

**A TRANSFORMED  
LIFE - 21 DAY  
CORPORATE FAST**

**SUNDAY, JANUARY  
3<sup>RD</sup> – JANUARY 23<sup>RD</sup>**

---

Corporate Prayer Facebook  
Live Every Monday and  
Wednesday at 6:30am  
Available Conference Call:  
(347)-966-8741  
access code 981979670#

# IMPACT VISION STATEMENT

---

**WE** are persons of **IMPACT**.

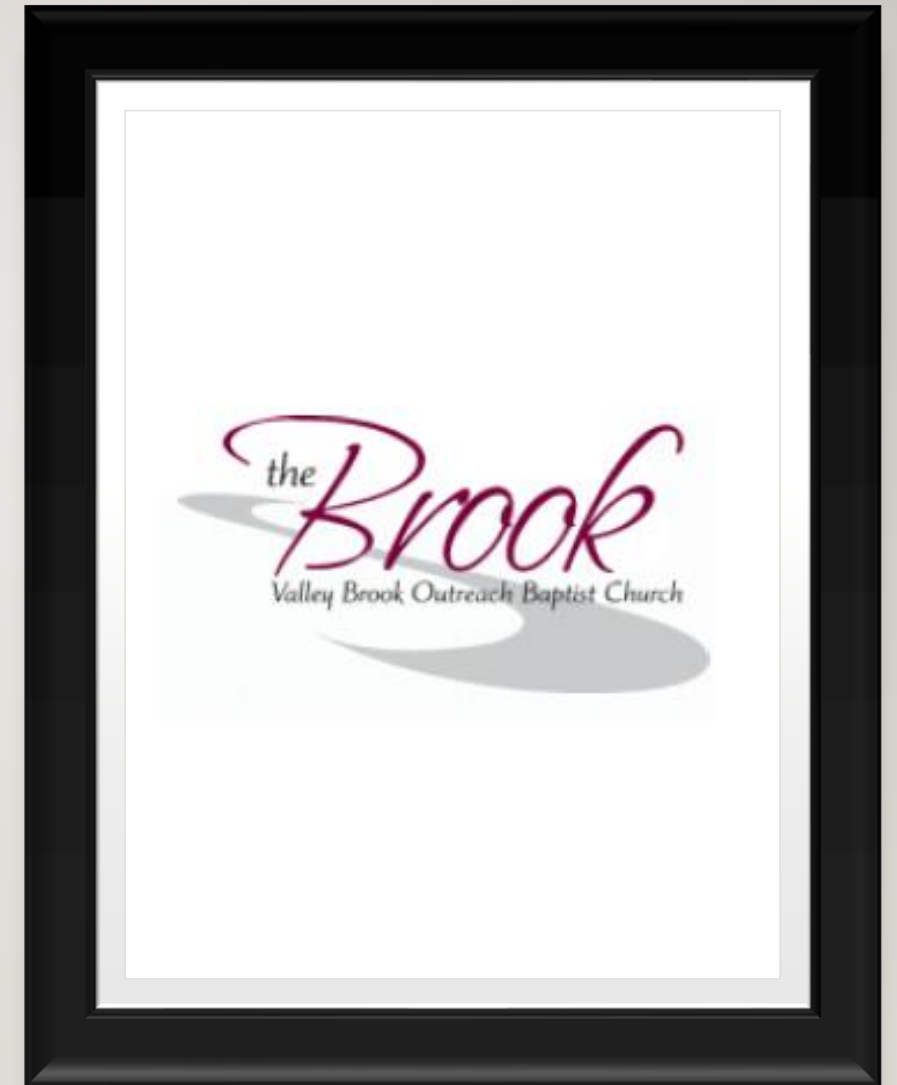
**WE** are a covenant community of believers that are anointed and set apart by the Lord to be representatives of Kingdom of God in the earth.

**WE** are a worshipping, equipping, loving outreach a visionary ministry committed to building lives, relationships, and communities by the influence of the Kingdom of God.

**WE** are persons of **IMPACT**.

**IMPACT** is **I**nnovative **M**inistries for **P**ersonal **A**nd **C**ommunity Transformation

**I am IMPACT**



# CORPORATE DAILY SCRIPTURES

---

## Transformed Mind Jan 3<sup>rd</sup> – 9<sup>th</sup>

- Sunday – Romans 12:1-21
- Monday – Philippians 4:6-9
- Tuesday – Romans 8:1-6
- Wednesday – 1 Peter 1:13-16
- Thursday – Philippians 4:6-7
- Friday – 2 Corinthians 10:5
- Saturday – Philippians 2:5-11

## Transformed Heart Jan 10<sup>th</sup> – 16<sup>th</sup>

- Sunday – Romans 12:1-21
- Monday – Psalm 51
- Tuesday – Proverbs 4:20-23
- Wednesday – Matt 15:18-20
- Thursday – 1 Corinthians 13
- Friday – Matthew 5:8
- Saturday – Matthew 22:37-40

## Transformed Purpose Jan 17<sup>th</sup> – 23<sup>rd</sup>

- Sunday – Romans 12:1-21
- Monday – Jeremiah 29:11-13
- Tuesday – Psalm 37
- Wednesday – Isaiah 43
- Thursday – Proverbs 19:21
- Friday – Matthew 6:33
- Saturday – Isaiah 55:8-12

# DANIEL FAST GUIDE

*(MAKE ADJUSTMENTS AS NEEDED FOR MEDICAL CONDITIONS)*

---

## All fruits:

- These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

## All vegetables:

- These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

## All whole grains, nuts and seeds:

- Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.
- Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

## All legumes and quality oils:

- These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.
- Including but not limited to olive, canola, grape seed, peanut, and sesame.

## Beverages and Other:

- Including spring water, distilled water or other pure waters.
- tofu, soy products, vinegar, seasonings, salt, herbs and spices.

# DANIEL FAST GUIDE: FOODS TO AVOID

**All meat and animal products** including but not limited to beef, lamb, pork, poultry, and fish.

**All dairy products** including but not limited to milk, cheese, cream, butter, and eggs.

**All sweeteners** including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

**All leavened bread** including Ezekiel Bread (it contains yeast and honey) and baked goods.

**All refined and processed food products** including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep-fried foods** including but not limited to potato chips, French fries, corn chips.

# ADDITION FASTING INFORMATION

## What is Fasting?

- Fasting is a deliberate abstinence from any form of physical or emotional gratification to achieve a greater spiritual goal
- It is a change in diet and intake for a specific period of time for a reason.
- It is a switch from the physical to the spiritual...from the seen to the unseen manna of the Word of God....moving from our table to the Lord's Table.
- It is a cleanser and a change agent in the lives of those who believe.
- *It is an act of submission and commitment to the will of God.*

## Why Fast?

- For intercession: Psalms 35:13-14 and II Samuel 12:15-23
- For spiritual decisions: Matthew 4:2; Acts 13:2 & 14:23; and Ezra 8:21
- For repentance: I Kings 21:25-29 and Daniel 9:3-22
- For overcoming faith and power: Matthew 17:2-021 and Mark 9:29