



# New Beginnings

FELLOWSHIP CHURCH

**2021 Fall Fasting Guide**  
**Monday, October 4, 2021 - Friday, November 12, 2021**  
**40 Days of Praying and Fasting**

**Our 40-Day Corporate Fast begins October 4th and goes through November 12<sup>th</sup>.** We are asking that you follow the Daniel Fast for 40 days from 6am - 6pm Monday through Friday with a break on Saturday and Sunday, and please stop to pray at noon every day. Please follow the 6-week prayer focus listed below.

"Now, therefore," says the Lord, "Turn to Me with all your heart, **with fasting**, with weeping and with mourning" (Joel 2:12).

*Devote yourself to God by praying and reading His Word at least 30 minutes a day. Focus on this being our Year of YES! Avoid meats, fried food, sweets, carbohydrates, caffeine and alcohol during the entire fast. Focus on drinking more water, eating fruits, nuts, vegetables, during the fast. Avoid negative conversations and pray over negative issues. Post only positive comments, pictures, and videos on social media.*

## **WEEK 1: Our Church**

*Take time to pray for our church family, leaders, and ministry workers.*

*"And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone." (1 Thessalonians 5:14)*

## **WEEK 2: Our Health**

*Take time to pray for healthier lifestyles-mental, physical, and spiritual healing.*

*"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything." (1 Corinthians 6:12)*

## **WEEK 3: Our Family**

*Take time to pray with and for our families as well as spend quality time with them.*

*"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight*

in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails." (1 Corinthians 13:4-8)

**WEEK 4: Our Youth & Young Adults**

Take time to pray for our youth/young adults and those called to come alongside of them as they grow.

"Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity." (Ecclesiastes 11:9)

**WEEK 5: Our Government, Community and Country**

Take time to pray for our government, communities and our country.

"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— 2 for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. 3 This is good, and pleases God our Savior, 4 who wants all people to be saved and to come to a knowledge of the truth." (1 Timothy 2:1-4)

**WEEK 6: Spiritual Growth**

Take time to pray for Spiritual Wisdom among believers

"Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil." (Ephesians 5:15-16)

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Let us come together as a church family during this time of prayer and fasting as we humble ourselves before the Lord.

**"Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace." Ephesians 2:14**

**Corporate Fast Sample Week Menu**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Fruit Smoothie	Fried Potatoes, onions	Grits	Acai Bowl	Oatmeal	Hash browns	Chai Pudding
	Almond and Cashew Mix	Tomatoes Slices	Baked Pineapple Rings w/ walnuts	Natural Granola	Banana and Walnuts	Grapefruit	Fresh Fruit
	Water	Water	Water	Water	Water	Water	Water
<b>Snack</b>	Edamame	Apple with Nut Butter	Avocado Cilantro Hummus/Carrots	Popcorn	Tomatoes with pesto and olive oil	Fruit Salad & Nuts	Fruit - Apple
	Water	Water	Water	Water	Water	Water	Water
<b>Lunch</b>	Broccoli Spears	Fresh Fruit	Vegetables & Rice	Fruit Salad	Steamed Vegetables	Fresh Fruit	Side Salad
	Baked Potato w/Vegan Chili	Southwest Salad	Tomato Soup	Smoky Chickpea, Red Lentil & Vegetable Soup	Baked Sweet Potato	Roasted New Potatoes with Grilled Asparagus	Spaghetti Squash w/Marinara Sauce
	100% All Natural Pink Grapefruit Juice	Water	100% All Natural Grape Juice	Water	100% All Natural Pineapple Juice	Water	100% All Natural Grapefruit Juice
<b>Snack</b>	Fruit salad	Guacamole and Corn Tortilla Chips	Banana w/Nut Butter	Popcorn	Corn Tortilla Chips & Salsa	Almond, Cashew and Raisin Mix	Rice Cakes with Nut Butter
	Water	Water	Water	Water	Water	Water	Water
<b>Dinner</b>	Taco Bowl	New Orleans Red beans	Veggie Burger	Taco Soup	Side Salad	Black-eyed Peas	Vegetable soup
	Corn Tortilla Chips	Rice	Crunchy Baked Fries	Spanish Rice	Stuffed Peppers	Hot Water Corn Bread	Rice
	Mango	Tomato, Cucumber and Onion in vinegar and Olive Oil	Baked Apples w/granola	Pineapple and Blueberry Bake	Sliced Pears	Broccoli Salad	Fruit Smoothie
	Water	100% All Natural Apple Juice	Water	100% All Natural Orange Juice	Water	100% All Natural Cranberry Juice	Water
<b>Guidelines/Suggestions</b>					<b>The Sacrifice: Foods/Ingredients to Avoid</b>		
Whole Grains: Brown Rice Staples: White Rice, Wild Rice					Meat, poultry, fish		

**Other Grains:** Oatmeal, Quinoa, Grits, Barley

**Legumes:** Any dried (or canned) bean, Lentils, Soybeans (edamame), Tempeh, Peas

**Vegetables** ALL

**Fruits** ALL (excluding canned in syrup)

**Nuts:** All nuts and seed (excluding candy coated or honey roasted)

**Oils:** olive, canola, grape seed, peanut, coconut, sesame oil

**Liquids:** Spring Water, Distilled water, 100% All-natural fruit juices, 100% All-natural

vegetables juice, 100% All-natural low sugar fruit juice, soy milk, almond milk

**Sweeteners:** Honey, Maple syrup (or pure agave sweetener)

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

Caffeine, carbonated beverages

Sugar: sugar, fructose, sugar substitutes, etc.

Grains: flour, bran

Margarine, shortening

Milk, milk products, butter

Honey roasted nuts, containing sugar

High fat (fried) foods

Foods containing preservatives/additives

**Sample Corporate Fast Week Menu (Lower Carbohydrate Version for Insulin Resistant Members)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Fruit Smoothie w/Tofu	Cinnamon Hot Apples	Grits	Acai Bowl	Oatmeal	Brown Rice & Beans	Chai Pudding
	Almond and Cashew Mix	Peanut on celery	Baked Pineapple Rings w/ walnuts	Natural Granola	Pineapples and Walnuts	Grapefruit	Fresh Fruit
	Water	Water	Water	Water	Water	Water	Water
<b>Snack</b>	Edamame	Apple with Nut Butter	Avocado Cilantro Hummus/Carrots	Popcorn	Tomatoes with pesto and olive oil	Fruit Salad & Nuts	Pineapple
	Water	Water	Water	Water	Water	Water	Water
<b>Lunch</b>	Baked Flounder	Hearty Garden Salad	Vegetable Chili	Grilled Salmon over Garden Salad	Steamed Vegetables	Tuna Salad w/ Mustard & Sage	Side Salad
	Broccoli Spears	Soup (veggie, minestrone, or lentil)	Tortilla Chips & Salsa	Fruit Salad	Baked Sweet Potato	Grilled Asparagus	Spaghetti Squash w/Marinara Sauce
	Low Sugar 100% Natural Pink Grapefruit Juice	Low Sugar 100% Natural Apple Juice	Low Sugar 100% Natural Orange Juice	Low Sugar 100% Natural Apple Juice	Low Sugar 100% Natural Orange Juice	Low Sugar 100% Natural Apple Juice	Low Sugar 100% Natural Orange Juice
<b>Snack</b>	Fresh Fruit	Guacamole and Corn Tortilla Chips	Apple w/Nut Butter	Celery Sticks w/Nut Butter	Corn Tortilla Chips & Salsa	Almond, Cashew and Raisin Mix	Rice Cakes with Nut Butter
	Water	Water	Water	Water	Water	Water	Water
<b>Dinner</b>	Taco Bowl	Grilled Tilapia	Baked Orange Roughy	Taco Soup	Grilled Haddock	Black-eyed Peas	Cod Fish Tacos w/ Salsa
	Corn Tortilla Chips	Brown rice & Vegetable Stir Fry	Mixed Vegetables	Spanish Rice	Oven Fried Vegetables Fries - Zucchini, Squash, Sweet Potato	Hot Water Corn Bread	Spanish Rice
	Mango	Tomato, Cucumber and Onion in vinegar and Olive Oil	Baked Apples w/granola	Pineapple Bake without Blueberry	Fruit Salad	Broccoli Salad	Orange and Grapefruit Salad
	Water	Water	Water	Water	Water	Water	Water
<b>Guidelines/Suggestions</b>					<b>The Sacrifice: Foods and Ingredients to Avoid</b>		
<b>Whole Grains:</b> Brown Rice, Wild Rice; (not white rice) <b>Other Grains:</b> Oatmeal, Quinoa, Grits, Barley					Scavenger fish and seafood		
<b>Legumes:</b> Any dried (or canned) bean, Lentils, Soybeans (edamame), and Tempeh					White/Red potatoes, white rice		
<b>Vegetables:</b> ALL vegetables, except white and red potatoes					Berries, bananas, melons, grapes		
<b>Fruits:</b> ALL, except bananas, all berries (cherry, blueberry, cranberry, grapes, melons)					Caffeine, carbonated beverages, whole fruit		

<b>Fish:</b>	Salmon, Tilapia, Tuna, Cod, etc.; no scavenger fish or seafood (i.e., shrimp, crabs, etc.)	juice
<b>Nuts:</b>	Peanuts, Pecans, Walnuts, Sunflower seeds (or Almonds, Hazelnuts, Cashews)	Sugar, sugar substitutes
<b>Oils:</b>	Olive oil (or Canola, Sunflower, Safflowers)	Grains: flour,
<b>Liquids:</b>	Spring Water, Distilled water, 100% All-natural vegetable juices, soy milk, Low Sugar 100% Juice	Margarine, shortening
<b>Sweetener:</b>	Pure Agave Sweetener	Milk, milk products, butter
<b>Others:</b>	tofu, soy products, vinegar, seasonings, salt, herbs and spices.	Honey roasted nuts, containing sugar
		High fat (fried) foods Foods containing preservatives/additives