

## **Greater Mt. Sinai Baptist Church Twenty-One Day Fast**

*Reverend Dr. Major A. Stewart, Pastor*

Date Fast Begins: Sunday, March, 7, 2021 at 7:00 p.m.  
Date Fast Ends: Saturday, March 27, 2021 at 7:00 p.m.

### **Morning Prayer**

Father, thank you for fresh grace and a week full of promise. Lead me in your ways and fill my heart with Your love and joy. Help me to see others as You see them.

Father, I ask that You guide every decision, response, effort and conversation I have all to Your glory.

In Jesus name I pray. Amen.

### **Unity Prayer** – Philippians 4:13

*Please pray the Unity Prayer every day at 12:00 p.m.*

Heavenly Father, we come together in prayer for unity for it is in this time we need to be unified and strong in the knowledge of your strength. We know it's not our might or our power but through the power of the Holy Spirit in us that we will be able to be on one accord and accomplish what we have set out to do.

May we stand together in unity as believers in Christ. In the name of Jesus, we pray, Amen.

### **A Prayer for the Body**

Thank you, God, for the body you have given me. Most of the time I take my health for granted. I forget how fortunate I am to live without pain or disability, how blessed I am to be able to see, hear, walk, and eat. I forget that this body of mine with all its imperfections is a gift from you.

When I am critical of my appearance, remind me God that I am created in Your holy image. If I become jealous of someone else's appearance, teach me to treasure my unique form.

Help me God to care for my body. Teach me to refrain from any actions that will bring harm to me. If I fall prey to a self-destructive habit, fill me with the strength to conquer my cravings.

Lead me to use my body wisely, God guide my every limb, God, to perform acts of compassion and kindness.

I thank you God for creating me as I am. Amen.

### WEEK 1

#### **Scripture**

*So, we fasted and petitioned our God about this, and he answered our prayer.  
Ezra 8:23*

#### **Prayer**

*Lord, help us to use this time of fasting not to focus on what we give up, but on what we gain as we grow closer to you. In Jesus' name we pray. Amen*

### WEEK 2

#### **Scripture**

*Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place, and your Father who sees in secret will reward you openly.  
Matthew 6:16-18*

#### **Prayer**

Father, help us not to fast to be seen by others, for attention or recognition, but to draw nearer to you and to rely on you more deeply than we ever have before. In the Name of Jesus, we pray. Amen

### WEEK 3

#### **Scripture**

*Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.  
Isaiah 41:10*

## **Prayer**

*Father, strengthen me so as we end this fasting period together, we claim victory and will encourage each other to live in love, peace and harmony. In the Name of Jesus we pray. Amen*

### **Right Motivations for Fasting**

- Repentance
- For spiritual strength against an enemy attack
- To awaken a spiritual hunger for God that may be dulled because of “desires for other things” (*Mark 4:19*.)
- To test and see what desires control us
- To forfeit good things for the better and best
- To express our ache for His return. Jesus said, “I have food to eat that you know nothing about” (*John 4:32, NIV*)
- To demonstrate our love and desire for God above all things (even above His gifts)
- To divide our bread with the poor. “To loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke” (*Isaiah 58:6-7, NIV*)

### **Wrong Motivations for Fasting:**

- To be seen by others (*Matthew 6:18*)
  - The goal is not for people to know you are fasting so you can bask in their admiration.
- To be justified by God (*Luke 18:9-14*)
  - In a parable to people “confident of their own righteousness” (NIV), Jesus spoke of two men. One said, “I fast twice a week.” The other said, “God, have mercy on me, a sinner.” Only one “went home justified before God.”
- To be commended to God (*1 Corinthians 8:8*)
  - Food will not commend us to God; we are neither worse if we do not eat nor the better if we do. Fasting does not cause us to “earn” something from God, but it helps us to be more receptive to what He wants to do in and through us.

### **Weekly Guidelines**

- Pray three times a day: morning, noon and night; at noon pray the Unity prayer
- Spend time in bible study, meditation and reading scriptures
- Exercise at least three times a week for 30 minutes if physically able
- If participating in the Sunday morning sermon on Facebook during fast, hit the share button

- Follow the dietary portion of the fast
  - Consider giving up one or more of the following items if you cannot participate in the dietary portion of the fast due to special dietary instructions from your physician or other health reasons.*
  - 
  - Television
  - Radio
  - Newspaper & magazines
  - Social media such as Facebook and Instagram
  - Unnecessary purchases and spending

The time available after cutting out these activities could be used to extend your time in bible study, prayer and meditation.

## **GMSBC Spiritual 21 Day Fast - Dietary Component**

*Throughout the course of the twenty-one day fast:*

- **ENJOY** these foods:
  - Seafood, chicken and turkey (broiled, baked, air fried, grilled)
  - Eggs and dairy (limit cheese)
  - Vegetables, beans, whole grains (brown & wild rice, whole wheat pasta, oatmeal, quinoa, fresh & frozen fruits, nuts, non-microwave popcorn)
  - Honey, natural juices, water
- **REMOVE** from your diet:
  - All fried foods (fried chicken, fish, fries etc.)
  - Sugars: Granulated & brown sugar, desserts, artificial sweeteners, candy, ice cream, soda including diet, ketchup
  - Beef & Pork: steak, hamburgers, meat loaf, beef ribs, pork chops, ribs, bacon, pork sausage, etc.
  - Caffeine: coffee, tea, sodas, etc.
  - Junk food, such as chips, crackers, etc.
  - Carbs such as white rice, potatoes & white pasta

*Do not use these guidelines to replace any dietary instructions given to you by your physician.*

**Greater Mt. Sinai Baptist Church**  
**Twenty-One Day Fast**  
Dates: March 7 - 27, 2021

*Reverend Dr. Major A. Stewart, Pastor*

**Tips for eating more Healthy Carbs**

Include a variety of whole grains in your healthy diet, including whole wheat, brown rice, millet, granola, barley. Experiment with different grains to find your favorite.

Make sure you're really getting whole grains. Be aware that the words stone-ground, multi-grain, 100% wheat, or bran can be deceptive. Look for the words "whole grain" or 100% "whole wheat" at the beginning of the ingredient list.

**Types of Dietary Fat: Good Fats vs. Bad Fats**

To understand good and bad fats, you need to know the names of the players and some information about them. *There are four major types of fats:*

Good Fats

- Monounsaturated fats (MUFA)
- Polyunsaturated fats (PUFA)

Bad Fats

- Trans fats
- Saturated fats

Monounsaturated fats and polyunsaturated fats are known as the "good fats" because they are good for your heart, your cholesterol, and your overall health.

**GOOD FATS**

*Increase your consumption of these*

- |                 |                 |
|-----------------|-----------------|
| ✓ Olive Oil     | ✓ Peanut butter |
| ✓ Canola Oil    | ✓ Soybean oil   |
| ✓ Sunflower Oil | ✓ Corn oil      |
| ✓ Peanut Oil    | ✓ Safflower oil |
| ✓ Sesame Oil    | ✓ Tofu          |
| ✓ Avocados      | ✓ Soymilk       |
| ✓ Olives        | ✓ Flaxseed      |

- ✓ Nuts - Almonds, Walnuts, Peanuts, Macadamia, Hazelnuts, Pecan, Cashews
- ✓ ✓ Sunflower, Sesame & Pumpkin Seeds
- ✓ ✓ Fatty fish - Salmon, Tuna, Mackerel, Herring, Trout, Sardines

## **BAD FATS**

<b>Saturated Fat</b> <i>Reduce consumption</i>	<b>Trans Fat</b> <i>Avoid altogether</i>
Beef	Commercially-Baked pastries
Lamb	Cookies, doughnuts, muffins
Pork	Cakes, pizza dough
Chicken skin	Packaged snacks, examples: microwave popcorn, chips
Whole-fat dairy products (Milk, cream)	Stick Margin
Butter	Vegetable shortening
Cheese	Fried foods, examples: fried chicken, breaded fish
Ice Cream	Candy Bars
Palm and coconut oil	
Lard	

## **The Benefits of Drinking Water**

Water is an essential nutrient that makes your body run smoothly and efficiently. Because the average adult's body is about 65% water, it's no wonder that we can only survive for about three to five days without it! Water transports nutrients and oxygen to cells, carries away waste products and lubricates our digestive tracts, joints and cartilage. The Health and Medicine Division of the National Academies of Sciences suggests an adequate total fluid intake of about 13 cups per day for men and about 10 cups per day for women. (Keep in mind that you may need more or less, depending on activity level, body size and environment.) As the foundation for all body functions, this zero-calorie drink is a liquid asset, especially for weight loss. Here are five reasons why you should make water your pal:

### **1. IT CURBS HUNGER AND PROMOTES SATIETY**

The body's "thirst center" in the brain, the hypothalamus, also regulates appetite. When you're dehydrated, your body can perceive mixed signals on hunger, causing you to believe that you need to eat when you're actually just thirsty. One study found that drinking two 8-ounce glasses of water before meals helped subjects lose more weight. Hungry? Drink some water first. Staying hydrated can help you ward off fake hunger signals.

## **2. IT KEEPS YOUR MIND SHARP**

In addition to being naturally calorie-free, sugar-free and caffeine-free, water helps transport oxygen to the brain to ensure it functions at optimum levels. Even mild dehydration can impact your cognitive performance, tamper with your mood and make you feel fatigued. These effects can lead to mindless stress eating, poor food choices and, ultimately, breaking the calorie bank. Next time you're feeling spaced out, try drinking some cold water to zap the sluggishness out of you.

## **3. IT POWERS YOUR WORKOUTS**

In addition to boosting your metabolism, water helps prevent muscle cramping, so you can work out harder and longer. Take note that your water needs increase after working out. During long endurance workouts, drink water with carbohydrates and electrolytes to help maintain fluid balance and prevent post-exercise exhaustion.

## **4. IT HELPS YOU STAY REGULAR**

From start to finish, water keeps your digestive system running smoothly. The saliva in your mouth contains water and digestive enzymes to break down your food. In your stomach, water balances the acidic environment to prevent ulcers, indigestion and heartburn. If you're following a high-fiber diet, be extra diligent in drinking water, as fiber depends on it. Soluble fiber absorbs water to become a gel like mass that slows down the rate at which food leaves the stomach, and insoluble fiber traps and retains water to add bulk and moisture to your stool, which prevents constipation.

## **5. IT HELPS YOU SAVE ON CALORIES**

Liquid calories like juices and sodas don't fill you up, and their high sugar content can cause insulin spikes that can set you up for a crash. According to this systematic



review, drinking water in place of sugar-sweetened beverages resulted in less weight gain over a four-year period. If you want more pizzazz than plain water, try sparkling water, or give it a flavor makeover with berries, cucumbers, mint or grapefruit.

Make water a part of your journey by getting enough of this essential nutrient in your daily diet.