

PLEASE REMEMBER

- ✓ The Daniel Fast is a fast from **ALL** meats such as beef, chicken, pork, veal, lamb, etc. Protein-rich foods allowed on the Daniel Fast are nuts, lentils, quinoa, brown rice, split peas and whole grains.
- ✓ Sugar-Free mints and sugarless gum help your breath stay fresh.
- ✓ Limit TV watching during the fast with the exception of Christian-based broadcasting, teaching videos, appropriate family movies and/or the news (but not in excess). Use this time to read the **WORD**, listen to worship music or encouraging/edifying messages or to increase family connection.
- ✓ Limit time on social media and electronic devices that may cause distractions. Stay connected to The Room and consider finding an accountability partner. Doing so will aid in your strength and encouragement during the fast.
- ✓ You may experience some irritability during this time because your body is craving what it's used to. Ask God to help you keep your attitude in check. During times of temptation, remember to read the scriptures listed below in addition to your regular Bible reading. Meditating on the Word will provide strength to endure times of temptation.
- ✓ **If you have a medical condition or are under the treatment of a physician, please consult your doctor. If it's not advisable to participate in the fasting aspect of the consecration, please find some sacrifice that can be made without endangering health, such as coffee, sweets or your favorite snack. Fasting is important, but consecration/sacrifice is more important and key.**

Our Corporate Prayer Goal:

To align our hearts with God's will, grow in unity as His Body, and experience His power through prayer. Ephesians 3:20-21

FASTING ESSENTIALS

To help ease into the Daniel Fast, Days 1-3 (January 5, 6, & 7) will follow a Partial Fast. During these initial days, you may enjoy one regular meal of your choice. Be mindful and moderate—this is about preparation, not indulgence. All other aspects of the Consecration should be observed.

For beginners, consider starting with a 6 AM to 6 PM fasting schedule during Week 1 (January 5–11) as an introduction to this powerful spiritual discipline. Returning participants are encouraged to maintain the full 24-hour daily schedule.

Likewise, to reintroduce omitted foods gradually at the conclusion of the Fast, Days 19-21 (January 23, 24 & 25) will also follow a Partial Fast. One regular meal, including a small portion of meat, is permitted. Be intentional and go slowly—your body needs time to adjust to meat again. This step is crucial for your health.

Corporate prayer will take place each Wednesday night at 7:30 PM in lieu of our usual Soul Food Bible Study. While fasting is important, prayer is **essential**. Let's come together in unity, faith, and anticipation for the blessings God has in store for His local Body during this sacred time.

Corporate Prayer
will be held
each Wednesday Night at 7:30 pm

VISIT THE ROOM'S WEBSITE FOR
FASTING RESOURCES.

UPPER ROOM CHRISTIAN CATHEDRAL
10654 Wakeman Court
Manassas, VA 20110
Visit us on the web at www.urcc.org



THE ROOM'S
New Year Consecration
21 Days of Prayer & Fasting
January 5 - 26, 2025

Corporate Prayer
Wednesdays
January 8th, 15th, 22nd @ 7:30 p.m.

COMMIT TO THE JOURNEY

FASTING is a sacred opportunity to draw closer to God by voluntarily denying the demands of the flesh. It's a powerful discipline that clears our minds, allowing us to hear God's voice and align with His purpose for our lives.

For 2025, our corporate focus is "Understanding Difference" based on Exodus 8:22: *"But on that day I will deal differently with the land of Goshen, where my people live; no swarms of flies will be there, so that you will know that I, the LORD, am in this land."*

This year, as we fast and pray, let's reflect on how God sets His people apart for His purpose. Through this consecration, we dedicate ourselves to:

- Preparing our hearts to receive wisdom and instruction from the Lord.
- Developing a daily habit of seeking after God and His will.
- Eliminating distractions and hindrances from our hearts and minds.
- Renewing our relationship with Him, positioning ourselves for the abundant life He has promised.

Whether this is your first fast or one of many, the commitment remains the same: to surrender, seek, and experience God in deeper ways than ever before.

DAILY SCRIPTURES

- Day 1 - Exodus 8:22
- Day 2 - 2 Chronicles 7:14
- Day 3 - Romans 12:1-2
- Day 4 - Isaiah 58:3-7
- Day 5 - Matthew 6:33
- Day 6 - Ephesians 6:19-20
- Day 7 - John 6:35
- Day 8 - Luke 5:33-35
- Day 9 - Daniel 9:2-5
- Day 10 - Titus 2:11-14
- Day 11 - Mark 9:25-29
- Day 12 - Zechariah 7:4-5
- Day 13 - Lamentations 3:22-23
- Day 14 - 1 Timothy 2:1-2
- Day 15 - Ephesians 4:11-13
- Day 16 - Psalm 35:13-14
- Day 17 - Revelation 12:10-11
- Day 18 - Ezra 8:23
- Day 19 - Jonah 3:5-9
- Day 20 - Matthew 5:6
- Day 21 - Galatians 5:16



Daniel 9:3 "So I gave my attention to the Lord God to seek [Him by] prayer and supplications, with fasting..."

The Daniel Fast has become a cherished tradition for many in our church, offering a powerful pathway to spiritual breakthroughs. For those joining us for the first time, welcome to this sacred journey of seeking God. Whether you're a seasoned participant or starting fresh, the heart of the Daniel Fast remains the same: a commitment to draw closer to God through prayer, fasting, and humility.

Scripture reminds us, "Daniel purposed in his heart that he would not defile himself" (Daniel 1:8). This fast invites us to follow Daniel's example, setting aside personal desires to pursue God's presence and His perfect Will.

Fasting is both a sacrifice and an act of faith. It reflects our seriousness about seeking God's heart and aligning with His ways. By resisting the desires of the flesh, we create space for His Spirit to work within us.

Matthew 5:6 encourages us: "Blessed are those who hunger and thirst for righteousness, for they will be filled." As we embark on this consecration together, let's press into God with all our hearts—united in purpose, expectation, and faith.

FASTING GUIDELINES AT A GLANCE

Listed are suggested guidelines that can be used to help direct you during the Fast.

Permitted

- Water, fruit juices (natural), tea (Green Tea)
- Fruits, vegetables, fresh garden salad, soups, cereals
- Nuts & raisins
- Whole grains and rice

Omitted (Our sacrifice begins here!)

- White sugar and sugar products (desserts, soft drinks, heavily sweetened food, etc.)
- Bread
- Pork, beef, poultry, dairy products and eggs
- Coffee
- Alcohol

Water, Water, Water!

Drink plenty of water daily throughout the fast. This is very important.

**The Daniel Fast is what we have chosen as a corporate body. For more insight on this topic, please listen to the message "Biblical Fasting: Purpose & Power" (January 2, 2019) and "Consecration & Sacrifice" (December 31, 2023) found on The Room's website under the Watch & Listen tab.*

WHAT TO EXPECT

As your body detoxes and adjusts to the changes, it's normal to experience headaches or fatigue during the first couple of days. Don't let this discourage you! Stay hydrated, rest when needed, and remember—the spiritual and physical rewards at the end are worth the temporary discomfort.