



*“Let’s Start the New Year with a Fresh Commitment to God!”*

*We are designating January 9<sup>th</sup> through January 30<sup>th</sup> as a time of fasting and prayer.  
Join with Pastor Dave, and others, in seeking the blessing of the Lord!*

**Our fast this year is in observance of Joel 1:14:** *“Sanctify a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the Lord your God, and cry unto the Lord.”*

#### **The Daniel Fast Involves:**

- 1. A Spiritual Commitment** – *“Daniel purposed in his heart (made up his mind) that he would not defile himself.” (Daniel 1:8)*
- 2. An Inner desire reflected by outer discipline** – *‘I was mourning for three weeks; I did not eat any pleasant bread (rich foods), meat or drink any wine.....until the three weeks were passed.’ (Daniel 10:2-3)*
- 3. An Increased prayer life** – *“He knelt down at the open windows and prayed to God three times a day and gave thanks to His God.” (Daniel 6:10)...*

**Fasting without prayer is meaningless.**

- 4. A statement of faith to others** – *“Then let our countenance be looked upon before thee and the countenance of the children that eat of the portion of the king’s meat...” (Daniel 1:13a).* Daniel was making a statement of faith when he asked for only water and vegetables and then asked the overseer to compare him and the other sons of Israel to the young men who ate the king’s meat.

- 5. Yielding all Results to God** – *Daniel stated, “As you see fit, deal with your servants.” (Daniel 1:13b.)*

#### **The Daniel Fast will lead to:**

- 1. A Spiritual Insight and Wisdom** – *“As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.” (Daniel 1:17)*
- 2. A New Spiritual Direction and Effectiveness-** *“Daniel, don’t be afraid. God has heard your prayers ever since the first day you decided to humble yourself in order to gain understanding.” (Daniel 10:12)*

**3. A Spiritual and Physical Health** - *"When the time was up, they looked healthier and stronger than those who had been eating the royal food."* (Daniel 1:15)

**4. An Excellent Spirit and Favor among God and Men** - *"Then this Daniel was preferred above the presidents and princes, because an excellent spirit was in him; and the king thought to set him over the whole realm."* (Daniel 6:3)

### **Remember these Truths about Fasting:**

**1. Fasting Releases the Bands of Evil** - *"Is this not the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that you break every yoke?"* (Isaiah 58:6)

**2. Fasting builds our faith** - *"Howbeit this kind goes not out but by prayer and fasting."* (Matthew 17:21)

**3. Fasting Makes it Easier to Hear the Voice of the Lord** - *"As they ministered to the Lord, and fasted, the Holy Spirit said, "Separate me Barnabas and Saul for the work whereunto I have called them." And when they had fasted and prayed, and laid their hands on them, they sent them away."* (Acts 13:2-3)

### **GUIDELINES FOR DANIEL FAST**

#### ***(Foods We May Eat)***

#### **WHOLE GRAINS:**

***Brown Rice, Oats, Barley, Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas,***

#### **FRUITS:**

***Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon***

#### **VEGETABLES:**

***Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini***

**Seeds, Nuts, Sprouts, fish and seafood:**

**Plus...Liquids: Spring Water, Distilled Water,**

**100% All-Natural Fruit Juices, 100%**

**All Natural Vegetable Juices**

#### ***(Foods to Avoid)***

**Meat (beef, veal, lamb, pork, chicken, turkey, fried fish or seafood) White**

**Rice, Fried Foods,**

**Caffeine,**

**Carbonated Beverages,**

**Foods Containing**

**Preservatives or Additives**

**Refined Sugar,**

**Sugar Substitutes,**

**White Flour and All**

**Products Using It**

**Margarine,**

**Shortening,**

**High Fat Products**

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