



# 21-DAY PRAYER & DANIEL FAST

Dates:

Monday, January 15<sup>th</sup> – Sunday, February 4<sup>th</sup>, 2024

Theme:

“With repenting hearts, we are finishing the work.”



**New Jerusalem  
International Christian  
Ministries**

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# WELCOME

**Bishop Joel V. Brown**

**Senior Pastor, New Jerusalem International Christian Ministries**

Happy New Year! Thank you for joining Lady Krystal and me in this year's "21-Day Prayer & Daniel Fast". Observing current issues and events that are impacting our city, state, nation, and the world, we can all acknowledge that we are living in crucial times. Nonetheless, against a backdrop of national and global shifting economies, widespread sickness, disease, and mental illness, major unprecedented elections, and upheavals, rising tensions among nations, and various wars, the Church is still in its finest hour. It is still saying "Yes" to and fulfilling its God-mandated work to go into all the world and make disciples of men and women.

During "Watch-Night Service 2023", Metropolitan Archbishop Olive Chamblin Brown admonished the congregation to "Repent...have a 'repentant spirit' every day! To 'repent' is to say, 'God, please forgive me again.'" As we take part in this time of corporate prayer and fasting, may each of us adhere to true repentance, consecration and inclination to the voice and will of God to accomplish new objectives in the upcoming months. As one unified body, may we have a change of minds and hearts and fervently complete the work assigned to us – for the kingdom of heaven is at hand! Thus, the theme for the 2024 Prayer and Daniel Fast is: **"With repenting hearts, we are finishing the work!"**

**Our Focus** is to:

- Spend quality time WITH God.
- Incorporate Godly principals into all we do in life, family, business, and/or school.
- Be mindful that this is a **Corporate Fast** – not an individual fast.

**Our Goals** are to:

- Renew our relationship with God and maintain unshakable confidence!
- Create a holistic move toward serving God, Mind, Body and Spirit!
- Complete everything we begin this year.
- Not cease thanking God for the partners He has placed in our lives.
- Believe and maintain that God will perfect the work of our hands; and the works shall continue until Christ returns.
- Attain power to defeat the enemy! "And he said unto them, 'This kind can come forth by nothing but by prayer and fasting'" (Mark 9:29, KJV).

Included in this booklet is a description of the meaning and biblical significance of *Prayer*, as well as the meaning and biblical significance of the *Daniel Fast* in accordance with the *Book of Daniel*. Additionally, included is a list of scripture verses and prayer objectives for each of the 21 days. Finally, the booklet contains Daniel Fast guidelines, examples of the various foods that are authorized for the Daniel Fast, and pages to record personal notes and answered prayers. Today, the Daniel Fast is a favored and healthy diet for many people. May we, as one body, go forward in this month of January with praying and fasting to prepare for the assignments ahead and to accomplish Kingdom work!

## What is “Prayer”?

What actually is *prayer*? *Prayer* is defined as a devout petition to God or an object of worship; a form of worship; an earnest address, request or desire to God in word or thought; a solemn request for help or assistance in difficult times. To summarize it, prayer is simply a conversation with – or talking to – God. God often speaks to us through His Spirit, other people (e.g., pastors, clergy), and His Word (e.g., the Bible). In turn, we speak to God through prayer. Prayer and fellowship with God offer tremendous mental, emotional and spiritual benefits – overall positive enrichments to our wellbeing. Time in prayer can lift heavy burdens and relieve stress in addition to draw us closer to God.

In the New Testament, the basis of prayer was relationship: “When ye pray, say, Our Father” (Matthew 6:9). Prayer is a child of God’s petition to an all-wise, all-loving, and all-powerful Father-God. Our Savior, Jesus, prayed. Luke 11:1-4 and 9 reads: “And it came to pass, that, as he (Jesus) was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples. And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed be thy name, Thy kingdom come. Thy will be done, as in heaven, so in earth. Give us day by day our daily bread. And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation, but deliver us from evil.” This model for prayer might appear to be a demonstration on correct technique of prayer, however, Jesus’ prayer is a lesson on the recognition of who one is to pray to – God, the Father – and how to begin and continually nurture a relationship with God. Jesus assured, “...Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.”

With time, daily prayer and relationship and fellowship with God matures. Thus, we advance to praying because we love God, we want to be with and in His presence, and to pray according to His will and purpose. God, our Father, will graciously provide what is needed.

## What is the “Daniel Fast”?

Fasting, the voluntary reduction or elimination of intake of food for a specific time and purpose, is a discipline that every Christian must take part in and devote him or herself wholly to for spiritual strength and growth.

In some faiths, people participate in the “Daniel Fast”, which is a type of “Selective Fast” involving elimination of specific foods from an individual’s diet. The “Daniel Fast” is a biblically-based partial fast in which an individual abstains from meat, dairy, alcohol, sweets, bread and other rich foods, and consumes various fruits, vegetables, water and pure fruit juices for a season in an effort to get closer to God and become more sensitive to His will and direction. The scriptural basis for the Daniel Fast is believed to be *Daniel 1:1-16* and *Daniel 10*.

As revealed in the passage, Daniel, a youth of royal or princely descent, was one of the many captives (men of the children of Judah) that were taken from Jerusalem to Babylon. In this ordeal, the youth of nobility – Daniel, Hananiah, Mishael, and Azariah – were renamed, subjected to learning the language and customs of their captors, and especially trained for employment in the Babylonian Kingdom and to stand in the king’s service. However, Daniel “...purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank”. It is noteworthy that Israelite law, the Torah, required Jews

not eat (so listed): pork products; meat and dairy together; shellfish (fish with fins and scales permitted); meat of animals that do not both “chew their cud and have cleft hooves”; nor eat food from animals that had not been slaughtered in accordance with Jewish law. Daniel recognized that the “king’s meat” could include any of the prohibited foods indicated in Israelite law, or be forbidden because it was blessed in the name of and sacrificed to idols.

Daniel and his associates had already been denied speaking in their own native language and following their culture and lifestyle. Firm in his religion, Daniel would not be changed in his character of an Israelite. He resolved within himself that he would not defile his body with the king’s foods, and requested an alternative diet. The three other young men did the same. These youth, residing in a strange country, upheld their position as a peculiar people and requested a special diet from the prince of the eunuchs. After ten days their countenances appeared fairer and fatter than the countenances of the young men who did eat the king’s meat. Biblical scholars believe the good health of the youth was a result of their faithfulness to God.

Today, the Daniel Fast is a preferred, healthy diet and way of life for many people. Fasting can have tremendous benefits for the body, fitness and health in supporting and strengthening the body’s essential cleansing systems. As we corporately fast, we should be mindful that our main goal is to eliminate distractions and draw nearer to God. This experience may present a level of challenge. It is very important for everyone to know your body, your options, seek the Lord in prayer, and follow what the Holy Spirit leads you to do. Most important is that we remember the ultimate goals for fasting, listed in Isaiah 58:6-8:

“Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.”

**Meditation Scriptures & Prayer Objectives**  
**New Jerusalem International Christian Ministries "21 Days of Prayer & Fasting"**

Day	Date	Scripture	Prayer Objectives
1	Monday, January 15 <sup>th</sup>	<b>Acts 3:19</b> "Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord."	<b><u>Week 1:</u></b> <b>Repent</b>
2	Tuesday, January 16 <sup>th</sup>	<b>1 John 1:9</b> "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."	<b>Confess</b>
3	Wednesday, January 17 <sup>th</sup>	<b>James 4:7-8</b> "Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded."	<b>Concede</b>
4	Thursday, January 18 <sup>th</sup>	<b>Proverbs 3:6</b> "In all thy ways acknowledge him, and he shall direct thy paths."	<b>Acknowledge</b>
5	Friday, January 19 <sup>th</sup>	<b>Proverbs 4:23</b> "Keep thy heart with all diligence; for out of it are the issues of life."	<b>Heart</b>
6	Saturday, January 20 <sup>th</sup>	<b>Proverbs 46:10</b> "Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth."	<b>Recognize</b>
7	Sunday, January 21 <sup>st</sup>	<b>Ephesians 1:17-18</b> "That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints,..."	<b>Reveal</b>
8	Monday, January 22 <sup>nd</sup>	<b>1 Corinthians 4:5</b> "Therefore judge nothing before the time, until the Lord come, who both will bring to light the hidden things of darkness, and will make manifest the counsels of the hearts: and then shall every man have praise of God."	<b><u>Week 2:</u></b> <b>Disclose</b>
9	Tuesday, January 23 <sup>rd</sup>	<b>Micah 7:18</b> "Who is a God like unto thee, that pardoneth iniquity, and passeth by the transgression of the remnant of his heritage? he retaineth not his anger forever, because he delighteth in mercy."	<b>Pardon</b>
10	Wednesday, January 24 <sup>th</sup>	<b>Psalms 32:8</b> "I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye."	<b>Guidance</b>

11	Thursday, January 25 <sup>th</sup>	<p style="text-align: center;"><b>Psalm 139:23-24</b></p> <p style="text-align: center;">“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.”</p> <p style="text-align: center;"><b>2 Corinthians 13:5</b></p> <p style="text-align: center;">“Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?”</p>	<b>Self-Examination</b>
12	Friday, January 26 <sup>th</sup>	<p style="text-align: center;"><b>Philippians 2:3-4</b></p> <p style="text-align: center;">“Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others.”</p>	<b>Humility</b>
13	Saturday, January 27 <sup>th</sup>	<p style="text-align: center;"><b>1 John 1:9</b></p> <p style="text-align: center;">“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”</p> <p style="text-align: center;"><b>Ezekiel 36:25</b></p> <p style="text-align: center;">“Then will I sprinkle clean water upon you, and ye shall be clean: from all your filthiness, and from all your idols, will I cleanse you.”</p>	<b>Cleanse/Cleansing</b>
14	Sunday, January 28 <sup>th</sup>	<p style="text-align: center;"><b>Ephesians 5:20</b></p> <p style="text-align: center;">“Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;...”</p> <p style="text-align: center;"><b>Philippians 4:6</b></p> <p style="text-align: center;">“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”</p>	<b>Gratitude</b>
15	Monday, January 29 <sup>th</sup>	<p style="text-align: center;"><b>2 Corinthians 12:9</b></p> <p style="text-align: center;">“ And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.”</p> <p style="text-align: center;"><b>Titus 2:11</b></p> <p style="text-align: center;">“For the grace of God that bringeth salvation hath appeared to all men,...”</p>	<b><u>Week 3:</u> Grace</b>
16	Tuesday, January 30 <sup>th</sup>	<p style="text-align: center;"><b>Ephesians 2:4-5</b></p> <p style="text-align: center;">“But God, who is rich in mercy, for his great love wherewith he loved us, Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)”</p> <p style="text-align: center;"><b>Lamentations 3:22-23</b></p> <p style="text-align: center;">It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.”</p>	<b>Mercy</b>
17	Wednesday, January 31 <sup>st</sup>	<p style="text-align: center;"><b>Colossians 3:13</b></p> <p style="text-align: center;">“Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.”</p> <p style="text-align: center;"><b>Ephesians 4:32</b></p>	<b>Forgive</b>

		<p>“And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”</p>	
18	Thursday, February 1 <sup>st</sup>	<p><b>Joshua 1:9</b>  “Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.”</p> <p><b>Jeremiah 29:11</b>  “For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.”</p>	<b>Announce</b>
19	Friday, February 2 <sup>nd</sup>	<p><b>Ephesians 4:13</b>  “Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ:...”</p>	<b>Spiritual Maturity</b>
20	Saturday, February 3 <sup>rd</sup>	<p><b>Joel 2:25-26</b>  “And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm, my great army which I sent among you. And ye shall eat in plenty, and be satisfied, and praise the name of the LORD your God, that hath dealt wondrously with you: and my people shall never be ashamed.”</p> <p><b>Acts 3:19-20</b>  “Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord. And he shall send Jesus Christ, which before was preached unto you:”</p>	<b>Restoration</b>
21	Sunday, February 4 <sup>th</sup>	<p><b>Proverbs 3:5-6</b>  “Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”</p> <p><b>Romans 8:28</b>  “And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”</p>	<b>Complete</b>



## Diet of the “Daniel Fast”

**Medical Disclaimer: If you are under the care of a physician, consult your physician before participating in the “Daniel Fast”. Follow all orders which have been prescribed by your physician.**

### “Daniel Fast” Guidelines

- **ONLY** fruits and vegetables (beans included)
- Nuts
- Beverages – Only water or 100% juices (**NO Sugar Added**)
- **ONLY** Natural Sweeteners
- 100% Whole Grain Breads
- **NO** preservatives or additives in processed foods (read labels carefully)
- **NO** deep-fried foods (stir-fried with olive oil and air-fried acceptable)
- **NO** Dairy

### Examples of Food Options

Types of Foods	Food Options
<b>Beverages</b>	Water – purified and spring or distilled; coconut water  Juices – 100% pure apple, cherry, grapefruit, grape, lemon, orange, peach, pineapple; vegetable (fresh pressed or blended)
<b>Vegetables</b>	Artichoke, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumber, eggplant, garlic, ginger, green peas, herbs, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsnips, peppers, potatoes, pumpkin, radishes, rhubarb, shallots, spinach, string beans, sweet potatoes, tomatoes, turmeric (stems), turnips, watercress, yams, zucchini
<b>Legumes (Beans)</b>	Dried and cooked in water; black beans, black-eyed peas, kidney beans, lentils, pinto beans, split peas
<b>Whole Grains</b>	Cooked in water; amaranth (earthy-flavored grain), barley, brown rice, couscous (pasta made from semolina flour/durum wheat), millet, oats, quinoa, wheat pasta; whole grain breads
<b>Fruits</b>	Fresh and cooked, or dried like raisins or apricots; apples, apricots, avocados, bananas, blackberries, blueberries, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, honeydew, melons, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, peas, pineapples, plums, prunes, raisins, raspberries, tangerines, watermelon
<b>Nuts and Seeds</b>	Nuts – Raw or dry-roasted, no salt added; almonds, cashews, hazelnuts, macadamias, peanuts, pecans, pistachios, walnuts  Seeds – flax, pumpkin, sesame, squash, sunflower

## **Youth**

Parents and Youth Leaders are encouraged to include ALL Youth in this time of prayer and fasting. If only for certain days during the week, encourage no sweets, sodas (only water or 100% juices), no video games, limited TV time, and no movies. Let them know that this is NOT a punishment – this is the way we, as the Body of Christ, grow spiritually, get closer to God, and gain strength to do ALL THINGS THROUGH CHRIST (Philippians 4:13). Additionally, let them know that this is NOT an option – this is a requirement. They do not have to complete all 21 days, but they MUST DO SOMETHING. WE ALL MUST!



