

# fasting

seeking the heart of God  
together

## TIMELINE

Tuesday, March 23<sup>rd</sup> – begin the fast after your evening meal.

Good Friday, April 2<sup>nd</sup> – break the fast.

Good Friday, April 2<sup>nd</sup> – Corporate prayer time available at the church from 6am to 8pm at both campuses.

## FOCUS

**ROMANS 12:1** *"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service."*

Fasting is a spiritual discipline designed to align our relationship with God. We are fasting together in order to deepen our relationship with God and to ensure our plans and pursuits are led by Him.

Over the next 10 days we will substitute our regular food intake with the Daniel Fast and dedicate time to read the Bible, pray and journal. The overall goal is to experience a hunger for time with God. The idea is not to be legalistic and caught up in the minutiae of a menu, but to focus on the details of connecting with the Father and subsequently discover the blessings of fasting.

## FOODS

The Daniel fast is a partial fast, which simply means that we will eliminate some of the common foods from our diet, but with generous options available. We will focus on eating foods that are pure and simple.

*If you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast. If your condition prohibits you from the Daniel Fast choose something from your daily life to fast from over the next 10 days instead.*

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

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.

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.

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

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.

Quality Oils: including but not limited to olive, canola, grape seed, peanut, and sesame.

Liquids: unsweetened soy milk, honey, natural fruit juice (no added sugar), herbal tea, spring water, distilled water or other pure waters.

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

#### **Foods to Avoid:**

Meat	Refined Sugar or Sugar Substitutes
Poultry	White Flour
Fish	Margarine
White Rice	Shortening
Fried Foods	High Fat Products
Carbonated Beverages	All Breads
Foods Containing Preservatives or Additives	Dairy (milk, butter, cheese, yogurt, etc.)