

The Daniel Fast

21 days of prayer & fasting

*Your Journey into God's
Favor*

FASTING GUIDE

JANUARY 5-26, 2020



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VISION 2020

*Maximizing your Stewardship with your
time, talents and treasure.*

Scripture

*"As each one has received a gift, use it to serve one
another as good stewards of God's varied grace"*

1 Peter 4:10.

*Faithful stewardship of natural talents and spiritual
gifts requires that we use them to glorify God and
edify others.*

*So, I turned to the Lord God and pleaded with him in
prayer and petition, in fasting, and in sackcloth and
ashes." Daniel 9:3*

Words from Reverend Dr. Gregory A. Sutton



As a spiritual family, we humble ourselves to God our Father in fasting, prayer, meditating and studying the Word of God.

We encourage you to seek the Lord in prayer and let your decisions about your spiritual fasting come from Him. Ask the Lord to show you those areas that you should focus on during your time of fasting and praying.

We believe that, as we pray and seek first the Kingdom of God and His righteousness, all things shall be added to us.

We encourage you as you go into the New Year to seek the things of God as a priority over the things of the world and to live a consecrated life. Consecrate means “to set apart for a specific purpose.”

Consecration is the giving of your life to God to do His will instead of your own. It means that you present your bodies to Him as a "living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

We beseech those with health problems to consult your doctor before beginning any type of fast. For medical reasons, some people may not be able to fast from food. However, anything that you can temporarily give up in order to focus on God can be considered your fast.

*Yours In Christ,
Gregory A. Sutton*

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What Is Fasting?

Fasting is primarily an act of willing abstinence or reduction from certain or all foods, drinks, or both, for a period of time. Biblically, fasting is a spiritual discipline as well as sacred. It is a voluntary choice of temporarily denying self from certain foods and drinks for the purpose of getting closer to God, by seeking Him in prayer, meditating and studying His word.

Please note: Fasting is accompanied by times of praying. Without prayer, a fast in and of itself is of no spiritual value.

Why Should I Fast?

Please know that we are not forcing you into a fast. Yes, we are aware that you can develop a relationship with God and experience many things without fasting, but scripture shows that the highest, richest and most powerful blessings go to those who fast often unto God.

In the Old Testament, fasting was the way individuals and the people humbled themselves (Psalm 35:13; 69:10; Isaiah 58:5). God's people have always fasted to humble themselves, to receive cleansing of their sins by repentance, for spiritual renewal, and for special help. Ezra called a fast to seek God's protection from the Jews returning from Babylon to Jerusalem (Ezra 8:21). Esther intervened on behalf of her people. She gathered the Jews together to fast for 3 days for God's deliverance (Esther 4:16).

Preparation Before Fasting

Before You Begin:

We strongly recommend that you consult your doctor before fasting; especially if you are concern about how fasting might affect your health.

Undergoing a fast, can take a toll on your body if you have a preexisting condition; make sure you get a physical or talk to your doctor before you begin. Make sure your body is strong enough to handle limited consumption of food.

In order for you to be effective in your fasting, you must prepare physically and spiritually. Fasting and prayer bring surrender of body, soul, and spirit to our Lord and Savior, Jesus Christ.

Fasting reduces the power of self so that the Holy Spirit can do a more intense work within us. By humbling our souls, fasting releases the Holy Spirit to do His special work of revival in us.

Prepare Physically

Everyone's body responds differently to fasting, and if you never fast before, it can be difficult to predict how you will feel.

Take a few days or a week to physically prepare before launching into a fast. Please do not overeat or go to a buffet restaurant on the eve of the fast, hoping to stock up on food in your body or eat a lot of sweets.

Prepare Spiritually

The foundation for fasting and prayer is repentance. Be ready to repent and be transformed. Surrender everything to Him. Be completely open, part of preparing ourselves spiritually for a fast involves allowing God to purify our hearts. You don't want to enter a fast holding grudges, envy, pride, bitterness, jealousy, hurt or anger; because if you don't release these the enemy will use it against you to distract you from the fast.

Confess your sins to God. *1 John 1:9*

Repent— *Psalms 51*

Seek forgiveness from anyone you have hurt and may have offended and forgive those who have hurt and offended you.

Mark 11:25, Luke 11:4

Surrender your life fully to Jesus and reject the worldly desires that will try to hinder you.

Romans 12:1-2

Ask for strength to resist the temptation to break your fast and consecration.

Job 23:12; 1 Corinthians 10:13; James 1:14

Don't underestimate spiritual opposition.

Read Galatians 5:16-17

What Fasting Does?

Fasting reduces the power of self so that the Holy Spirit can do a more intense work within us. Fasting also renews us; by humbling our souls, fasting releases the Holy Spirit to do His special work of revival in us. This allows our relationship to change with God, taking us into a deeper life in Christ and giving us a greater awareness of God's authenticity and presence in our lives.

Spiritual Fasting directs our hunger toward God and it clears the mind and body of earthly things and draws us closer to God. Spiritual fasting brings us into unity with God; and as we humbly deny things of the flesh, we enhance our spiritual growth, and build an intimate relationship with the Lord.

What's the difference Between Spiritual Fasting and Dieting

Spiritual Fasting is sacred. It is primarily an act of willing abstinence or reduction of all or certain foods, drinks or both for a period of time, for the purpose of getting closer to God. It's a time of consecration from things of this world to the things of God. Spiritual fasting is for spiritual purposes.

Dieting is the practice of eating food to decrease, maintain, or increase body weight. Dieting is for physical purposes.

Gradually start cutting out a few things so that your body won't be suffering from major cravings along with hunger pangs such as caffeine, coffee, tea, sugar, sweets, breads, meat and other addictive foods and beverages. Avoid food that is high in sugar and fat.

By reducing the amount that you eat, you are preparing both your body and your mind for the fast. Two days prior to the fast, eat raw fruit and vegetables only.

****Drink lots of water when preparing to fast to begin the cleansing process.**

Avoid tap water and drink purified water or distilled water instead. "Water flushes the toxins from your system, which helps you get off to a good start.

****Helpful Tips:***

You will experience hunger pangs the first few days, so keep your fridge and pantry stocked with food items that you will need.

*Try to avoid watching TV during your fasting periods so that you won't be tempted to eat from watching all the food commercials.

Example: If you skip lunch because you have been eating too much or you need to cut back on eating to fit into a particular outfit or you want to lose weight; then that is dieting. But, if you skip lunch and use that time frame (30 minutes, 45 minutes, or one hour) to read the Word of God, pray and worship the Lord and to seek His will, or direction, etc., then that is fasting; because you are using the time that you would normally feed the flesh to feed your spirit. Your hunger is toward seeking God and getting fed rather than getting full from physical nourishment.

What Are Some Things to Expect During Fasting?

Whenever you fast, your body detoxifies, eliminating toxins from your system; which may cause some discomfort such as headaches; some light-headedness, nausea, dizziness, bad breath, hunger pangs or stomachaches. This is your body adjusting from using the food you normally eat and the withdrawal from caffeine and sugars. As you deal with the inevitable physical and mental pain that comes with fasting, remind yourself why you are fasting in the first place, and ask the Holy Spirit to help you resist the temptation of eating what you are craving. Pray often throughout the day and seek the Lord so that you are not distracted or tempted to eat food that is not included in the fast.

STRESS STRATEGIES

pray on a regular basis

learn to delegate

listen to soothing music

consider calming scents

laugh more



Foods to include in your diet during Fast...

All Fruits: *(watch for added sugar)* Apples Guava, Apricots, Melons, Avocados, Kiwi, Bananas, Lemons, Bernies, Limes, Blackberries, Mangoes, Blueberries, Nectarines, Cantaloupe, Oranges, Cranberries, Peaches, Pears, Grapefruit, Pineapples, Grapes, Plums, Prunes, Raisins.

All Vegetables: *(watch salt content)* Artichokes, Onions, Asparagus, Parsley, Beets, Peppers, Broccoli, Potatoes, Brussels Sprouts, Radishes, Cabbage, Rutabagas, Carrots, Scallions, Cauliflower, Spinach, Celery Sprouts, Chili Peppers, Squash, Collard Greens, Sweet Potatoes, Corn, Tomatoes, Cucumbers, Turnips, etc.

Legumes: Dried beans, Green Beans, Black Beans, Green Peas, Cannelli Beans, Kidney Beans, Pinto Beans, Peanuts, Split Peas, Lentils, Black Eyed Peas and White Beans.

Seeds: All nuts (raw, unsalted) Sunflower, Sprouts, Sesame, Ground Flax, Almonds, Cashews, Natural Almond Butter, Walnuts.

Whole Grains: Whole Wheat, Barley, Brown Rice, Grits (no butter), Whole Wheat Pasta, Quinoa, Tortillas, Oats, Plain Rice Cakes, Rolled Oats, (Old fashion) Oatmeal.

Liquids: Water (spring, distilled, filtered)

Please Note: If you have any condition which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine and fast in that manner for the next 21 days...

Remember the details are not as important as the spirit in which you participate. If you have any known medical condition or suspect such conditions, consult your doctor before beginning the Fast.

"Test your servants for ten days; let us be given vegetables to eat and water to drink."
Daniel 1:12

Fasting in the Bible

*how to diet like
Daniel did*

At the end of the ten days they looked healthier than any of the young men who ate the royal food.
Daniel 1:15



fruits



veggies



nuts



grains

52-week
cleansing fast



spiritual, mental &
physical connection

Eat **5** small
meals every day

spiritual health



The power of prayer.

The Daniel Fast not only nurtures your body, but your soul as well.

Pray for the ability, strength and determination to complete the fast.

Use God's power in your life and treat your body and mind with the care that he intended.

The proof:

Daniel ate vegetables instead of the king's lavish meals. After 10 days, Daniel was healthier than the king's men.



At Saddleback congregation, 12,000 members worked together to lose more than 250,000 pounds.

mental health



Control your desires.



The average American eats 130 pounds of sugar and 134 pounds of flour a year.

Challenge yourself mentally and practice restraint.

Build healthy habits and perspectives for every day life.

Creators of the Daniel Plan:

Pastor Rick Warren
Dr. Mehmet Oz
Dr. Daniel Amen
Dr. Mark Hyman

physical health



Achieve your goals.



90% of participants ate starch, sugar and milk products before the fast



90% of participants saw no need to change their diet before the fast



80% of the population suffers from sickness and tiredness

eliminate

Toxins, Bloating, Cravings,
Fluid retention, Headaches,
Food addictions, Hot flashes,
Insomnia, Overeating,
Indigestion, Tiredness

In the New Testament, Luke records the account of a prophetess named Anna who in her eighties "never left the temple but worshipped night and day, fasting and praying" (Luke 2:36-37).

Jesus fasted. He is our pattern. He set the example by fasting forty days. (Matthew 4:1-2). Jesus made it clear in Matthew 6:17-18 that fasting, like giving and praying, was a normal part of Christian life. It was a matter of when believers would fast, not if they would do it.

Why Are We Fasting?

The purpose of spiritual fasting is to remove our focus from the physical things of this world and fervently/strongly concentrate on God. We are fasting in order to deepen our relationship with God and to seek Him for His plan and purpose for us for this coming year. The overall goal is to spend time in the Presence of the Lord and experience a spiritual renewal.

Our Corporate Focus

Corporately, we are to pray for our community, our Pastor & First Lady, their families, our church leadership, church finances, our nation, our President and other elected officials as well as your personal concerns. The key is to gradually prepare your body. Reduce your food intake; start eating smaller portions seven days before you begin your fast.

****Helpful Tip:***

You will experience hunger pangs the first few days, so keep your fridge and pantry stocked with food items that you will need. *Try to avoid watching TV during your fasting periods so that you won't be tempted to eat from watching all the food commercials.

Our Chosen Fast

The Daniel Fast

Your Journey into God's Favor

What Is a Daniel Fast?

The concept of a Daniel fast comes from Daniel 1:8-14. The Daniel Fast is a biblically based partial fast, which means that we will eliminate some common things from our daily diet.

The Timeframe

Sunday, January 5th-Begin the "Daniel Fast"
This plan will continue for the next 21 days through
Saturday, January 25, 2020
We will come together as a church for
CONSECRATION
Sunday, January 26, 2020
10:30 am

The Fast Menu

Fruit and Vegetables

Liquids: Water

Some Biblical Reasons for Fasting

Fasting is a way to humble yourself in the sight of God.

Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in repentance, and brokenness.

Fasting can change your prayer life in a richer spiritual experience.

Fasting and Prayer brings about a revival, a change in the direction of our nation.

Fasting and Prayer can pull down spiritual strongholds and releases the power of God in your life.



HOW TO BREAK-FAST

Pray. Always, Break your fast with prayer. Do not break your fast with a large meal or heavy meal. This is very important because your stomach will have shrunk and need to get accustom to eating regular size portions again. So, begin eating smaller portions gradually until your body has digested to your normal food intake.

Drink plenty of water to make sure your body is hydrated. Keep in mind that it will take your body just as many days as you fasted to adjust back to normal eating.

***Be prepared to have an upset stomach; when you first start eating your normal food. Don't be alarmed if this happens; your body is just reintroducing food to your system.**

Be Expectant

No two persons will experience the same effects of a fast because no two persons go into it in exactly the same condition or with the same needs. But if you sincerely humble yourself before the Lord in repentance, worship and consistently pray and meditate on His Word, you will experience a heightened awareness of His presence.

We pray that you are passionate about developing a deeper and intimate relationship with God and no matter where you may be spiritually, we pray that you experience a spiritual refreshing, a time of reconnecting and recommitting to the Lord.

***SOME BASIC THINGS WE CAN DO TO HAVE A
CLOSER RELATIONSHIP WITH GOD***

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The Prayer Focus for the next 21 days
Beginning January 5, 2020

Time of Reflecting and Repentance

Breaking Down Barriers/Elimination Period

Thirsting for God/Seeking Him

Dedicate time to reading God's Word-reflect deeply on the meaning of the scriptures and their application to your life.

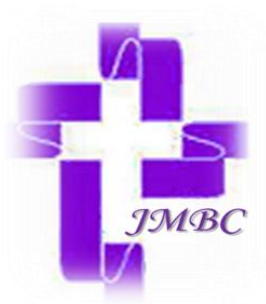
Meditation

Commitment of Submitting Your Will to the Lord

Spend time in the Presence of the Lord

Praying/Conversing with God

Worship/Showing reverence and adoration/devote time of listening to music/praising God.



My Thoughts.....

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The Holy Bible
Scripture Readings

1 Corinthians 7:5

1 Samuel 7:7

2 Samuel 1:12

Acts 13:2

Acts 14:23

Daniel 10:3

Esther 4:16

Exodus 34:28

Joel 2:12

Luke 2:37

Luke 18:12

Nehemiah 1:4

Psalms 69:10

Psalms 35:13-14

Joel 2:12-13

Acts 13:3-4

Daniel 9:3-5

2 Samuel 12:15-17

1 Kings 21:25-27

Luke 4:2-4

Ezra 8:21-23

Matthew 6:16-18

Isaiah 58:3-7

Jonah 3:5-9

Luke 18:1-12

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