



2023 SPRING FASTING GUIDE

Wednesday, February 22nd – Sunday, April 2, 2023

40 DAYS OF PRAYING & FASTING

This is the year to RELATE!

FAST INSTRUCTIONS

Our 40 Day Spring Fast begins Wednesday, February 22nd through Sunday, April 2nd. Remember, this is our YEAR TO RELATE! For those who are able, we will participate in the Daniel's Fast Monday – Saturday all day and off on SUNDAYS. During the 40 days, Pastor Jackson is asking everyone to spend time in prayer at least 15 minutes a day and read the book, *OVERCOMING SPIRITUAL SLUMP*, by Lenny Luchetti. The book has 5 chapters; therefore, we ask everyone to follow the schedule below:

February 22nd – March 1st: Read Chapter 1 and answer the questions at the end of the chapter.

March 2nd – March 8th: Read Chapter 2 and answer the questions at the end of the chapter.

March 9th – March 15th: Read Chapter 3 and answer the questions at the end of the chapter.

March 16th – March 22nd: Read Chapter 4 and answer the questions at the end of the chapter.

March 23rd – March 29th: Read Chapter 5 and answer the questions at the end of the chapter. You can order the book from your local bookstore, Amazon, or at the church office. We encourage you to RELATE to each other by having book discussions and sharing what you are learning through your readings. Please check the website or the church lobby for the Daniel Fast Meal Plan.

WHAT IS FASTING?

In the New Testament in Matthew 4, Jesus' earthly ministry is preceded by 40 days of prayer and fasting. In addition, when Jesus taught on fasting in His Sermon on the Mount found in Matthew 6:16, He didn't say *if* you fast, but *when* you fast. In Matthew 9:15, He doesn't say His followers *might* fast; but *they will*. It's something that He expects of us if we are in relationship with Him. It is the path by which we go deeper in our intimacy with Him.

Biblical fasting should not be considered a method for dieting. In addition to a deeper, more intimate relationship with God, other benefits for biblical fasting and prayer are:

- Fasting and prayer can help us hear from God.
- Fasting and prayer can reveal our hidden sins.
- Fasting and prayer can teach us to pray with right motives.
- Fasting and prayer can build our faith.

During a fast, many people choose to abstain from food. However, food is not the only means of fasting. Christians can choose to abstain from anything that hinders or distracts them from getting into a deeper relationship with God. Remember, the objective of fasting is not only to eliminate things from your daily routine, but also to replace them with prayer so that transformation can take place in your life!

WHAT IS THE DANIEL'S FAST?

The Daniel Fast is a spiritual fast based on two biblical accounts of the Prophet Daniel (Daniel 1:15-16, Daniel 10:2-3). In the first biblical account, Daniel, Shadrach, Meshach, and Abednego, underwent a ten-day "fast" to not defile themselves with the King's choice meats that went against their religious restrictions. Instead, they ate vegetables and drank water. At the end of the ten days, they looked healthier and more fit than the other men who ate from the King's choice foods. In the second biblical account, the Prophet Daniel underwent 21 days of fasting to receive an interpretation for a vision he received. Daniel refrained from eating meat and drinking wine. As a result, at the conclusion of his 21 days of fasting, he received a message from an angel that explained his vision. In both biblical accounts, Daniel undergoes a fast to hear and remain true to his God. The purpose of the Daniel Fast is not to mimic Daniel, but rather to seek God and grow spiritually. It is a time to draw near to God and as you draw near to Him, He will draw near to you.

FOODS TO EAT ON THE DANIEL FAST

- **All fruit** – fresh, frozen, dried, juiced, or canned.
- **All vegetables** – fresh, frozen, dried, juiced, or canned.
- **All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- **All legumes** – canned or dried; black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.

- **All quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- **Beverages** – distilled water, filtered water, spring water, fresh fruit or vegetable juices.
- **Other** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg’s Liquid Amino, soy products, and tofu

FOODS TO AVOID ON THE DANIEL FAST

- **All meat & animal products** – bacon, beef, lamb, poultry, and pork.
- **All dairy products** – butter, cheese, cream, milk,
- **All sweeteners** – artificial sweeteners, brown rice syrup, cane juice, molasses, raw sugar, syrups, and sugar.
- **All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).
- **All refined & processed food** products – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **All solid fats** – lard, margarine, and shortening.
- **Beverages** – alcohol, carbonated drinks, coffee,

by Kristen Feola, “Ultimate Guide to the Daniel Fast”

HOW TO HAVE A MEANINGFUL TIME WITH GOD

Definition – The **Quiet Time** is simply a daily time of personal fellowship with God through the Word and prayer. It is a time we deliberately set aside to meet with Him. The objective is that we might grow in our personal relationship with God, so that we can know Him and become more like Him.

Why is daily fellowship with God so important?

1. We were created to have fellowship with Him. (Gen. 2-3)
2. Jesus Christ dies on the cross so that fellowship could be restored. (Cor. 1:9; I John 1:3-4)
3. The regular quiet time during Jesus’ ministry was a source of His strength. (Mark 1:35; Luke 5:16; 22:39-44)
4. Every great man or woman of God throughout history has spent much time alone with God. (Moses, David, Daniel and Paul etc.)
5. We cannot be healthy, growing Christians without daily fellowship with the Lord. (Job 23:12; Matt.4:4; I Peter 2:2; Heb. 5:14; Ps. 119:9)

What happens when we have daily quiet time with God?

1. We give devotion to God.
2. We get direction from God.
3. We gain delight in God.
4. We grow more like God.

What are the results of having a daily quiet time?

Joy:	Ps. 16:11, 119:47; Jer. 15:16
Strength:	Isa. 40:29-31
Peace:	Isa. 26:3, 48:18; Rom. 8:6

Stability: Ps. 16:8-9, 46:1-3, 55:22, 57:7
Success: Josh 1:8
Answered Prayer: John 15:7
Others will notice the difference in our lives (Acts 4:13)

When you come to meet with God, you should have the following:

1. Expectancy
2. Reverence
3. Alertness
4. Willingness to obey

When and how long should your time with God be?

1. The general rule: The best time is when you are at your best.
2. Early morning seems to be the best time. It was Jesus' own practice to rise early to pray and meet with the Father (Mark 1:35). However, you choose what is the best time **for you**.
3. Don't watch the clock.
4. Emphasize quality, not quantity.

Where should I have my daily time with God?

1. A secluded place (if possible)
 - Where you can pray aloud without disturbing others
 - Where you have good lighting and reading
 - Where you are comfortable

Below is an example of a six-point workable plan for a quiet time of any duration. You will need the following items for your planned quiet time:

- A Bible
- A Journal/ Notebook

1. *Wait on the Lord (relax)*
2. *Pray briefly for God to give you revelation on His Word.*
3. *Read a section of the Scripture (read).*
4. *Meditate and memorize (reflect and remember).*
5. *Write down what God has shown you (record).*
6. *Have your time of prayer (request)*

A SAMPLE WAY TO PRAY:

- A---- Adore and Praise God
C---- Confess your sins
T---- Thanksgiving (Thank God)
S---- Supplication (Petitions and Intercessions)

