

ELLWOOD COMMUNITY CHURCH - SELMA 2021 FASTING INSTRUCTIONS

Start prayer with thanksgiving to God, our Father, for His Son Jesus, whose name is named above every name. Thank Him for the precious blood of Jesus. Thank God for the forgiveness of sins. Thank Him for the blood-bought right to pray in the understanding, to pray in other tongues, and to get answers to all of our prayers!

- Pray in the spirit as the Holy Spirit gives you the utterance for at least 10-15 minutes.
- Ask the Holy Spirit to help us as we pray regarding every weakness and every infirmity.
- Command God's angels to get involved in our prayers of faith as they hearken to the voice of the righteous, the heirs of salvation.
- Make the confessions below as we declare God's great grace over every area of Ellwood Community Church.

ELLWOOD COMMUNITY CHURCH PRAYER CONFESSIONS FOR THE 2021 FAST

Abba Father, who art in heaven, hallowed be thy name. Your kingdom has come on the inside of us, that Your will be done on earth as it is in heaven. You have given us this day, and You are our daily bread. You load us up with the benefits of heaven, each day. We cover every prayer leader, every hour of prayer, and every person that participates in prayer and fasting with the powerful blood of Jesus. We declare God's wisdom over our Pastor, First Lady and First Family, church leaders and directors, and for every elected and appointed official, including our nation's president, vice president, the governors of every state, and the mayors of every city. We make disciples in the marketplace, and our businesses support the ministering of the Gospel all over this world. We decree, declare, and agree that all Ellwood Community Church members, all partners, and all supporters are holy in all manner of conduct, and their lives lines up with the Word of God. According to Second Peter 1:3, God has given us all things that pertain to life and godliness.

God, we decree, declare, and agree that we trust only in You! You are our source, refuge, and fortress. Keep us strengthened in Your power, ability, and might as we continue to uphold the integrity of Your Word. No weapon of any kind, from anyone, anywhere, at any time, will prosper against our lives. Thank you, Father, for Your armies that have special charge over us to accompany, defend, and preserve us in all of our ways.

Heavenly Father, we thank You for our pastor, Gary Lamar Crum, Sr. We pray a strong hedge of protection over his life and the life of his immediate family and all that concerns them. We submit to, support, and obey our spiritual leaders, and recognize their love and authority for well-being in Christ Jesus. We have Your power to condemn every tongue that rises up against us!

We acknowledge the good in us! We acknowledge that Your grace is sufficient for every area of our lives. Your grace even causes us to prosper in the midst of our mistakes!

Every bill is paid. We have more than enough to live a first-class lifestyle!

Ellwood Community Church has all the necessary resources to creatively teach the Word of God to our children and teenagers. They will be inspired to proclaim that Jesus Christ is the ultimate leader of this generation, and they will operate in the power of the supernatural as they make marks in the lives of their peers that cannot and will not be erased.

Father, by your Spirit, we call the lost from the north, south, east, and west into this church. Every service is filled and overflowing. We decree that signs, wonders, and miracles confirm your Word preached, and lead multitudes to accept Jesus as their Lord and Savior. Draw the lost and send laborers to fill Your house.

For thine is the kingdom, and the power, and the glory forever; therefore, ours is the kingdom, and the power, and the glory—forever and ever, and ever. In Jesus' name we pray. Amen!

WHAT TO EAT

Vegetables: Spinach, Kale, Collard Greens, Broccoli, Cauliflower, Onion, Peppers, Asparagus, Artichokes, Carrots, Cucumbers, Celery, Cabbage, Tomatoes

Fruit: Apples, Blueberries, Strawberries, Blackberries, Raspberries, Grapefruit, Oranges, Peaches, Plums, Grapes, Bananas

Meat: Chicken, Turkey, Fish, Other Game (Venison, Rabbit, Duck, etc.) **BAKED OR BROILED. NOTHING FRIED**

Nuts and other healthy fat sources: Almonds, Walnuts, Pecans, Cashews, Macadamia Nuts, Brazil Nuts, Pumpkin Seeds, Extra Virgin Olive Oil, Coconut Oil, Avocado

Drinks: Water, Coffee, 100% Juices, Tea (black, green, or herb), Almond Milk (for coffee flavor), Coconut Milk (for coffee flavor)

WHAT NOT TO EAT

Grains: Bread, Pasta, Rice, Cereal, Quinoa, Oatmeal, Bagels

Legumes: Black Beans, Chickpeas, Pinto Beans, Kidney Beans, Nuts (and peanut butter), Hummus, Black-Eyed Peas, Soybeans, Tofu

Potatoes: Sweet Potatoes, Red Potatoes, Yellow Potatoes, Baked Potatoes, Mashed Potatoes, French Fries, Potato Chips

Dairy: Milk, Cheese, Butter

Junk Food: Pizza, Frozen Dinners, Anything from a fast food place, Cookies, Candy, Cakes, Muffins

Drinks: Soda, Diet Soda, Sports Drinks, Beer, Wine, Liquor, Soy Milk, Rice Milk

1. USE ORGANIC MEATS ONLY
2. PORTIONS SHOULD BE NO LARGER THAN YOUR HAND

**If you have any known health problems, please consult with your doctor, first, before going on the fast.*