



DANIEL FAST
21 DAYS OF PRAYER & FASTING

2018 Hopewell North East Annual Fast
Sunday January 7th thru Sunday January 28th

**#i-commit
HEART FAST!**

Hopewellnortheast.org
2685 Camp Mitchell Road #808 Grayson, GA. 30017

Fast Information Developed by:
Pastor Gerard Blanding, Sr. and Pastor Veta L. Blanding

The Purpose of Fasting, Instructions and Fasting Foods

Purpose of Fasting Far too often, though, the focus of prayer and fasting is on abstaining from food. Instead, the purpose of Christian fasting should be to take our eyes off the things of this world and focus our thoughts on God. Fasting should always be limited to a set time. Fasting is not a method of punishing our bodies and it is not to be used as a "dieting method" either. We are not to spend time in prayer and fasting in order to lose weight, but rather to gain a deeper fellowship with God. By taking our eyes off the things of this world through prayer and biblical fasting, we can focus better on Christ. **Matthew 6:16-18** declares, *"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."* (allaboutprayer.org)

Benefits of Fasting

Third John 2 *Beloved, I wish above all things that you prosper and be in health, even as your soul prospers.* This is a God concept, a desire of God for each of us. Fasting is a valued spiritual practice that weighs in on many physical and spiritual benefits. During the fast each believer should engage with an attitude of seriousness and expectancy. The blessings of fasting are far reaching. During this time of fasting and prayer let us together expect God to fulfill any and all promises necessary to bring about abundant life within our bodies, homes, relationships, communities and our church.

Physical Benefits of Fasting

Fasting promotes healthy skin, hair, internal function of vital organs; fasting acts also as a cleansing agent and fasting does induce weight loss.

Spiritual Benefits of fasting

Fasting promotes the fruits of the spirit such as the fruit of self-control. Fasting promotes intimacy with the God-Head. Fasting promotes structured prayer and meditation time; as well as intentional scriptural study time.

*Prince Chapel CME

Journal

Please write down ways that you intend to allow this 2018 Fast to transform you.

1. _____
2. _____
3. _____
4. _____
5. _____

Please read all of the instructions and follow them accordingly. Please share this fast with loved ones, friends and co-workers. There are many types of fasts. We are asking that we follow these instructions as closely as possible. This is a corporate fast and we would like to be with one accord. Denying yourself physical food will fill you spiritually. Fasting combined with prayer is powerful!

We are so glad that we are fasting and praying together.

SPECIAL NOTE: Check with your Doctor before starting the fast. Always include all medications each day.

During this 21 Day Fast, Hopewell North East will enter into types of fasts, a liquid fast and a modified Daniel Fast. We understand that some of you may have medical limitations, so

please make sure that you are medically able to enter into this fast. Please check with your physician to be sure. If you cannot participate in the types of fasts below, please fast from other things such as television, social media, etc. Please see the explanations.

Note: Please take your daily medications as prescribed by your doctor.

On the First Day - Full Fast Drink liquids only. (Mon. 1/8). Liquids should consist of water, or 100% natural juice or 100% vegetable juice. **Absolutely No Sweeteners during the fast - No sugar, no honey, no sugar substitutes.**

Fruits and Veggies Only

There are so many foods that you can eat that do not include meat. Make sure that you incorporate peas and beans for protein. Make a pot of chili with mushrooms instead of meat. Eat fruit and nuts. Eat natural popcorn but most of all pray and ask God to cleanse you from the inside out.

Note: We bought a spiralizer. It is a great way to eat zucchini and it actually feels as though you are eating pasta. You can purchase a manual one from Wal-mart for \$10. Here is a link to a website for recipes: <http://inspiralized.com/the-best-beginner-recipes-for-the-spiralizer/>

Website for recipes for Daniel Fast:

<http://www.daniel-fast.com/myrecipes/>

Note: Remember to drink plenty of water. Make water your primary beverage.

Beans are a great source of fiber and protein and a great meat substitute. Please remember that seafood is not considered as fish. Please do not use shell fish. Only fish.

Foods to include in your diet during the Daniel Fast- Read all labels. Should be sugar-free and chemical-free

All fruits. These can be fresh, frozen, dried, juiced. 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. 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, 100% juice and herbal teas

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

Foods to AVOID on the Daniel Fast

All dairy products including but not limited to milk, cheese, cream, butter, and egg yolk.

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

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

All meats, fish, seafood including meat products and meat broths

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, carbonated beverages, energy drinks, and alcohol.

Remember, **READ THE LABELS!**

Please plan out your meals and keep fruit and nuts with you so that you will not get hungry and be tempted to break your fast. Parents please note for children that are fasting, popcorn is a grain and is a great source while fasting. Please make sure that it is the all-natural and non-buttered, unsalted and unsweetened popcorn! Make sure that all condiments (make your own salad dressings) are natural. Please read labels and make sure that dressings, etc. are all natural. A good rule to remember in planning your meals –

NOTHING WHITE! (except popcorn, potatoes and egg white).

Website for recipes for Daniel Fast:

<http://www.daniel-fast.com/myrecipes/>

Fun Facts: We love to make our own mix. Put natural popcorn, raisins, dates, or cranberries and unsalted nuts in a plastic bag. Keep this mix with you in case you get hungry.

Restaurants that work well during a fast: Chipotle, Zoe's Kitchen, Vegan Restaurants, Sub Shops that serve salads in a bowl with seasoning and vinegar.

Journal Write down recipes and plan out your meals in your journal. Exchange recipes with friends. One of our favorite is chili with beans and mushrooms. Another favorite for breakfast is egg whites, spinach, tomatoes with a home-made salsa.

CAUTION!!!

When fasting, please abstain from things that can cause distractions. Be honest with yourself. It is impossible to know or list the things that cause *you* to be personally distracted, only you know. Please limit or eliminate activities that will pull you away spiritually from your consecrated fast. Some examples that can cause distractions: television, movies, some social activities, certain types of music, certain conversations, certain people, certain activities on social media, telephone, texting communication, ungodly conversation, arguments, anger, etc. Remember that the devil is angry that you chose to start your year out with more than a physical cleansing but also a spiritual cleansing. You can do it. Don't quit, neither give in to the temptations that will come your way. Stay focused and watch and see the results of your sacrifice.

