting Guide 2023

January 9-18th 10 day fast (Use Daniel Fast as a guide)

--	--	--	--	--