

HOW TO JOIN WHAT GOD
IS DOING THROUGH

prayer & fasting

JUNANNE CLAUSON



key scriptures

Both the Old and New Testaments have a myriad of verses and teachings on the value of prayer, and prayer with fasting.

Here are a few:

Isaiah 58 – the kind of fasting God loves

II Chronicles 20 – a great story of crisis to victory

Matthew 6 – fasting a “given” for a follower of Christ

Joel 2:12-13 – return to the Lord

things to avoid

Legalism & Spiritual Pride

Condemnation of self as you are stepping into this discipline

(Come on family, let's run from these!)

DISCLAIMER

People on medications or not in good health need to consult professional medical advice or a nutritionist before entering a water or broth fast. 180 Chicago Church is not responsible for the consequences of a fast. However, following the information provided in this pamphlet should lead you into a healthy adventure, both spiritually and physically.



water-only fast

DURATION: 1 MEAL TO 3 DAYS

- Use pure water (8 - 8 oz. glasses minimum) – may squeeze fresh lemon juice in it and add a dash of honey or pure maple syrup.
- Mild exercise only, i.e., a slow walk in the fresh air.
- Get out of bed and up from chairs slowly.
- Do not chew gum (it will get the digestive system going).
- Brush teeth and tongue often (without toothpaste).
- Get plenty of rest.
- Avoid extremes of hot and cold.



broth, juice, & herbal tea fast

- Drink a lot of pure water.
- Vegetable broth (simmer, mash and strain vegetables and herbs) – can use the solids of pre and post-fast; make three kinds of broth: 1) primarily orange vegetables with cayenne, ginger; 2) primarily green vegetables and herbs (great detoxifier!); 3) basic—potatoes, carrots, celery, onions and herbs—the three balance out vitamin and mineral needs.
- All vegetables are okay except for high acidic ones, i.e., tomatoes.
- Herbs and spices to try: garlic, onion, thyme, parsley, cayenne, sage, marjoram, ginger, oregano, fenugreek, and cilantro (small amounts).
- If you have a juicer, juice vegetables, i.e., carrots and celery; fruit juice is best, in small, diluted amounts, a.m. only.
- Herbal teas (no caffeine), i.e., peppermint, slippery elm, dandelion, milk thistle, chamomile (not if allergic to ragweed), rose hips, red clover, pau d'arco or detox.
- Spirulina (a blue-green algae complete protein).
- Chlorophyll in small amounts (helps with bad breath and body odor).
- Mild exercise is necessary; set aside time for rest.



other kinds of fasts

If you are pregnant, nursing, diabetic, on medications, have low blood sugar, are accustomed to a junk food diet, are a growing child, or physically unable to do a water or broth fast, this list is for you.

- Daniel Fast (a simple diet) examples: 1) fruit for breakfast, vegetables for lunch and dinner; 2) vegetables, lentils and brown rice; 3) vegetables, a simple protein, i.e., plain chicken or fish – this one is best for body types that do not do well on high-carb diets (all three examples can add chicken and vegetable broth, plus olive oil, fish oils or small amounts of flax oil. Some people need salt (Himalayan Pink Salt is best); or ... 4) Skip one meal – look up intermittent fasting.
- Fast from television and media.
- Fast from hanging on to what the Lord is showing you to let go of – de-clutter.
- Fast from addiction (one thing—a baby step, i.e., reduce coffee intake).
- Fast from shopping and errands.

remember!

It is participating in the spirit of fasting while remaining on your essential diets. It is about putting the Lord and the things of His kingdom first.

prayer time

Include times of silence before God – listen

Meditate on a passage of scripture

Worship

Intercession / imploring

Seeking



preparation

PHYSICAL PREPARATION

- Cut back on caffeine, sugar, wheat, meat and dairy products prior to a fast.
- Two days prior to a fast, eat primarily fruits for breakfast and vegetables for lunch and dinner (at least 70%).
- The first couple of days have uncomfortable side effects, ranging from headaches to coated tongue, to irritability, to the blahs, etc.; accumulated toxins in your body are being purged—better preparation helps with this.

EMOTIONAL PREPARATION

- **Think through how you are going to do your fast.**
- **Begin to eliminate obstacles**, i.e. keep your calendar fairly empty during the fast and preparation time; take care of some of your appointments and social activities before the fast.
- **Have strategies in mind** – decide what you will say if someone asks why you are not eating.
- **Set your objectives.** Have your fasting goals and prayer items written down, Read about fasting for a broader understanding and resolve—there is a lot more to know if you are planning a fourteen to forty day fast – study up! The 180 Chicago family is encouraged to start small first.
- **Prepare your family.**
- **Have an exit plan**, i.e. eat a plain baked potato, plain salad, plain yogurt, or a piece of fruit; eat slowly, chew well—the longer the fast, the longer the exit plan. Exercise to reboot your metabolism. Break water and partial fasts slowly—this is important—you can undermine your health!

SPIRITUAL PREPARATION

- List pros and cons and pray through them.
- Have a battle plan (Satan will attack – he does not want to lose ground).
- Check your motives – know why you are doing this.
- Have a plan for purposeful Bible time, listening time, long periods of prayer, etc. (you will find yourself in a close dependent walk with God through this).
- Get prayer cover from a trusted source (remember, this is to be kept a secret unless the Lord shows you otherwise, which He often does).
- Get a journal – God is going to teach you awesome things.
- Remember, this is not about perfection, but a lifelong journey, with your best friend, Jesus, who delights in you moving forward in your walk with Him.

HOME/FOOD PREPARATION

- Juicer ready (optional).
- Temptations put away.
- Shop for a list of “okays”.
- Have on hand a lot of pure water.
- Simmer and freeze vegetable broth.
- Have a clean home prior to fast.
- Notes of encouragement to remind you “why”.



reasons for fasting

- For restored relationship with God, returning to our first love (main reason).
- For purification from sin and to help others be purified as well.
- To know God more; to know Him more is to love Him more.
- To humble ourselves before God, to obtain His grace and power in our lives.
- For revival (personal, local, national and global).
- To solve problems (Goliaths in our lives).
- To raise up the younger and future generations.
- To break crippling fears, anxieties, depression and mental problems.
- For provision for the needs of people in our church and for the poor.
- For insight for decision making and for continual guidance.
- For revelation, for understanding and the exposing of our spiritual blind spots.
- For health and physical healing – for wholeness.
- For giving our taste buds a love for a simpler, healthier diet.
- For cleansing our bodies from built-up toxins.
- For breaking our craving for junk food.
- For the presence of the glory of God.
- For a work that endures.
- To win people for Christ.
- For restoration.
- For strength.
- For contentment.
- For righteousness.

- For times of distress.
- For freedom from addiction.
- For an influential testimony.
- For overcoming temptations.
- For protection from the evil one.
- For self-control in the area of gluttony.
- For times of crisis (often national).
- For the tearing down of satanic strongholds.
- For overcoming idolatry (substitute gods).
- For overcoming wrong thinking, bad “tapes”, and the believing of lies.
- For obedience to God’s word and simple trust in His ways.
- To become weak before God, so that His power can be shown strong through my life.
- For wisdom on how to live godly, peace-filled lives in the fast-paced, information age.
- To seek God’s direction, as we desire to live according to His will.
- For the saving of babies, families, and marriages.
- To expose deceit, tear down blinders.
- For times of refreshing.
- To pour out our hearts to God entirely and honestly.
- To allow the truth to surface to expose evil (for God to justify).
- To close down establishments or groups that promote evil.
- To follow the model of Jesus Christ.
- To prepare us for the coming King.



corporate prayer

... is like many laser beams coming together, powerfully cutting through demonic strongholds, tearing down the kingdom of darkness, making way for the kingdom of God.

God's sovereignty includes the prayers of His people. Did you know that prayer can change the course of history? It has and it can!

Do you want more of Him? Do you want to see breakthrough, salvation, redemption and sustained victory? Then let's tap into the power source – our God, through the discipline of prayer and fasting!

