

# **21 DAYS OF FASTING - 2024**

*Never take fasting lightly. Some things only happen with prayer and fasting!*

**Monday, January 15<sup>th</sup>, through Monday, February 5<sup>th</sup>**

## **Days of Denial (or a Daniel Fast)**

*For those who are sick or on medications, please consult your doctor or local Pharmacist about this Fast/Denial*

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### **COVERING THESE THINGS DURING THE FAST**

- Compassion for others
- Spiritual growth with a stronger prayer life
- Our personal relationship with God
- Stronger bond among and unity of church members
- Outreach to souls in the community – touching more lives.
- Prison ministry outreach
- Good physical and mental health
- Prosperity and unity of families
- Praying against those things that will hinder and block our blessings – division, backbiting, and other negative habits.
- Praying against those who spread rumors to stop others from being blessed.
- Those personal things in your life that you want to ask the Lord for

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### **SPIRITUAL RESULTS**

1. FASTING WILL HELP ESTABLISH ONE'S AUTHORITY IN THE WORD OF GOD
- 2.. FASTING AND PRAYER ALSO AID IN THE RELEASE OF GOD'S POWER IN YOUR LIFE
3. FASTING ALLOWS GOD TO GIVE YOU FRESH REVELATIONS
4. FASTING WILL PLACE YOU AND THE CHURCH IN A POSITION TO RECEIVE SPIRITUAL DIRECTION
5. FASTING WILL RELEASE YOUR FINANCES WHICH THE ENEMY HAS STOLEN
6. FASTING WILL UNDO UNBELIEF
7. FASTING WILL BRING EXPLOSIVE CHURCH GROWTH
8. FASTING AND PRAYER WILL BRING BOLDNESS
9. FASTING WILL PUT YOUR PRAYER LIFE IN FOCUS
10. FASTING HAS MANY HEALTH BENEFITS, SUCH AS LOWERING BLOOD PRESSURE AND STRESS

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### **PHYSICAL RESULTS**

- \*Cleans out your body
- \*Helps lower your cholesterol level
- \*Makes you feel and look better physically
- \*Helps lower your blood pressure
- \*Sharpens your mental processes

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### **SCRIPTURE READING**

***Meditate in the Word & Spend time in Prayer daily.***

Scriptures for daily meditation will be emailed & posted online weekly

They will also be available via the church website at [www.AbidingFaithcc.org](http://www.AbidingFaithcc.org)

#### **Suggested Daily Readings**

**Psalms** – Read one chapter

**Proverbs** – Read one-chapter

**Old Testament:** *Isaiah 58*

*Jeremiah 8: 18 - 22*

**New Testament:** *Book of James*

#### **Other recommended scriptures**

Zephaniah 3: 17

Mark 12: 28-31

Romans 13

1 John 4

# DANIEL FAST FOOD LIST

You want to consume as many all natural, non-processed products as possible. Use fresh vegetables, herbs, and spices in your cooking. ~ If you are in doubt, do not eat it.

**100 % JUICES:** Such as orange, apple, tomato, cranberry, grape, mango, strawberry-banana and any other of your favorite fruits or vegetables. Smoothies made with fresh fruit and juice is acceptable. Be careful of juice blends; they contain added sugars.

**COFFEE** – Decaf with plain creamer (*no sugar sweeteners that are found in flavored creamers*)

**HERBAL TEAS** – Use honey or raw sugar to sweeten (*no white sugars or sugar substitutes like Splenda*)

**VEGETABLES:** Such as lettuce, celery, carrot, cabbage, corn, broccoli, onion, potato, spinach, mushrooms, turnip, collard greens, bell peppers, cauliflower, mixed vegetables, etc.

**DAIRY PRODUCTS:** Butter (*all natural*); Sour cream, Cream cheese; Natural cheeses from the deli or deli-style (*such as Swiss, cheddar, provolone, etc.*). **NO** processed cheese foods or spreads.

**EGGS:** Just don't overdo it.

**SEAFOOD** – Any fin-fish is fine; do not eat fried fish. No shellfish such as shrimp, crab, lobster, clams, etc.

**NUTS:** Unsalted nuts (*i.e. almonds, peanuts, walnuts, pecans, etc.*); also fresh ground peanut butter (*not commercial brands such as JIF*). Nuts seasoned with Sea Salt are acceptable

**CARBOHYDRATES: POTATOES** (White or sweet potatoes; not fried); **RICE** (Brown); **WHOLE GRAIN OATMEAL OR CEREALS; WHOLE GRAIN BREADS** –Wheat, oat, rye, sunflower, etc.; **WHOLE GRAIN PASTA**

**FRUITS:** All such as bananas, oranges, apples, grapes, strawberries, mangos, tangerines, melons, guava, kiwi, tomato, etc. Dried fruits are also good. Avoid those with added sugars.

**WATER:** Drink plenty of plain water (or add fresh lemon for flavor)

**SOY OR NUT-BASED PRODUCTS:** Be careful of milks that use artificial flavorings. There are a variety of non-dairy milks (soy, rice, almond, etc.) on the market for consumption. Read labels carefully for additives and sugars.

**SALAD DRESSINGS:** Italian (*no creamy or ranch style*), Vinegar, Vinegar with Olive oil or Vinaigrettes. Citrus based dressings are fine.

**TOFU OR TOFU PRODUCTS**

**VEGGIE BURGERS & VEGGIE-BASED MEAT SUBSTITUTES**  
Many vegan food products can be consumed on the Daniel Fast Diet; read labels.

**BEANS:** Lentils and peas of all kinds (*such as red beans, black beans, black-eyed peas, etc.*). **NO** Pork & Beans or any beans that have been precooked or sit in any animal oils. Frozen should be OK.

**SALTS:** – **SEA SALT** is OK. **Avoid** regular salt (*sodium chloride*) and seasoning mixes that contain regular salt.

**HERBS & SPICES:** Use fresh herbs and spices in cooking when possible. Mrs. Dash or similar salt-free alternatives are fine. Dried herbs & spices that do not have added salt are also good for cooking.

**SWEETNERS:** All natural raw sugar (brown) or honey is acceptable. White sugar substitutes such as Splenda & Equal are processed and should be avoided. (There are some all-natural sugar substitutes that can be consumed such as Stevia.)

**OILS:** Oils of choice are pure olive and canola. Use for cooking purposes but not regular frying. Avoid other vegetable oils (soybean, corn, etc)

## ITEMS TO AVOID

Saturated oils (such as margarine)      Commercial brands of peanut butter  
Other meats (such as chicken, turkey, pork, beef/veal, lamb)

Regular fried or deep-fat fried foods  
Processed meats & cheese food products

## ADDITIONAL NOTES:

• Refer to other information about the fast on the church website ([www.abidingfaithcc.org](http://www.abidingfaithcc.org))

• For those with medical issues, govern yourselves according to your physician's instructions. For women who are pregnant, nursing or having female issues, please consult with Asst. Pastor Stubbs.