

Prayer 21 Days of 'Keeping It Cutting Edge' **January 15th - February 5th, 2012**

The **purpose** of the 21 Days of 'Sharpening Your Edge' is a time of releasing ourselves to pursue God's presence, to submit to a lifestyle of purity, become ignited with God's power. It is a time dedicated to get the cutting edge that we need on our lives to accomplish our purpose and assignment. You've been chosen for this; through Him we can do what we couldn't do on our own!

*If you have any chronic medical conditions, that involve the heart, kidneys or liver, please consult your physician prior to beginning this fast.

Day 1: SUBMISSION

Scripture: James 4:1,7; 1 Peter 5:5-6

Eat: Baked/Broiled Fish, Vegetables, Fruit, Water, Juice

Day 2: PRAYER

Scripture: Mark 11:24; 1 Thess. 5:17

Eat: Baked/Broiled Fish, Vegetables, Fruit, Water, Juice

Day 3: THOUGHTS

Scripture: Romans 12:1-2; Ephesians 4:23

Eat: Baked/Broiled Fish, Vegetables, Fruit, Water, Juice

Day 4: FORGIVENESS

Scripture: Matt. 6:14-16

Eat: Baked/Broiled Fish, Vegetables, Fruit, Water, Juice

Day 5: OBEDIENCE

Scripture: Isaiah 1:19; Phil. 2:5-8

Eat: Baked/Broiled Fish, Vegetables, Fruit, Water, Juice

Day 6: DELIVERANCE

Scripture: Psalms 51; Psalms 139:23-24

Eat: Baked/Broiled Fish, Vegetables, Fruit, Water, Juice

Day 7: WISDOM

Scripture: Matt. 7:24-27; James 1:5

Eat: Baked/Broiled Fish, Vegetables, Fruit, Water, Juice

Day 8: ENLARGE

Scripture: Isaiah 54:2-5

Eat: Fruits, Vegetables, Juice, Water & Clear Broth

Day 9: PRAISE

Scripture: Psalms 34:1-4; Psalms 84:1-12

Eat: Fruits, Vegetables, Juice, Water & Clear Broth

Day 10: FAITH

Scripture: Mark 11:22-24

Eat: Fruits, Vegetables, Juice, Water & Clear Broth

Day 11: **FORGIVENESS**

Scripture: Mark 11:25-26; 1 John 1:9

Eat: Fruits, Vegetables, Juice, Water & Clear Broth

Day 12: **LIGHT**

Scripture: Matt. 5:14; John 1:1-12

Eat: Fruits, Vegetables, Juice, Water & Clear Broth

Day 13: **STEADFAST**

Scripture: 1 Cor. 15:58

Eat: Fruits, Vegetables, Juice, Water & Clear Broth

Day 14: **POWER**

Scripture: John 1:12; Acts 1:8; Ephesians 3:20

Eat: Fruits, Vegetables, Juice, Water & Clear Broth

Day 15: **PEACE**

Scripture: John 14:27; Phil. 4:7; Colossians 3:15

Eat: Juice, Water, & Clear Broth All-Day; vegetables after 5 p.m.

Day 16: **HOLINESS**

Scripture: Lev. 20:7; 1 Peter 1:15

Eat: Juice, Water, & Clear Broth All-Day; vegetables after 5 p.m.

Day 17: **RIGHTEOUSNESS**

Scripture: Matt. 5:6; Matt. 6:33

Eat: Juice, Water, & Clear Broth All-Day; vegetables after 5 p.m.

Day 18: **HEALING**

Scripture: Isaiah 53:5; Isaiah 58:8

Eat: Fruits, Vegetables, Juice, Water & Clear Broth

Day 19: **RESTORATION**

Scripture: Joel 2:25-27; Luke 4:18

Eat: Fruits, Vegetables, Juice, Water & Clear Broth

Day 20: **HEARING**

Scripture: Proverbs 20:12; Revelation 2:7

Eat: Fruits, Vegetables, Juice, Water & Clear Broth

Day 21: **BUILD**

Scripture: 2 Kings 6:1-7; Ephesians 2:20

Eat: Fruits, Vegetables, Juice, Water & Clear Broth

CONGRATULATIONS. You have cleansed your body and have denied your flesh in order to feed your spirit. Build on your experience, and lay hold on this new place in God for your life. DO NOT go back to old unhealthy patterns, keep your victory!

Fasting Complements

What if I Get Hungry?

- Drink Plenty of Water
- Sip broths
- Drink herbal tea caffeine free (hot beverages can reduce hunger)
- Prayer and Meditation on the Word of God
- Journal

Internal Colon and Body Cleaners

- Psyllium husk (natural laxative)
- Aloe vera juice or gel

Natural Nutritional Supplements

- Wheat Grass
- Spirulina
- Chlorophyll (blood purifier)

Herbal Teas (bag or loose)

- Green Tea
- Chamomile (relaxant)
- Peppermint (relaxant, appetite suppressant)

Alternative Natural Foods

- Olive Oil
- Cayenne
- Black strap molasses
- Liquid kyolic (aged garlic w/o garlic scent)

Things To ELIMINATE During The Entire Fast

- All Fried Foods
- Beverages with caffeine, carbonation, high fructose corn syrup.
- Junk food, condiments and snacks
- Television, movies (home and theater), radio, internet and magazines - except spiritual or gospel based. You want to quiet the noise that feeds your subconscious mind.
- Intimate relations with the agreement of your spouse (1 Cor. 7:5)
- Addictive habits i.e alcohol, smoking, gossiping, etc.

Important Recommendations

- Increase water intake to 3-4 quarts/day. (Ounces/day= your weight/2)
 - Suggested fruits: apples, pears, melons, papayas and grapes. These cleanse the body and limit stomach acids. Also add ripe bananas. Limit acidic citrus fruits.
 - Steam vegetables for 2-3 minutes in a little water to preserve vitamins and minerals.
 - Create your own salad dressings using olive oil, apple cider vinegar and spices. Substitute sea salt for regular salt and add after cooking. Eliminate black pepper, using cayenne instead.
- No condiments.**
- Over consumption of vegetables may cause a faster's "detox" (headache, rashes, nightmares). Limit portions to avoid an over active appetite.

Special Corporate Gatherings

- 'Keeping It Cutting Edge" Phone Conference Experience Daily from 6:30-6:45
 - *Phone # 218.339.4600 Access Code 817153*
- Supernatural Saturdays Every Saturday (the duration of the fast) from 8:30 a.m.-9:30 a.m.
- Noon-Day Prayer every Thursday