



DANIEL FAST

JANUARY 21 - FEBRUARY 10, 2019

"Forget about what's happened; don't keep going over old history. Be alert, be present. I'm about to do something brand-new. It's bursting out! Don't you see it? There it is! I'm making a road through the desert, rivers in the badlands." Isaiah 43: 18-19 (MSG)



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#FaithForNew2019

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THE DANIEL FAST 2019

CHRISTIAN TABERNACLE CHURCH OF GOD



Pastor Kevin T. Hart, Sr.

2033 11th St NW, Washington, DC 20019

website: ctcoginc.org

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21 DAY FAST
WEEK ONE

The Daniel Fast 2019

- **Philippians 3:13-14**
- **Galatians 2:20-22**
- **Matthew 6**
- **2 Corinthians 5:17-18**
- **Luke 9:62**
- **Psalms 37**
- **Isaiah 43:18-19**

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21 DAY FAST
WEEK TWO

The Daniel Fast 2019

- **Jeremiah 1:11-12**
- **Isaiah 41:10**
- **Deuteronomy 20:4**
- **1 John 5:14-15**
- **Matthew 7:7-12**
- **Hebrews 11**
- **2 Corinthians 5**

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21 DAY FAST
WEEK THREE

The Daniel Fast 2019

- **Mark 11:22-24**
- **Matthew 21:21-22**
- **Romans 10**
- **James 2:14-26**
- **1 Corinthians 10:13**
- **James 1:5-8**
- **Philippians 4:13**

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Please make sure to READ THE LABEL when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods.

Foods to include in your diet during the Daniel Fast

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, watermelon

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

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, 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

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.

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, date honey, agave, stevia 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, com chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS