

CONGRATULATIONS on your commitment to fast with Fellowship Church!

Lisa and I are excited about what will occur over these next 21 days. And we are looking forward to seeing God move in our lives and the life of this church. We know that He will work in ways we could never have imagined. Together, we will take this journey. And together, we will go the distance to discover God's plan. We wish you all of God's best during this time!



FASTING GUIDELINES

FOCUS:

The fast, as explained in the weekend service, is a spiritual discipline designed to better connect us with God. As a church, we are fasting in order to deepen our relationship with God and to walk in step with His plan and purpose. The best way to do this is to redirect our food source. This is accomplished through substituting our regular food intake with Bible reading, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God.

TIMELINE:

Sunday, January 7: 24-hour Liquid Fast

We will drink water, natural fruit juice and herbal caffeine-free tea (lunch will be our last meal and we will resume meals at dinner on Monday).

Monday, January 8: Begin the "Daniel Fast"

At dinner, we will begin to introduce meals with pure foods of fruits and vegetables. This plan will continue for the next 20 days.

The Weekend of January 27 & 28: Break the Fast

We will come together as a church and end the fast with communion at Fellowship Church.

MENU:

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

If you have any condition which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, other technology, etc.) and fast in that manner for the next 21 days. **Remember, the details are not as important as the spirit in which you participate.**

**If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.*

FOODS TO 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, 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, 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

Seeds, Nuts, Sprouts

LIQUIDS: Water, Unsweetened Soy Milk, Herbal (caffeine free) Tea, Natural Fruit Juice (no added sugar), Honey

FOODS TO AVOID

Meat, Poultry, Fish

White Rice

Fried Foods

Caffeine, Coffee, Tea (including decaf)

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar or Sugar Substitutes

White Flour

Margarine, Shortening, High Fat Products

All Breads

Dairy (milk, butter, cheese, yogurt, etc.)

FAST FORWARD:

God is certain to bless your life in new and exciting ways during the fast. We encourage you to write down your prayers and the many ways God reveals Himself to you. Praise Him for the relationship you have with Him and the work He is doing in your life.