



Vincent C. Allen
Senior Pastor

Agape Fellowship Ministries

December 21, 2017

Prayer Concentration for the Month of January

Again, we are embarking upon another year of seeking the things of God during the first month of the year. While we fast there are specific issues that we as a church body will meditate on as a communal body. With exhaustive Bible reading, study, prayer, fasting, and meditation we plan to be relational in 2018. Our theme for 2018: "Obedience; Consciously Submitting to Divine Volition in 2018," will guide our time of prayer and fasting. The following topics are our concentration as the Lord continues to envelope our "Fellowship." Also, we will be lead in this quest each night from 6:30pm-7:30pm.

January 1-3—Obedience as we surrender to the "will" of the Lord as a Family as we aide experiencing God's Volition in 2018—Pastor and First Lady, Deacon and Mother Jones, Minister Matthews

January 4-6—Obedience in our relationship building in the ministry in 2018—Pastor and Mother Holman, Mother Archibald, and Deacon and Deaconess Moore, Mothers Board

January 7-9—Obedience in "Doing/Living" out the Word of God—Pastor and Sister Cendy Armstrong, Sister Latriece Williams, Minister Jackson, and Sister S. Moore, Brother S. Williams

January 10-12—Obedience amongst the clergy to work under "Divine Volition"—Elder and Deaconess Reynolds, Ministers Alphonso and Zenetta Grant, Deacon and Sister Calderon, and Sister Green

January 13-15—Obedience in Experiencing the Indwelling of the Holy Spirit—Elders Patrick and Claudia Barnes, Brother and Sister McClam, and Sister Belton, Mother Johnson

January 16-18—Obedience within our Youth ministry for their identity in 2018—Minister and Sister Evans, Minister Crawford, and Sister Holland, and Youth Department

January 19-21—Obedience in praying for our Local, State, and National Leaders—Pastor and Sister Alysia Williams, Deacon and Sister Grate, Minister Haynes, and Minister and Sister Brown

January 22-24—Obedience in within and without the church community—Elder and Evangelist Staten, Minister Cole, and Sister Bell, Sister Crain, and Mother Patterson, Brother and Sister Wesley

January 25-28—Obedience to add fervor to our worship experience in 2018—Deacon and Deaconess Key, and Minister Donald, Sister Terry, Sister K. Moore, and Young Adults

January 28-30—Obedience in recognizing and involving ourselves in the lives of hurting and suffering of humanity—Elder and Deaconess Morton, Elder and Sister Marshall, and Brother and Mother Parker

January 31—Obedience in cultivating a contemplative prayer life within the Fellowship throughout 2018—Pastor, First Lady Allen, and the entire congregation



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Body Cleansing and Spiritual Long-Term Fasting

“Howbeit this kind goeth not out but by prayer and fasting.” Matthew 17:21

“I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all; till three whole weeks fulfilled.” Daniel 10:3

Let Thy Food Be Thy Medicine and Thy Medicine Be Thy Food
Hippocrates, Father of Medicine 460-377 BC

The “31 Day” Fast is related to the mourning of Daniel—one of the sons of the Hebrew men who were taken captive into Babylon—as he was seeking Jehovah he had a vision with an angel who ministered unto him and informed him that his petition was heard by Jehovah the first day he had prayed.

The cleansing and fasting plan is designed to help everyone work into a safe, healthy, and productive fast as you seek to enhance your awareness of God’s presence, leading, and guidance.

We should have taken seven days (7 days—beginning after Christmas) to “detox” our bodies then the actual 31 days (month of January) of prayer and fasting. From February 1 to 7 we will have another week (after the fast) to gradually introduce food back into our bodies. It is imperative that we follow the plan to ensure we do not do any harm to our bodies. With the detoxification of food from our bodies, we must increase our meditation, prayer, and scriptural reading.

Others may just do the fast for the entire 31 days. Or you can do 31 days with only one meal a day. The point is to find a means to deny you and seek the will of the Lord.

Lastly, everyone is advised to consult with their physician if they have medical issues before beginning the plan. Also, please seek to have a “detox” partner, someone who you can have accountability. This is important, especially as you may feel the need to converse with someone as you move forward. If you have any queries, please feel free to contact your physician or one of our medical professional.

SPIRITUAL PRAYER AND FASTING 21 DAYS

“I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.” (Daniel 10:3)

PURPOSE: The purpose of fasting is to strengthen you spiritually, mentally and physically. The goal is to help cleanse your temple of the destructive and negative forces that interfere with your relationship with God. Through fasting, your ability to hear, see, and accomplish God’s plan will become clearer. During the fast, you will gradually eliminate the toxic and degenerative foods from your diet and rebuild your body with healthier choices.

INSTRUCTIONS: It is important that you eliminate each of the following for the entire 31 days.

- Junk food and snacks
- Beverages with caffeine, carbonation, corn syrup, fructose, and sugar
- Television and movies (home or theater) and radio. You want to quiet the noise that feeds your subconscious mind (Spiritual, gospel or meditation programs only)
- Intimate relations (I Corinthians 7:5) (Both must agree)
- Addictive habits such as alcohol, smoking, gossiping, etc.

OPTIONS: You can either do the 31 days with fluids only or with solid subsistence. As you choose one these fasting options you will learn they are designed to cleanse and challenge you at your level of nutrition. The liquid fast is especially challenging and is not recommended if you have never fasted before.

FOOD FACTS: Most natural/holistic practitioners contend that meat, meat products and processed foods such as white sugar, white rice and white flour, along with chemical food additives cause many of the diseases suffered by the human body.

RESULTS: Healthier lifestyle choices help each of us to be more constructive workers for God. As we move away from negative habits (eating, addictions, lack of exercise), our bodies feel better, we look better and our attitudes are more pleasant. The fast option you choose should serve as a catalyst for living a more divine life and becoming an instrument for God.

IF YOU HAVE ANY HEALTH ISSUES OR CONDITION WITH NUTRITIONAL IMPLICATIONS SUCH AS DIABETES, HEART, LIVER, OR KIDNEY DISEASE, SEEK THE ADVICE OF A PHYSICIAN BEFORE PARTICIPATION IN THIS FAST!!!

ITEMS TO COMPLIMENT THE FAST

1. **INTERNAL COLON AND BODY CLEANSERS** (Use in minimal amounts)
 - ❑ Psyllium husk (natural laxative)
 - ❑ Aloe vera juice or gel
 - ❑ Cascara sagrada (natural laxative)

2. **NATURAL NUTRITION SUPPLEMENTS**
 - ❑ Wheat grass
 - ❑ Spirulina
 - ❑ Chlorophyll (blood purifier)

3. **HERBAL TEAS** (bag or loose)
 - ❑ Pau D'arco (blood cleanser, healer)
 - ❑ Red Clover (appetite suppressant)
 - ❑ Chamomile (relaxant)
 - ❑ Gotu kola (energy, brain food)
 - ❑ Peppermint (relaxant, appetite stimulant)
 - ❑ Golden seal (antibiotic, healer)
 - ❑ Red raspberry (helps female reproductive problems)

4. **ADDITIONAL NATURAL FOODS/SPICES**
 - ❑ Olive oil (lubricates colon, aids in digestion) – substitute for margarine/butter
 - ❑ Cayenne (stimulant, blood circulator)
 - ❑ Black strap molasses (iron substitute)
 - ❑ Liquid kyolic (aged garlic extract without scent of garlic)

5. **EXTERNAL BODY CLEANSERS**
 - ❑ All natural soaps
 - ❑ Epsom salts – add 1-4 pounds to bath to help soothe the body and achy muscles. Soak for a maximum of 30 minutes. Then shower in cool water to stimulate circulation.
 - ❑ Oils – pure and nontoxic such as peppermint, almond and eucalyptus

IMPORTANT FAST RECOMMENDATIONS

- ❑ Increase water consumption to 3-4 quarts per day.
- ❑ As you eliminate meat (all flesh food) from your fast, be sure to increase your intake of vegetables.
- ❑ Fruit consumption is encouraged, especially apples, pears, melons, papaya, grapes. These fruits help to cleanse the body and will limit acid in the stomach. Bananas may be eaten, but only when ripe with brown spots-no green edges. Citrus fruits are not recommended because of their acidic nature.
- ❑ Consider investing in an economical juice machine that will increase the nutritional value of juices, especially for vegetable juices. If you do not have a juicer, purchase fresh pressed vegetable juices and non-concentrated juices from a health center or health foods store (Fresh Fields, Trader Joe's, etc.).
- ❑ Drink natural, non-pasteurized fruit juices. Non-concentrated is preferred. Apple and cranberry helps to cleanse the body. Avoid all added sweeteners such as extra, fructose, corn syrup and sugar.
- ❑ Strict vegetarians are especially advised to use a juice machine. Juice machines ensure "live" juices that have more nutrients. Drink the juice soon after preparation.
- ❑ Steam vegetables for 2-3 minutes in a little water to preserve vitamins and minerals. Over cooking will kill the nutritional value of your vegetables. Eat okra in abundance – great for the colon. You may add olive oil sparingly to cooked vegetables or raw salads – also good for the colon.
- ❑ Create your own salad dressings using olive oil, apple cider vinegar and spices (onion, garlic, basil, and cayenne).
- ❑ For salt, it is preferable to use sea salt after cooking. All spices are welcome except black pepper – use cayenne instead (stimulate blood circulation). Spices such as basil, bay leaves, and ginger are excellent. NO CONDIMENTS – mustard, mayonnaise, ketchup, hot sauce, relish, etc.
- ❑ Over consumption of vegetables before the days when you only drink fluids may cause a faster's "detox" (headaches, rashes, nightmares). Limit portions to avoid an overactive appetite.
- ❑ Include one daily natural cleanser in your fast, such as Psyllium husks, or the commercial product Metamucil (1 tablespoon in juice daily).
- ❑ Steam vegetable pulp extracted from juicer and store to use as broth or soup.

DAILY SCRIPTURAL MEDITATIONS

—That you may walk (live and conduct yourselves) in a manner worthy of the Lord, fully pleasing to Him and desiring to please Him in all things, bearing fruit in every good work and steadily growing and increasing in and by the knowledge of God with fuller, deeper, and clearer insight, acquaintance, and recognition.

Colossians 1: 10

—You, therefore, must be perfect growing into complete maturity of godliness in mind and character, having reached the proper height of virtue and integrity, as your heavenly Father is perfect.

Matthew 5: 48

—The righteous shall flourish like the palm tree be long-lived, stately, upright, useful, and fruitful; they shall grow like a cedar in Lebanon majestic, stable, durable, and incorruptible.

Psalms 92:12

—I planted, Apollos watered, but God was making it grow and gave the increase.

1 Corinthians 3: 6

—So neither he who plants is anything nor he who waters, but only God Who makes it grow and become greater.

1 Corinthians 3: 7

—But the Word of the Lord concerning the attainment through Christ of salvation in the kingdom of God continued to grow and spread.

Acts 12: 24

—He who leans on, trusts in, and is confident in his riches shall fall, but the righteous shall flourish like a green bough.

Proverbs 11: 28

—And there shall come forth a Shoot out of the stock of Jesse, and a Branch out of his roots shall grow and bear fruit.

Isaiah 11: 1

—Planted in the house of the Lord, they shall flourish in the courts of our God.

Psalms 92: 13

— Growing in grace they shall still bring forth fruit in old age; they shall be full of sap [of spiritual vitality and [rich in the] verdure of trust, love, and contentment.

Psalms 92: 14

—Which has come to you. Indeed, in the whole world [that Gospel] is bearing fruit and still is growing [by its own inherent power], even as it has done among yourselves ever since the day you first heard and came to know and understand the grace of God in truth. You came to know the grace or undeserved favor of God in reality, deeply and clearly and thoroughly, becoming accurately and intimately acquainted with it.

Colossians 1: 6

—Behold, I will liken you to Assyria, a cedar in Lebanon, with fair branches and with forestlike shade and of high stature, with its top among the thick boughs even among the clouds. The waters nourished it; the deep made it grow tall; its rivers ran round about its planting, sending out its streams to all the trees of the forest the other nations.

Ezekiel 31: 3-4

—And on the banks of the river on both its sides, there shall grow all kinds of trees for food; their leaf shall not fade nor shall their fruit fail [to meet the demand]. Each tree shall bring forth new fruit every month, [these supernatural qualities being] because their waters came from out of the sanctuary. And their fruit shall be for food and their leaves for healing.

Ezekiel 47: 12

—He who speaks in a [strange] tongue edifies and improves himself, but he who prophesies [interpreting the divine will and purpose and teaching with inspiration] edifies and improves the church and promotes growth [in Christian wisdom, piety, holiness, and happiness].

1 Corinthians 14: 4

—You foolish man! Every time you plant seed, you sow something that does not come to life [germinating, springing up, and growing] unless it dies first. Nor is the seed you sow then the body which it is going to have [later], but it is a naked kernel, perhaps of wheat or some of the rest of the grains.

1 Corinthians 15: 36-37

—In Him the whole structure is joined (bound, welded) together harmoniously, and it continues to rise (grow, increase) into a holy temple in the Lord [a sanctuary dedicated, consecrated, and sacred to the presence of the Lord].

Ephesians 2: 21

—And say to him, Thus says the Lord of hosts: [You, Joshua] behold (look at, keep in sight, watch) the Man [the Messiah] whose name is the Branch, for He shall grow up in His place and He shall build the [true] temple of the Lord.

Zechariah 6: 12

—And other seed [of the same kind] fell into good (well-adapted) soil and brought forth grain, growing up and increasing, and yielded up to thirty times as much, and sixty times as much, and even a hundred times as much as had been sown. Mark 4: 8

—We do not boast therefore, beyond our proper limit, over other men's labors, but we have the hope and confident expectation that as your faith continues to grow, our field among you may be greatly enlarged, still within the limits of our commission.

2 Corinthians 10: 15

—And not holding fast to the Head, from Whom the entire body, supplied and knit together by means of its joints and ligaments, grows with a growth that is from God.

Colossians 2: 19

—For as the earth brings forth its bud, as the garden causes the things that are sown in it to spring forth, so the Lord GOD will cause righteousness and praise to spring forth before all the nations. ~ Isaiah 61:11(NKJV)

BIBLE SCRIPTURES ON GROWTH IN GRACE

—And this I pray, that your love may abound yet more and more in knowledge and in all judgment; That ye may approve things that are excellent; that ye may be sincere and without offence till the day of Christ; Being filled with the fruits of righteousness, which are by Jesus Christ, unto the glory and praise of God.

Philippians 1:9-11 KJV

—But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord. (2 Corinthians 3:18 KJV)

—The LORD will perfect that which concerneth me: thy mercy, O LORD, endureth for ever: forsake not the works of thine own hands. (Psalms 138:8 KJV)

—But the path of the just is as the shining light, that shineth more and more unto the perfect day. Proverbs 4:18 KJV

—I press toward the mark for the prize of the high calling of God in Christ Jesus. Let us therefore, as many as be perfect, be thus minded: and if in anything ye be otherwise minded, God shall reveal even this unto you. Nevertheless, whereto we have already attained, let us walk by the same rule, let us mind the same thing. (Philippians 3:14-16 KJV)

—Furthermore then we beseech you, brethren, and exhort you by the Lord Jesus, that as ye have received of us how ye ought to walk and to please God, so ye would abound more and more.

1 Thessalonians 4:1 KJV

—We are bound to thank God always for you, brethren, as it is meet, because that your faith groweth exceedingly, and the charity of every one of you all toward each other aboundeth;

2 Thessalonians 1:3 KJV

—"Take pains with these things; be absorbed in them, so that your progress will be evident to all."

1 Timothy 4:15

—"Like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation, if you have tasted the kindness of the Lord."

1 Peter 2:2-3

—"Grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory, both now and to the day of eternity. Amen."

2 Peter 3:18

—"Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth."

2 Timothy 2:15

—"Therefore leaving the elementary teaching about the Christ, let us press on to maturity, not laying again a foundation of repentance from dead works and of faith toward God."

Hebrews 6:1

—"Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge, and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness, and in your godliness, brotherly kindness, and in your brotherly kindness, love.

—"For if these qualities are yours and are increasing, they render you neither useless nor unfruitful in the true knowledge of our Lord Jesus Christ."

2 Peter 1:5-8

—"As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming; but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ."

Ephesians 4:14-15

—"For this reason I bow my knees before the Father, from whom every family in heaven and on earth derives its name, that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God."

Ephesians 3:14-19

—"For this reason also, since the day we heard of it, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so that you will walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God; strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience."

Colossians 1:9-11

—"Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God."

Colossians 3:16

—"We all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit."

2 Corinthians 3:16

—"The righteous man will flourish like the palm tree, He will grow like a cedar in Lebanon."

Psalms 92:12

—"For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus. And this I pray, that your love may abound still more and more in real knowledge and all discernment, so that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ."

Philippians 1:6, 9, 10

DAILY BIBLICAL REFERENCES TO FASTING
(For Strength & Spiritual Focusing)

Day 1	Daniel 10:1-21
Day 2	Daniel 1:11-18
Day 3	Leviticus 7:19-38
Day 4	Leviticus 11:45
Day 5	Genesis 1:28-30
Day 6	Exodus 24:18
Day 7	I Corinthians 7:5
Day 8	Matthew 4:2
Day 9	Isaiah 58
Day 10	Psalms 35:13
Day 11	Luke 4:2
Day 12	Acts 9:9
Day 13	Joel 2:12
Day 14	Daniel 9:3
Day 15	Mark 2:13
Day 16	Acts 10:13
Day 17	Ezra 10:6
Day 18	Matthew 17:21
Day 19	Mark 9:25-29
Day 20	Nehemiah 1:4
Day 21	Zechariah 8:19

CLEANSING THE TEMPLE – PREPARATION FOR LONG-TERM FAST

- Day 1-2 Eliminate all flesh-meat, poultry and fish. Eat alternative-vegetable protein such as tofu, texturized vegetable protein (one good brand name is Veggie Ground Round), beans and sprouts.
- Day 3 Eliminate eggs and all dairy products: milk, butter, cheese, ice cream, dairy, dressings (ranch, creamy, blue cheese). Alternatives are soy margarine, soy milk, and olive oil.
- Day 4 Eliminate white rice, all bread, nuts and vegetable protein. Alternative is brown rice (good with olive oil and fresh pressed garlic).
- Day 5 Eliminate all starch i.e. potatoes, pastas, breads, etc. (except brown rice).
- Day 6 Eliminate beans, peas (green beans-ok), and brown rice. Steamed and raw vegetables and fruits only (include salads with plenty of green leafy vegetables.)
- Day 7 Eliminate all cooked foods. Only consume raw fruits and vegetables. Avoid over consumption of raw foods. Make your own dressing with olive oils and spices.

Congratulations, you have cleansed your body and proven your ability to deny your flesh. Have confidence in this, and build on it. Do not go back to old, unhealthy patterns.

Fast

- Day 1-31** There are recipes to assist in preparation of foods during the fast. Drink fresh pressed vegetable and fruit juices only, i.e., apple and cranberry. Use especially fresh natural juices since others may have added salt, preservatives and sweeteners. Prayer, meditation, relaxation, and rest are essential during these days!

Preparation For Food Intake

- Day 1 Add raw fruits and vegetables. (If you did liquids the entire 31 days.)
- Day 2 Add steamed vegetables.
- Day 3 Add beans, nuts and brown rice.
- Day 4 Add starches: potatoes, whole-wheat pastas, breads, and other rice.
- Day 5 Add whole grains and cereals (whole wheat, oat, buckwheat).
- Day 6 Add meat substitutes-vegetable protein (tofu and others).
- Day 7 Balanced meal with less meat and dairy products. Eat small meals regularly. Add fish if you desire, but reduce shrimp, crab, and lobster. They are the scavengers of the oceans and rivers, so if you eat them, you eat what they have eaten. They also have higher cholesterol and content.

After ending the fast, gradually add food not eaten during the fast. Eat light meals.

Daniel Fast

This information was primarily taken from the book “Fasting for Spiritual Breakthrough: A Guide to Nine Biblical Fasts” by Elmer L. Towns, published in 1996 by Regal Books, Ventura, California.

Our body is designed to heal itself. When a disease enters our body from bad dietary habits or from the outside, our bodies begin to fight it. Doctors, surgery, or medicines are most often designed to remove the source of the problem, but the healing is done by the body itself. Many common diseases are easily prevented with basic good nutrition and exercise habits.

STEP ONE: BE SPECIFIC

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king’s food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king’s food had been offered up to idols/demons.

STEP TWO: FAST AS A SPIRITUAL COMMITMENT

The Daniel Fast involves a spiritual commitment to God. “Daniel proposed in his heart that he would not defile himself” (Dan. 1:8).

STEP THREE: REFLECT INNER DESIRE BY OUTER DISCIPLINE

Many people have an inner desire for better health, but they can’t discipline themselves to avoid junk food, and other foods that were not good for health. The physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following factors:

1. Your food choices.
2. The level of your spiritual commitment as reflected in constant prayer during the fast.
3. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don’t stop on Day 9.
4. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body.

Faith is foundational to the Daniel Fast.

STEP FOUR: PRAY TO PERCEIVE SIN’S ROLE IN POOR HEALTH

Notice James 5:13-16:

- Lack of health/healing may be the result of biblical and spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake.
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well.
- The anointing oil could mean.
 1. medicine for healing,
 2. symbolic of the Holy Spirit, or
 3. it could be baptism.
- Prayer alone may not gain healing, faith is the major factor.

- In Greek there are several words for “sick.” James uses “Kanino”, which not only includes disease, but also means weak or weary.
- Attitude is important. James said, “are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.”

STEP FIVE: FAST AS A STATEMENT OF FAITH TO OTHERS

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king’s food.

STEP SIX: LEARN THE EFFECTS OF THE FOOD YOU EAT

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

STEP SEVEN: YIELD ALL RESULTS TO GOD

Daniel said, “as you see fit, deal with your servants” (Daniel 1:13).

REMEMBER:

During the “Daniel Fast,” you are crucifying the flesh, forbidding what your body craves naturally and cleansing your body of things use have made it accustom to. This will prevent your flesh from dominating your spirit. Instead, your spirit dominates your flesh.

You can go a step further, if you want. You may want to say, "Lord, I'm going to sacrifice some of my time watching television to seek the things of the Kingdom of God."

Maybe there is something you like to do, but it is always stealing the time and energy you have to seek God. Giving up those things may be more effective than giving up on meat in a "normal" “Daniel's Fast.” Listen to the Holy Spirit and follow His leading, regarding the areas in which He and you desire to rid yourself of.

Take that time and seek God daily through Bible reading, meditation and, of course, PRAYER while you expectantly wait on the Holy Spirit to do great things in your life.

- The Daniel Fast will lead to spiritual insight. “to those four young men God gave knowledge.”
- The Daniel Fast is longer than one day. These young men fasted for ten days. And, Daniel’s personal fast lasted 21 days.
- The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- The Daniel Fast requires abstinence from party or junk foods.
- There is no indication that they ever began to eat the king’s food.

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

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

GUIDELINES FOR DANIEL FAST **(Foods to Avoid)**

Meat

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

Christian Fasting

The leaders in the Antioch church were ministering to the Lord with prayer and fasting. Christian fasting is often a neglected spiritual activity among believers. Yet it is referred to all throughout the pages of the Bible.

Fasting is defined as the voluntary abstaining from food for spiritual purposes. It is often done with prayer because fasting intensifies your praying.

The most natural thing for us to do everyday is to eat. When we give up eating, we deliberately turn away from the natural to invoke the supernatural. All throughout the Scriptures, we see how God attached tremendous importance to fasting as the appointed way for His people to humble themselves before Him.

When Ezra and Israel fasted and humbled their souls before God, the Lord protected them from their enemies (Ezra 8:21-23). When Jehoshaphat humbled himself before the Lord by fasting, God delivered the kingdom of Judah from destruction (2 Chr. 20:2-4).

Christian Fasting - Christian Daily Devotions

Before Jesus entered His public ministry, He had to pass through two critical experiences:

- (1) He had to be filled with the supernatural power of the Holy Spirit, and
- (2) He had to fast for 40 days in the desert (Luke 4:1-2).

Even Jesus had to humble Himself and focus on the spiritual! The result of His fasting was the great personal victory He had over Satan's temptations.

Besides that, His fasting released the power of the Holy Spirit to flow without any hindrances through His life and ministry. If we want to follow in the other great works that Jesus did, then it seems logical that we must also begin where He began--by fasting!

In the Early Church, Christian fasting and prayer were the standard ways by which the New Testament leadership operated. In the Antioch church, the sending of Barnabas and Saul for missions was entirely a miraculous work of the Holy Spirit (Acts 13:4).

But it was only through fasting that the leaders were able to move from the realm of the natural to the realm of the supernatural.

Finally, Christian fasting is God's appointed way to bring your carnal nature into subjection. Your body makes a wonderful servant but a terrible master. If you really want to succeed in your Christian walk with the Holy Spirit, you must ensure that your body does not dictate you or control you (1 Cor. 9:27).

Rather, you are controlled by God's destiny and purpose for your life. By regular fasting, you serve notice to your body and your carnal nature: "Body, you don't control me. I'm not subject to you. You're my servant. You'll obey what the Holy Spirit in me declares I have to do!"

Daniel Fast Recipes

Ingredients for Daniel Fast recipes

(Please note that these are just guidelines, do not treat them as a law.)

Whole Grains: Barley, brown rice, oats

Beans/Legumes : Red beans, black beans, dried beans, long beans, French beans, pinto beans, split peas, black eyed peas, lentils.

Vegetables: Asparagus, artichokes, brinjals, broccoli, beets, bean sprouts, carrots, cabbage, celery, cauliflower, chili peppers, cucumbers, corn, cactus, eggplant, ginger root, garlic, kale, lettuce, leeks, mustard greens, mushrooms, onions, okra, potatoes, pickles, parsley, rutabagas, radishes, spinach, sprouts, scallions, sweet potatoes, squashes, turnips, tomatoes, water chestnut, yams, zucchini.

Fruits: Apricots, apples, black berries, blue berries, boysenberries, bananas, cherries, cranberries, cantaloupe, dragon fruit, durian, figs, grapes, grapefruit, guava, honeydew melons, kiwi, lychee, lime, lemons, mangosteen, mangoes, nectarines, peaches, pears, pineapples, papayas, plums, prunes, raspberries, rambutan, raisins, strawberries, tangerines, tangelos, watermelon.

Nuts and Seeds

Liquids: Distilled water, spring water, 100% natural fruit or vegetable juice

Foods to Avoid in the Daniel Fast recipes:

(Again, do not treat them as laws, if you have taken by accident, do not feel condemned, or you will not benefit from this fast)

Caffeine

Carbonated soft drinks

Milk

Cheese

Meat

White rice

Fried food

Refined sugar

Sugar substitutes

Food containing preservatives or additives

White flour and food made by it

Butter, margarine and high fat products

Daniel Fast Recipes

Thick and Creamy Corn-Potato Soup

6 ears corn (cut off the cob)
6 medium-large red potatoes (chopped in 1/2 inch pieces)
6 carrots (finely chopped)
1 medium-large onion (finely chopped)
2 green peppers (finely chopped)
2 bay leaves
3 teaspoons thyme
2 teaspoons marjoram
3 teaspoons cumin
2 teaspoons sea salt
2 teaspoons pepper
3 32oz. boxes of vegetable broth
Water

Put vegetables and spices in a large soup pot. Cook on medium heat, stirring occasionally for 15 minutes. Add broth and maintain a light boil. Cook 45 minutes to 1 hour. Remove from heat. Blend 3/4 of the soup mixture in a blender in batches. Put blended soup in a large bowl or container until the blending process is complete. Pour the blended soup back into the pot. Add water to thin and obtain the desired consistency. Heat through and serve.

Serves 8-10 generously.

Tomato Basil Soup

12 Vine Ripe Tomatoes
1 Package Cherry Tomatoes
2 1/2 Cups Fresh Carrot Juice (or Odwalla available in juice section)
1 Large Ripe Avocado
2 Yellow Onions (chopped)
4 Cloves Garlic (chopped)
5 Stems Fresh Basil
2 Tablespoons Pure Honey
1 Bay Leaf
1 teaspoon Oregano
1 teaspoon Sea Salt
1 Tablespoon Red Pepper Flakes
2 Tablespoons Olive Oil

Cook onion and garlic in olive oil until tender. Cut tomatoes and avocado in quarters and place all ingredients in blender and blend on low speed for one minute. Continue to blend on high for an additional minute until creamy. Pour into large soup bowl or crock pot and cook on medium low for 2 to 3 hours.

Portobello Steaks

6 portabella mushroom caps
1/2 cup fresh squeezed lemon juice
2 tablespoons apple cider vinegar
2 tablespoons Pure Maple syrup
2 teaspoons fresh grated ginger
1/2 teaspoon marjoram

Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through. Serve with baked sweet potatoes and grilled squash and asparagus.

Grilled Vegetables

Toss yellow squash, zucchini, and asparagus with 2 tablespoons extra-virgin olive oil. Salt and Pepper to taste. Grill indoors or out until tender. Baked Sweet Potatoes
Wash sweet potatoes, prick with a fork several times and place in a 400 degree oven for an hour and a half. Less time may be needed if potatoes are small.

Vegetable Barley Soup

Choose your vegetables. Really, anything can work depending upon your taste. My picks:

3 cups chopped celery
2 cups chopped white onion
3 cups chopped carrots
3 cups chopped green/yellow/red pepper
3 cups thin sliced mushrooms
2 cups chopped roma tomatoes (peeled and seeded)
2 32oz. boxes vegetable broth

Use your favorite spices. I choose 2 cloves garlic, sea salt to taste, 2 teaspoons marjoram flakes, 2 teaspoons oregano flakes, 1 bay leaf and 1 teaspoon parsley. Pour 1/4 cup vegetable broth in a soup pot. Add all of the vegetables and sauté them until tender. Add the spices and stir to mix. Add the remaining vegetable broth. Bring to a boil and add 1 cup Natural Whole Grain Barley. Boil for 15-20 minutes until the barley is tender.

Serves 6. For thicker soup, just blend 1/2 of the vegetable mixture (prior to putting in the barley) in a blender. Add it back to the soup pot and then add the barley.

Guacamole

Blend ripe avocados in a food processor with juice from 1 large lime, 2 cloves garlic, 1 roma tomato and a dash of salt. If you like spice, you can add 1/4 of a jalapeno pepper seeded. Serve on black beans, Portobello mushrooms or use as a dip with vegetables.

Baked Apples or Pears

Slice a pear or apple in half. Use a grapefruit spoon to scoop out the seeds and the tough, center portion. Place halves, skin side down, in a glass baking dish. Brush with ½ teaspoon pure maple syrup and sprinkle with cinnamon. Microwave for 10 minutes or until tender. Serve warm.

The Breaker's Granola

5 cups raw oatmeal
1 cup finely chopped walnuts
1 cup slivered raw almonds
1 cup finely chopped cashews
1 cup unsalted sunflower seeds
1/2 cup flax seed
1 cup finely chopped dry figs
1 cup finely chopped apricots (unsweetened if possible)
1/4 cup chopped coconut
2 cups unsweetened raisins
2 Tablespoons cinnamon

Mix together in a large bowl. Keep in tightly sealed container such as Tupperware in the pantry. To serve cold, soak 1/2 cup granola in unsweetened plain soy milk for a few minutes. To serve warm, you can prepare with water or unsweetened soy milk in the microwave. Use 1 cup liquid to 1/2 cup granola. Warm for a minute on high or more if desired.

Note: Chop the nuts and fruits in a food processor individually and then add them to the oats.

Toasted Nut Snack

Pre-heat oven to 400 degrees. Place raw walnuts, almonds, cashews or other desired nuts on a baking sheet. Bake for 15 minutes or until slightly browned. Cool completely and mix in a bowl with unsweetened raisins. We keep this on the counter for a quick snack.

Honey and Oat Cereal

Prepare Oatmeal with Soy Milk or Water. Sweeten with Honey and a dash of cinnamon

Gazpacho

6 med. tomatoes, quartered
2 large cucumbers
1 small red onion
1 med. zucchini, chopped
3 med. garlic cloves, smashed
1 med. green bell pepper
Chopped fresh herbs: parsley, basil, chives
2 Tbsp. lemon juice
2 Tbsp. extra virgin olive oil
1 tsp. sea salt
1 tsp. cayenne pepper
1 tsp. ground cumin seed
2 cups vegetable stock or tomato juice

1. In food processor, combine tomatoes, cucumbers, onion, zucchini, garlic, and green pepper and process on high until coarsely chopped. 2. Add herbs, lemon juice, oil, salt, cayenne, and cumin. Process a few more bursts. Blend in stock or tomato juice. 3. Transfer to large bowl. Refrigerate at least 1 hour before serving.

Serves 4. Preparation Time: 10 minutes.

Vegetarian Spaghetti Squash

Slice squash in half lengthwise. Scoop out the seeds with a spoon as you would a pumpkin. Then completely submerge both halves in boiling water and cook for about 20 to 25 minutes, or until the inside is tender to a fork and pulls apart in strands. (It is better to undercook if you are not sure). Remove, drain, and cool with cold water or an ice bath to stop the cooking. Then use a fork to scrape the cooked squash out of its skin and at the same time, fluff and separate the squash into spaghetti-like strands. Discard the skin. Reheat the squash strands by dipping with a strainer in boiling water just before serving. You can also bake the spaghetti squash in the oven. Just scoop seeds out as described above and prick outside skin with a fork. Place skin side up in a baking pan with 1 inch water. Bake 45 minutes or until tender in a 400 degree oven. Remove and allow to cool for a few minutes until they can be handled. Scrape with a fork as mentioned above and serve with stir fried sauce.

Stir Fried Sauce

10 Roma tomatoes, peeled, seeded, and chopped coarsely
2 cups thinly sliced mushrooms
2 cloves garlic
2 cups chopped broccoli florets or 1 package baby spinach
2 teaspoons oregano (powdered or flakes)

Sea salt to taste Sauté mushrooms and onion with garlic and oregano. Add tomatoes and other vegetables. Cook until tender and heated through. Toss in a large bowl with spaghetti squash strands. Serve hot. 6 servings

Brown Rice with Edamame and Vegetables

2 cups brown rice
4 cups water or vegetable broth
1 cup fresh squeezed orange juice
1 package frozen, shelled edamame
1 cup shredded carrots
1 cup sliced white mushrooms
½ teaspoon cumin
1 clove garlic minced
½ cup chopped green onion

Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside. While rice is cooking, prepare edamame according to package directions but without salt. Drain in a sieve. Sauté garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion.

Servings: 4-6 entrée size Serve with orange slices and celery sticks.

Cuban Black Beans & Rice with Tomato Salsa

1 package dried black beans
Vegetable broth (1- 32oz. box)
Chili powder
Chipotle powder
2 cloves garlic

Soak beans overnight in water (cover w/2 inches above beans). Drain and rinse beans. Place beans in sauce pan and add vegetable broth. Add water to cover if needed. Add spices and boil for 1 hour and then simmer until tender (follow package direction if available). Prepare brown rice according to package directions.

Salsa

Roma Tomatoes quartered
Lime
Cilantro
Green onion (1 bunch)
Chili powder
Cumin
Garlic

In a food processor, chop tomato, cilantro, green onion with chili powder, garlic, cumin and lime juice by pulsing the blade several times to desired texture. We prefer chunky. Place rice on individual dishes and top with beans and salsa.

Serves: 6 entrée size. Serve with sliced mango and papaya and lime juice.