

FOODS TO ENJOY

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, and 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, and zucchini.

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 NUTS AND SEEDS:

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

ALL QUALITY OILS:

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

ALL WHOLE GRAINS:

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

BEVERAGES:

spring water, distilled water or other pure waters, organic tea, organic fruit & vegetable juices with no additives.

OTHER ITEMS:

including tofu, soy products, vinegar, seasonings, sea salt, herbs and spices.

THE DANIEL FAST

The Daniel Fast is a partial fast that heavily focuses on vegetables and other healthy whole foods. Participating in the Daniel Fast is an opportunity to focus more on the Lord and grow deeper in our relationship with Him, which sets the precedent for the rest of the year.

"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."

Daniel 10:2

21 DAYS OF FASTING & PRAYER CHEAT SHEET

Note from Pastor Brian:

Are you ready for a raise? Then choose obedience through fasting. Fasting is a transformative practice that goes far beyond dieting or weight management. It cultivates discipline, resilience, and spiritual growth. It enhances the individual and it advances the Kingdom of God. Give it a chance and discover God's many benefits

FOODS TO AVOID

ALL MEATS:

including but not limited to beef, lamb, pork, poultry, and fish.

ALL DAIRY:

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 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, carbonated beverages, energy drinks, and alcohol.

*When you shop for food remember to READ THE LABELS. You will want to be especially aware of chemicals, dairy products and sweeteners - all of which are to be avoided.

January Fast Schedule

Daily Prayer - Mon-Sat Noon-1PM

Weekdays & Saturdays we have daily prayer meeting.

Prayer Meeting - Tuesday 7PM

This is an intercessory prayer time to come together and pray over needs as a church.

Pre-Service Prayer - Sunday's 9:30AM

Before service every Sunday we offer a time of prayer that sets the tone not only for service but for the entire week

Prayer Zoom Call - 6AM Everyday

Everyday during the fast there will be a 6AM zoom call for prayer. Join us to start off the day right.