

THE TAK *Elul* FAST

T'Shuvah

JOIN OUR 29-DAY CORPORATE FAST
SUNDOWN, AUGUST 17 - SUNDOWN, SEPTEMBER 15, 2023

Choose How You Will Fast

The Daniel Fast, Partial Fast, etc. (see Types of Fasts Handout)

Pray

- Every day at noon, no matter where you are, lift up our Daily Prayer Point so we may bring forth our petitions in one accord.
- Pray continually throughout the fast for God's awesome presence to be manifest within us so that our hearts and minds may be prepared for the harvest of 5784.

*"Not by might nor by power, but by My Spirit
says the Lord of Hosts"*
Zechariah 4:6

Log on

In addition to the hard copy handouts, you can also log on to www.taklife.org to download digital copies of the Daily Prayer Points and Fast Facts! Feel free, also, to post comments regarding your fasting journey on our Facebook wall at facebook.com/takFL.

Fast Facts

The words fast, fasted or fasting appear 61 times in the Old and New Testament.

The Hebrew word for fast is צום and is pronounced, "tsum."

While the Hebrew word צום means to abstain from food, fasting can also refer to abstinence from drinking, bathing or sexual relations. In the Bible, fasting

shows our weakness and dependence upon God.

The duration of biblical fasts varied, with easier fasts beginning at sunrise and ending at sunset. Stricter fasts lasted from sunset to sunset and some fasts lasted for a week. The longest fast we know of in the Bible lasted for 40 days. The following diagram shows

eight purposes for fasting, with Scriptural examples for each.

This is not intended as a comprehensive list of purposes or Scriptures. Please note how some purposes overlap, and how all overlap with the center of the diagram, which we suggest is the core purpose for all biblical fasting.



Types of Fasts

**There are many types of fasting. The one you choose is between you and God.
He will honor your best sacrifice.**

Full Fast

Drink only liquids

NOT recommended for our corporate fast, unless used as a Durational Partial Fast. (See below)

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables. (See below for more details)

Partial Fast

We have broken it up into two types:

Durational Partial Fast: A durational partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from these types of fasting —a Full Fast, or Daniel Fast.

Itemized Partial Fast: An itemized partial fast is when you give up at least one item of food throughout the entire fast. You may also choose to give up a non-food item such as texting or watching television.

Remember, God is looking for your best sacrifice.

The Daniel Fast

Foods to include in your diet during a Daniel Fast

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, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. 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.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

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.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

TAK Elul Fast of Daily Prayer Points

Sundown, August 17 — Sundown, September 15, 2023

Thursday, August 17: There has never been a more desperate time for Adonai's people to rise up in unity and fall down in repentance. Only then will we be able to stand firm on Adonai's promise to redeem, restore, and revive this broken world. But first we must be willing to change ourselves. There is hope; it lies **within each one of us**. Help us, Adonai, to make T'Shuvah (repentance). (Ps. 139:23-24)

Friday, August 18: Pray for the spirits of humility and repentance to manifest individually and corporately as we seek the Lord: *If My people who are called by My name **humble** themselves and pray and seek My face and **turn** from their wicked ways, then I will hear from heaven, will forgive their sin and will heal their land.* (2 Chron. 7:14)

Saturday, August 19: Pray to hear Adonai's bat chol (still small voice) more clearly as we seek His face: *My sheep hear My voice, and I know them, and they follow Me.* (John 10:27).

Sunday, August 20: Pray for Adonai's plans for Israel to be established and for Adonai to thwart the plans of Israel's enemies: *The LORD nullifies the counsel of the nations; He frustrates the plans of the peoples. The counsel of the LORD stands forever....* (Ps. 33:10-11)

Monday, August 21: Pray that we *be strengthened with power through His Spirit in the inner man...and to know the love of Messiah which surpasses knowledge, that [we] may be filled up to all the fullness of God.* (Eph. 3:14-19). *You will receive power when Ruach HaKodesh has come upon you....* (Acts 1:8)

Tuesday, August 22: Pray for an increase of the love of God to be activated within our daily lives: *May the Lord direct your hearts into the love of God and into the steadfastness of Messiah.* (2 Thess. 3:5)

Wednesday, August 23: Pray for the TAK leadership as they prepare to minister throughout the High Holy Days services: *We have been approved by God to be entrusted with the good news, so we speak, not as pleasing men, but God who examines our hearts."* (1 Thess. 2:4)

Thursday, August 24: Pray for the TAK Praise and Worship ministry (musicians, singers, dancers, sound/live streaming) as they prepare for High Holy Day services: *True worshipers will worship the Father in spirit and truth.* (John 4:23) *The yoke shall be destroyed because of the anointing.* (Isaiah 10:27)

Friday, August 25: Pray for anointed, effective TAK frontline ministries: that we be of *the same mind, maintaining the same love, united in spirit, **intent on one purpose.*** (Phil. 2:2)

Saturday, August 26: Pray for the men of TAK to stand in their rightful authority: *Be on the alert, stand firm in the faith, bond together like men of valor and be strong. Let all that you do be done in love.* (1 Cor. 16:13-14) *As iron sharpens iron, so one man sharpens another.* (Prov. 27:17)

Sunday, August 27: Pray for divine protection and favor over our children: *The Lord will protect you from all evil; He will keep your soul. The Lord will guard your going out and your coming in from this time forth and forever.* (Ps. 121:7-8)

Monday, August 28: (FASTING FOR AMERICA DAY): Pray for all involved in our government – salvation, wisdom, morality, protection: *First of all, then, I urge that requests, prayers, intercession, and thanksgiving be made in behalf of...kings and all who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity.* (1 Tim. 2:1-2)

Tuesday, August 29: Pray, as we humble ourselves before Him, that the Lord help us to forgive and forget the wrongs suffered and that we not so easily take offense; that we lay down our pride for the sake of the Kingdom. (Ps. 130:3-4, Micah 7:18)

Wednesday, August 30: Pray to guard your speech: *Who is the man who desires life and loves length of days that he may see good? Keep your tongue from evil and your lips from speaking deceit...I will guard my ways that I may not sin with my tongue.* (Ps. 34:12-14; 39:1) *Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.* (Eph. 4:29)

Thursday, August 31: Pray for reconciliation and restoration of marriages and family relationships: *God was in Messiah reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation.* (2 Cor. 5:19)

Friday, September 1: Pray for revival of the passion of our first love for Yeshua: *We love, because He first loved us.* (1 John 4:19).

Saturday, September 2: Pray for the body of Messiah to receive their divine inheritance and walk in divine health and healing from all manner of sickness, disease, and infirmity: *But He was pierced through for our transgressions, He was crushed for our iniquities; the chastening for our well-being fell upon Him, and by His scourging we are healed.* (Is. 53:5)

Sunday, September 3: Pray for any spirits of unforgiveness, bitterness, and resentment to be revealed and uprooted from our hearts: *See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.* (Heb. 12:15)

Monday, September 4: (FASTING FOR AMERICA DAY): Pray for the spirits of conviction and humility to release national repentance in the United States: *Lord, I have heard the report about You and I fear. O Lord, revive Your work in the midst of the years, in the midst of the years make it known; in wrath remember mercy.* (Hab. 3:2)

Tuesday, September 5: Pray for Ruach HaKodesh to draw the Jewish community unto Adonai through our efforts to reach out to them and that we can also be a light in the dark areas of our surrounding community: *Prophecy over these bones and say to them, "You dry bones, hear the word of the LORD." This is what the Lord GOD says to these bones: "Behold, I am going to make breath enter you so that you may come to life. And I will attach tendons to you, make flesh grow back on you, cover you with skin, and put breath in you so that you may come to life; and you will know that I am the LORD."* (Ez. 37:4-6)

Wednesday, September 6: Pray for the salvation of the lost sheep of the house of Israel: *Brethren, my heart's desire and my prayer to God for them is for their salvation.* (Rom. 10:1)

Thursday, September 7: Pray for the unity of the body of Messiah in these latter days: *Conduct yourselves in a manner worthy of the good news of Messiah, so that...you are standing firm in **one** spirit, with **one** mind striving together for the faith of the good news.* (Phil. 1:27)

Friday, September 8: Pray for our youth to have divinely inspired, personal encounters with Ruach HaKodesh: *I will pour out My Spirit on all mankind; and your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions. Even on the male and female servants I will pour out My Spirit in those days.* (Joel 2:28-29)

Saturday, September 9: Pray there be no access for the spirit of fear: *There is no fear in love; but perfect love casts out fear.* (1 John 4:18). Pray also for Adonai's protection over our police and our armed forces, encouraging them, and that they will be able to use discernment and wisdom to protect us.

Sunday, September 10: Pray for open hearts and open doors to minister the love of God with boldness: *How then will they call on Him in whom they have not believed? How will they believe in Him whom they have not heard? And how will they hear without a preacher? How will they preach unless they are sent? Just as it is written, "HOW BEAUTIFUL ARE THE FEET OF THOSE WHO BRING GOOD NEWS OF GOOD THINGS!"* (Romans 10:14-15).

Monday, September 11: (FASTING FOR AMERICA DAY): Pray for all those who will be elected to leadership positions in our local, state, and national elections, that they will stand for the sanctity of life, traditional marriage, biblical values, religious liberty, and support of Israel (Gen 12:3). Pray for our Supreme Court justices that they will make godly decisions that would honor Adonai and this country.

Tuesday, September 12: Pray for the Children's & Youth Ministries: (Yeshua) said, *"Truly I say to you, unless you are converted and become like children, you will not enter the kingdom of heaven... Let the children alone, and do not hinder them from coming to Me; for the kingdom of heaven belongs to such as these."* (Matt. 18:3; 19:14)

Wednesday, September 13: Pray that any plots of the enemy will be exposed and for divine protection over the people of God: *For nothing is hidden, except to be revealed; nor has anything been secret, but that it would come to light.* (Mark 4:22)

Thursday, September 14: Pray for an increase of faith (belief, trust, and reliance) in the LORD: *Behold, the eye of the Lord is on those who fear Him, on those who hope for His loving kindness, to deliver their soul...Our soul waits for the Lord; He is our help and our shield. For our heart rejoices in Him because we trust in His holy name.* (Ps. 33:18-22)

Friday, September 15: Pray that we, Adonai's people, be filled with Ruach to overflowing to do the work He has called us to: *You will receive **power** when Ruach HaKodesh has come upon you; and you shall be My **witnesses** both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth.* (Acts 1:8)