

2023  
*Consecration*

THE KINGDOM AGENDA  
2023

*Jesus Christ Our Lord*  
GIVE HIM GLORY  
JOHN 17:1

NEW BIRTH BAPTIST CHURCH  
CATHEDRAL OF FAITH INTERNATIONAL

*"The City of Faith" | A Perfect Place For Imperfect People*  
BISHOP VICTOR T. CURRY, D.MIN., D.DIV., FOUNDRING SENIOR PASTOR

The Kingdom Agenda 2023  
JESUS CHRIST OUR LORD GIVE HIM GLORY

Sunday Morning Worship - 9:30am  
Sunday School - 8:30am  
Tuesday Evening Bible Study - 7:00pm  
Wednesday "In The Word" - 10:30am

P R A Y E R & F A S T I N G M A N U A L



## Consecration Schedule

Days of Services	Sundays 9:30am Tuesdays 7:00pm
Days of Fasting	30 days (June 2023)
Days of Prayer	Always :-)



## SOURCES

<https://www.sdrock.com/files/docs/fast/21-day-prayer-fast-guide.pdf> published by Rock church San Diego, CA

Daniel Fast: Benefits, Food List & Recipes - Dr. Axe (Dr. Josh Axe, DC, DNM, CNS)

<https://draxe.com/daniel-fast/>

# DINING OUT

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# PRAYER

is simply communicating with God. In prayer, we share our fears, concerns, sins, and anxieties with a God who commands us to “cast all our cares upon Him because He cares about us.” Prayer is a way of showing we are completely dependent on God for guidance and provision for everything we need in life. No matter where we are in life in a state of prosperity or poverty, serenity or chaos we are to turn to God for wisdom, sustenance, and protection. Moreover, we offer thanksgiving, praise, and worship. In prayer, we can be honest and transparent before God. And when we go to God, we can expect love and mercy, not anger and condemnation. We can expect grace to help us whenever we need it. Talking to God should be a part of our daily lives.

Prayer, however, is not only us talking to God, but also listening to God. In prayer (and through scripture, dreams, preaching, and life events), God always answers our prayers. We should take time in our prayers to be silent and be still before God; to hear the ways God is speaking to us! This is why prayer is called “communication.” It is a conversation with God. We talk to God and God talks to us!

## WEEKLY PRAYER FOCAL POINTS

### Week 1: Building My Relationship with God!

- Day 1:** Loving God & Others (1 John 4:7-19)
- Day 2:** Living A Life of Faith (Proverbs 3: 5-6)
- Day 3:** Transparency with God (Psalm 103:10-14)
- Day 4:** Expecting Something from God (1 Corinthians 2:9-10)
- Day 5:** Imitating Christ (1 John 2:6, NIV & John 13:12-15)
- Day 6:** Spiritual Warfare (Ephesians 6:10-13)
- Day 7:** Studying the Scriptures (Joshua 1:8 & John 15:7, NIV)

### Week 2: Discovering My Purpose in Jesus Christ!

- Day 1:** God has a purpose for you (Romans 8:28-30)
- Day 2:** Seek your purpose with your whole heart (Jeremiah 29:13)
- Day 3:** Never give up on seeking God (Matthew 7:7-8)
- Day 4:** Asking for revelation from God (Psalm 119:18)
- Day 5:** Order My steps Lord (Psalm 119:133, NIV)
- Day 6:** Seeking God (Psalm 63:1)
- Day 7:** Trust God's plans for your life (Jeremiah 29:11)

### Week 3: Developing My Character in Jesus Christ!

- Day 1:** Wisdom & Understanding (James 1: 5-6)
- Day 2:** Patience (Psalm 37:7-9)
- Day 3:** Circle of Friends & influence (Psalm 1:1-3 & Proverbs 11:14, NIV)
- Day 4:** Giving & sharing with others (Proverbs 11:24-25, NIV)
- Day 5:** Service (Matthew 23:11 & John 12:26, NIV)
- Day 6:** Forgiveness (Colossians 3:13)
- Day 7:** Letting Go (Philippians 3:12-14)

### Week 4: Strengthening My Family & Finances!

- Day 1:** Salvation for my family (Acts 16:31)
- Day 2:** Committing my family to God (Joshua 24:15)
- Day 3:** Taking care of our families (1 Timothy 5:8)
- Day 4:** Unity in my family (1 Corinthians 1:10)
- Day 5:** Trusting God in my finances (Philippians 4:19)
- Day 6:** Paying my debts (Romans 13:8)
- Day 7:** Generational blessings (Proverbs 13:22)

# affirmation

During this month of consecration, we are expecting God to do great things in our lives- as individuals and as a church ministry. We have decided to unlock the power of prayer in our lives, and engage in a period of fasting in order to build our relationship with God, discover our purpose in Christ, develop our characters in Christ, and strengthen our families and finances.

We affirm in the name of our Lord and Savior Jesus Christ:

That we will grow closer to God by continuing to develop lives of steadfast prayer and times of fasting  
That we will build a closer relationship with God by demonstrating love for others, and imitating the actions of Jesus Christ  
That we will be transparent with God, and honest with ourselves about areas in our lives where we need repentance and growth  
That we will trust God enough to expect blessings and prosperity from God  
That we will dedicate ourselves to studying the word of God

We affirm in the name of our Lord and Savior Jesus Christ:

That we will diligently dedicate ourselves to seeking God's purpose for our lives  
That we will walk in the purposes of God for our lives as we discover them  
That we will seek to submit our will to God's will for our lives  
That we will use our spiritual gifts for the building of God's kingdom and the edification of the Body of Christ

We affirm in the name of our Lord and Savior Jesus Christ:

That we will endeavor to develop characters worthy of representing our Lord and Savior Jesus Christ  
That we will practice lives of sacrifice and service so that others may see our good works and glorify God  
That we will ask God for a larger sphere of influence, and the discernment to identify genuine friends and associates  
That we will ask God for help with patience, forgiveness, and letting go of the past  
That we will allow the mind of Christ to be the standard and model for how we live our lives

And We affirm in the name of our Lord and Savior Jesus Christ:

That we will pray and fast for the salvation our families  
That we will strive for unity in our families- showing love, support, and encouragement  
That we will make taking care of our families and properly managing our finances a priority  
That we will be faithful to God in tithes and offerings, and trust God to bless us in unimageable ways  
That we will use our blessings to create generational blessings

Lord, we will remain committed to our time of consecration, prayer, and fasting, and doing the work you have called us to do in the name of Jesus Christ!

## Dirty Rice and Collard Greens

Yield:4 servings

Ingredients

- 1 tablespoon margarine
- 1 medium onion (chopped)
- 2 cloves garlic (minced)
- 1 cup white basmati rice (or similar long-grain variety)
- 2 cups vegetable broth
- 2 tablespoons smoked paprika
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 2 cups collard greens (rinsed and chopped)
- Freshly ground black pepper (to taste)
- Optional: Dash of cayenne

Instructions:

1. Gather the ingredients.
2. In a large pot or Dutch oven, melt the vegan margarine over medium heat.
3. Add the onion and garlic and sauté for two minutes or until the onion turns translucent.
4. Add the rice and cook for one minute more.
5. Add the vegetable broth, paprika, red pepper flakes, and salt. Bring to a simmer.
6. Add the collards and reduce the heat to low.
7. Simmer for 15 to 18 minutes until the rice is cooked through. Add additional stock, if necessary.
8. Remove the pot from the heat, taste the dish, and add black pepper or cayenne, if desired.

Tips

- Most recipes call for the rice to be cooked al dente (still firm when bitten). However, this dish tastes best when the rice is just slightly overcooked and soft.
- For an even spicier dish, mix in a 1/4 to 1/2 teaspoon of cayenne pepper (or a dash of hot sauce) before serving.
- This recipe tastes even better as leftovers, so make sure you make enough to pack along for a work lunch the next day.

## 5-minute Easy Vegan Tacos

Servings 4

Ingredients

- 4 whole wheat tortillas
- 1 grilled corn on the cob, husked or canned corn equivalent
- 1 cup or 170 grams cooked black beans
- 1 avocado, sliced
- 3/4 cup or 120 grams quartered cherry tomatoes
- 1/2 red onion, chopped
- 2 tablespoons fresh chopped parsley
- 1 teaspoon ground cumin
- 4 lime wedges
- salt and freshly ground black pepper to taste
- your favorite hot chili sauce, to taste

Instructions:

Assemble your tacos: Distribute corn, black beans, avocado slices, quartered cherry tomatoes, chopped onion and parsley among tortillas. Season with ground cumin, lime juice, salt and freshly ground black pepper. Drizzle with your favorite hot chili sauce.



RECIPES

## Oven Baked Vegetable Chips

Servings 4 servings

Ingredients

- 1 Medium Golden Beetroot
- 1 Medium Beetroot
- 1 Medium Zucchini
- 1 Large Carrot
- 1 Small Sweet Potato
- 1 Small Rutbaga or turnip
- 1/2 tsp sea salt Adjust to taste
- 1/2 tsp pepper Adjust to taste
- 1 spritz Oil Optional

1. Preheat the oven to 400F.
2. Slice all the veggies into uniformly thin slices with a knife or mandoline. In a bowl, toss them with the oil, salt, and pepper until evenly coated.
3. Spread out on baking pan(s) lined with parchment paper, minimizing overlap. Bake for 10 minutes at 400F. Flip. Bake for another 5-10 minutes until crispy and slightly brown but not burnt. Watch them carefully and even remove some early if they are browning before the others.
4. Remove from the oven and allow to cool for a few minutes before eating.



## Fruit Salad Ice Pops

Serving: 8  
Ingredients

- 1 peach, cut into 1/2-inch slices
- 2 kiwis, peeled and sliced into 1/4-inch rounds
- 3 ounces blueberries (1/2 cup)
- 4 ounces strawberries, hulled and halved ( 3/4 cup)
- 1 1/2 to 2 cups 100 percent white-grape juice

Directions

Arrange some of each fruit in eight 3-ounce ice-pop molds, making sure pieces fit very snugly. Pour enough juice into each mold to just cover fruit. Insert ice-pop sticks and freeze until solid, 6 hours (or up to 2 weeks).

**How powerful is it?**

The power of prayer should not be underestimated. James 5:16-18 declares, "...The prayer of a righteous man is powerful and effective. Elijah was a man just like us. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. Again he prayed, and the heavens gave rain, and the earth produced its crops." God most definitely listens to prayers, answers prayers, and moves in response to prayers.

# GIVE HIM GLORY

Prayer may be expressed vocally or mentally. Vocal prayer may be spoken or sung. Mental prayer can be either meditation or contemplation. The basic forms of prayer are praise, petition (supplication), intercession, and thanksgiving.

Types of prayer:

- Communion (All day all the time)
- Supplication (Lifting up your needs)
- Intercession (On behalf of others)
- Spiritual Warfare — There are two types: Dealing with yourself (Your mind is the battlefield) & (Repentance and Forgiveness); Dealing with Satan and demons (Putting on the Full Armor) & (Binding & Loosing)

Prayer is one of the most important things a Christian can do. It is a time they are communicating with God and it should be taken very seriously. While there is deep theological meaning in prayer, it doesn't have to be complicated and difficult. It's something anyone can do anywhere at any time.

**How do I tap into it?**

The power of prayer is not the result of the person praying. Rather, the power resides in the God who is being prayed to. 1 John 5:14-15 tells us, "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us - whatever we ask - we know that we have what we asked of him." No matter the person praying, the passion behind the prayer, or the purpose of the prayer - God answers prayers that are in agreement with His will. His answers are not always yes, but are always in our best interest. When our desires line up with His will, we will come to understand that in time. When we pray passionately and purposefully, according to God's will, God responds powerfully!

**For what kind of things should I pray?**

God's help through the power of prayer is available for all kinds of requests and issues. Philippians 4:6-7 tells us, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." If you need an example of a prayer, read Matthew 6:9-13. These verses are known as the Model prayer. The Model prayer is not a prayer we are supposed to memorize and simply recite to God. It is only an example of how to pray and the things that should go into a prayer - worship, trust in God, requests, confession, protection, etc. Pray for these kinds of things, but speak to God using your own words.

The Word of God is full of accounts describing the power of prayer in various situations. The power of prayer has overcome enemies (Psalm 6:9-10), conquered death (2 Kings 4:3-36), brought healing (James 5:14-15), and defeated demons (Mark 9:29). God, through prayer, opens eyes, changes hearts, heals wounds, and grants wisdom (James 1:5). The power of prayer should never be underestimated because it draws on the glory and might of the infinitely powerful God of the universe! Daniel 4:35 proclaims, "All the peoples of the earth are regarded as nothing. He does as he pleases with the powers of heaven and the peoples of the earth. No one can hold back his hand or say to him: 'What have you done?'"

# THE DANIEL FAST STORY



Daniel was among the best and the brightest of the Israelites of his time. In the book of Daniel in the Bible, the backdrop is set: King Nebuchadnezzar of Babylon had seized Jerusalem, the capital city of Judah, and had taken King Jehoiakim captive and overrun God's temple.

As the victor, King Nebuchadnezzar had the power to select and "enlist" young Israelite men to serve in his Babylonian palace, and he wanted only the best. So, he chose young men from wealthy, influential families who were strong, handsome and intelligent, and who exhibited strong leadership qualities. So, Daniel and some of his friends were "enlisted" in a three-year training time prior to entering the king's service, and King Nebuchadnezzar appointed his chief official to be in charge of them and the other leaders-in-training.

Here's the scenario: Daniel and his buddies — devout Israelites — are placed in a pagan palace to be trained up to serve a pagan king, a process complete with a prescribed diet of food and wine from the king's own table. Most historians agree that the king's menu most likely included food that had been sacrificed to idols and/or meat from unclean animals, both of which are strictly forbidden by Jewish dietary customs.

Daniel, being a man of conviction, asks to eat only vegetables and to drink only water instead of what's on the king's menu. That request was acknowledged by (not approved by) the king's chief official, but he didn't want to risk Daniel and his friends looking unhealthy or frail by not eating what the other recruits ate. The king's chief official would not agree to the vegetable and water diet Daniel requested. However, the guard appointed to care for Daniel and his three friends granted Daniel's request. Daniel said, "Please test your servants for ten days. Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food and treat your servants in accordance with what you see." (Daniel 1: 12-13)

The guard agreed.

After ten days of only "pulse" — which consists of vegetables, fruits, seeds and grains — and water, Daniel and his comrades were brought before the King.

The results? Their health and appearance "appeared better than all the young men who consumed the 'best' food of the land from the very table of the king."

Fast forward three years and beyond—while still eating only the pulse and water diet—Daniel still outperformed those who ate the king's delicacies. In fact, the king found that Daniel and his buddies were "ten times better than all the magicians and astrologers that were in all his realm."

Ten times better!

What's more is that Daniel outlived the king and he advised the king's grandson, Belshazzar, roughly 70 years after the reign of Nebuchadnezzar began!

Daniel trimmed his diet down to the basics — only for sustenance, not indulgence or personal satisfaction — so that he could focus on the spiritual, not his personal needs or wants.

While there certainly are spiritual benefits to fasting, physical and mental benefits can occur as well. Are you ready to experience the incredible benefits of doing a Daniel Fast?

**If you are pregnant or a nursing mother or are on a special diet of any sort for health reasons, then you should not go on the Daniel Fast without the approval of your primary healthcare professional. Otherwise, here are some frequently asked questions you may want to know about.**

## What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. That is why organic, fresh or frozen foods are suggested.

## What about pasta?

Make sure the label says whole grain or vegetable-based pasta like quinoa, black bean or brown rice with no additives or sugar. But the diet should consist mostly of vegetables and fruits.

## What about roasted nuts?

Try to stick to organic, raw, unsalted nuts and/or soaked or sprouted ones. These are harder to find, so if you have to choose roasted nuts, then get plain roasted, unsalted nuts with no preservatives.

## How do I get enough protein in my diet while on the fast?

Protein-rich foods allowed on the Daniel Fast are almonds, sunflower seeds, lentils, quinoa, brown rice, split peas and some whole grains. Be sure you eat plenty of those.

## What about salad dressing?

Salads are great on the Daniel Fast. Use olive oil combined with lemon or lime juice as salad dressing options.

## Do I need to eat organic foods while on the fast?

You don't have to eat organic, but it is recommended because opting for organic keeps toxins out of your foods, meaning no use of chemically formulated fertilizers, growth stimulants, antibiotics or pesticides.

## Can I go out to eat?

Yes you can. Just make sure what you get is compliant with the Daniel Fast, such as a salad with olive oil and a baked potato with no extras on it.

## What about bread?

If you eat bread, a sprouted or sourdough bread that comes from ancient grains is recommended.

## How much can I eat?

As long as your food choices fit the Daniel Fast, then you can eat all and as often as you want until you are satisfied!

# NOTES

## WHAT IS FASTING?

Fasting is to voluntarily abstain from eating/drinking for an extended period of time. "Eating" and "drinking" can represent anything that represents a hinderance in your personal relationship with God. What do you "consume" in terms of physical food, social food, intellectual food, spiritual food, or emotional food? Are these things distracting you from your relationship with God?

Are you relying on things that have nothing to do with God to get you through your day? Are you dependent upon something that you feel you just can't do without? You may not even realize you have an addiction. For example, if you "have to have" coffee every day, and you are not willing to give it up, this is a form of addiction. For instance, maybe your fast needs to just be about coffee. Addictions or "must haves" are things to consider fasting. Ask God and He will show you areas of personal fasting.

If you are considering a physical fast, please consult a physician first. If you have medical issues, consider fasting something other than physical food.

The point is that there is something God wants you to separate yourself from during the designated time of fasting so that you can see God more clearly.

### Examples of Biblical Fasting

<b>Special Revelation</b> - Exodus 34:27-28 <b>In Times of War</b> - Judges 20:26 <b>Courage and Wisdom</b> - Esther 4:3,16 <b>In Times of Grief</b> - Nehemiah 1:4, 2 Samuel 1:12, Samuel 31:13, 1 Chronicles 10:12 <b>Spiritual Recuperation</b> - 1 Kings 19:1-9	<b>Mourning</b> - Daniel 10:1-3 <b>Repentance</b> - Jonah 3:5, Daniel 6:18 <b>Ministry Preparation</b> - Matthew 4:2 <b>Spiritual Power</b> - Mark 9:29 <b>Ministry Commissioning</b> - Acts 14:23 <b>Holiness</b> - 1 Corinthians 7:5 <b>Spiritual Discipline</b> - 1 Corinthians 11:24-28 (Paul "fasted often")
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### FASTING PREPARATION

#### **Prepare your heart:**

In 2 Chronicles 7:14, God appears to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. In doing so, God will hear their prayers and heal them. Be willing to hear what God says needs to change in your life and be willing to change. Don't continue in sin. What are the paths God wants you to walk? How much does God want you to pray and read His Word? Tell God that you surrender your life to Him and that you want more of Him and His way.

#### **Prepare your body:**

If you decide to eat only fruits and vegetables for your fast, it can result in the cleansing of your physical body. You may feel differently as your body detoxes, but you'll make it through! This isn't a mind game to see if you can survive eating less, but about experiencing God. Some people ask, "What does not eating have to do with my relationship with God?" Try it and see!

#### **Prepare your schedule:**

Decide where you will meet with God, what you will eat, when you will eat, and how you will spend your time differently. Remember that fast is about communing with God, so don't fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord.

#### **Prepare your motives:**

Ephesians 1:3 says that there are spiritual blessings assigned to us. We can never exhaust them! Who knows what God wants to give you or show you? Perhaps God wants to bestow gifts such as wisdom, anointing, praying power, healing power, teaching power, joy, or encouragement. When you eliminate things that are keeping you from focusing on God, He is able to show you things about your life that you never knew.

# FASTING

## Fasting Guidelines:

- Explain to your family in advance what you are doing.
- Request privacy from those who find out what you are doing.
- Ask them not to discuss it with you until your fast is over.
- Never complain or brag about your fast and avoid talking about it.
- Establish an accountability partner for prayer and encouragement.
- Stay away from negative people.
- Spend as much time as possible in solitude and prayer.
- Do not rely on your flesh, but rely on God's Spirit.
- Journal as you pray and meet with the Lord. Write down the miracles God does in your life!

### TYPES OF FASTS

<b>Complete Fast</b> <ul style="list-style-type: none"> <li>• Drinking only liquids, typically water and/or light juices.</li> <li>• Broth or soup may be included as options.</li> </ul>	<b>Selective Fast</b> <ul style="list-style-type: none"> <li>• Removing certain elements from your diet.</li> <li>• The Daniel Fast - abstaining from meat, sweets, or bread; drink water and juice, and eat a variety of fruits and vegetables.</li> </ul>
<b>Partial Fast (a.k.a. The Jewish Fast)</b> <ul style="list-style-type: none"> <li>• Abstaining from eating any type of food in the morning and afternoon.</li> <li>• Fast during specific times of the day (i.e. 6am to 3pm), or from sun up to sundown.</li> </ul>	<b>Soul Fast</b> <ul style="list-style-type: none"> <li>• Common for anyone new to fasting food; those with health issues that prevent them from fasting food; those wanting to refocus specific areas of life that are out of balance.</li> <li>• Suggestions are to abstain from engaging in social media, shopping, watching television, etc.</li> </ul>
<b>Standard Fast</b> <ul style="list-style-type: none"> <li>• Water only</li> </ul>	<b>Absolute Fast</b> <ul style="list-style-type: none"> <li>• No water or food</li> </ul>
<b>Partial Fast</b> <ul style="list-style-type: none"> <li>• Restrict certain food and drink categories</li> </ul>	<b>Intermittent Fast</b> <ul style="list-style-type: none"> <li>• Only eating during a small daily window (i.e. 1pm – 6pm)</li> </ul>

## DANIEL FAST - FOOD LIST

*According to our understanding of the Hebrew definition of "pulse" that was used in the verse for vegetables can actually mean a range of foods.*

*Here is the Daniel Fast food list of what you are allowed to eat:*

### **Beverages**

Water only — Purified/filtered; spring or distilled water is best  
Homemade almond milk, coconut water, coconut kefir and vegetable juice

### **Vegetables (should form the basis of the diet)**

Fresh or cooked

May be frozen and cooked but not canned

### **Fruits (consume in moderation 1-3 servings daily)**

Fresh and cooked

Ideally low glycemic index fruits like stone fruits, apples, berries, cherries and citrus fruits

May be dried but should not contain sulfites, added oils or sweeteners

May be frozen but not canned

### **Whole grains (consume in moderation and ideally sprouted)**

Brown rice, oats quinoa, millet, amaranth, buckwheat, barley cooked in water

### **Beans & Legumes (consume in moderation)**

Dried and cooked in water

May be consumed from a can as long as no salt or other additives are contained, and the only ingredients are beans and water

### **Nuts & Seeds (sprouted are best)**

Raw, sprouted or dry roasted with no salt added

\*\*\*PLEASE CONSULT WITH A PHYSICIAN BEFORE BEGINNING ANY DIET/FAST REGIMEN\*\*\*

# WATER

## The Importance of Water

The body is made up of approximately 60 to 70 percent water, and the body needs water to make new cells of all types, including blood cells, bone cells and skin cells. Additionally, every organ and bodily system requires water to function correctly and healthily. Likewise, drinking enough water keeps your lymphatic system in tip-top shape so that wastes and toxins are removed from your body.

Water also keeps your joints lubricated, delivers nutrients to your nervous system, helps the blood transport oxygen and other essential nutrients to your cells, and even makes it so your heart doesn't have to work as hard pumping blood through your body. Water regulates your metabolism, and aids in digestion and body temperature control. An added bonus is that adequate water intake hydrates your skin cells and plumps them up.

Getting enough water also keeps your metabolism motoring, can help you feel fuller and can keep your weight in check.

After a fast, including the Daniel Fast, people report a combination of spiritual, physical and mental benefits, including a closer relationship with God, answered prayers, a better state of health, freedom from food or beverage addictions, more energy, clearer thinking, a more positive attitude, feeling lighter and much more.

\*\*\*PLEASE CONSULT WITH A PHYSICIAN BEFORE BEGINNING ANY DIET/FAST REGIMEN\*\*\*



### Foods to Avoid

On the Daniel Fast, you should not consume any of the other foods or beverages listed below. It is important to mention that on the Daniel Fast, some allow sea salt or Himalayan salt and others do not. The recommendation is to only use a bit of sea salt when necessary in flavoring dishes. Here are foods you definitely want to refrain from eating:

- Iodized salt
- Sweeteners
  - Meat
- Dairy products
- Breads, pasta, flour, crackers (unless made from sprouted ancient grains)
  - Cookies and other baked goods
    - Oils
    - Juices
    - Coffee
- Energy drinks
  - Gum
  - Mints
  - Candy

**NOTE: Nutritional supplements are optional. If any are taken while on the fast, preferably they would be in line with the accepted listed foods/ingredients.**

### Common Foods for Daniel Fast

Here is a list of some common foods you **can** consume while following a Daniel Diet plan:

Vegetables (preferably organic and fresh or frozen)	Fruits (preferably organic and fresh or frozen)	Legumes (preferably organic)
<ul style="list-style-type: none"> <li>• Artichokes</li> <li>• Asparagus</li> <li>• Beets</li> <li>• Broccoli</li> <li>• Brussel sprouts</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Collard greens</li> <li>• Corn</li> <li>• Cucumbers</li> <li>• Eggplant</li> <li>• Green beans</li> <li>• Kale</li> <li>• Leeks</li> <li>• Lettuce</li> <li>• Mushrooms</li> <li>• Mustard greens</li> <li>• Okra</li> <li>• Onions</li> <li>• Peppers</li> <li>• Potatoes</li> <li>• Radishes</li> <li>• Rutabagas</li> <li>• Scallions</li> <li>• Spinach</li> <li>• Sprouts</li> <li>• Squash</li> <li>• Sweet potatoes</li> <li>• Tomatoes</li> <li>• Turnips</li> <li>• Yams</li> <li>• Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Apricots</li> <li>• Avocados</li> <li>• Bananas</li> <li>• Blackberries</li> <li>• Blueberries</li> <li>• Cantaloupe</li> <li>• Cherries</li> <li>• Coconuts</li> <li>• Cranberries</li> <li>• Dates</li> <li>• Figs</li> <li>• Grapefruit</li> <li>• Grapes</li> <li>• Guava</li> <li>• Honeydew melons</li> <li>• Kiwi</li> <li>• Lemons</li> <li>• Limes</li> <li>• Mangoes</li> <li>• Melons</li> <li>• Nectarines</li> <li>• Oranges</li> <li>• Papayas</li> <li>• Peaches</li> <li>• Pears</li> <li>• Pineapples</li> <li>• Plums</li> <li>• Prunes</li> <li>• Raisins</li> <li>• Raspberries</li> <li>• Strawberries</li> <li>• Tangerines</li> <li>• Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Black beans</li> <li>• Black-eyed peas</li> <li>• Garbanzo beans</li> <li>• Kidney beans</li> <li>• Lentils</li> <li>• Mung beans</li> <li>• Pinto beans</li> <li>• Split peas</li> </ul> <p><b>Nuts &amp; Seeds (preferably organic, raw, unsalted and soaked/sprouted)</b></p> <ul style="list-style-type: none"> <li>• Almonds</li> <li>• Cashews</li> <li>• Chia seeds</li> <li>• Flaxseeds</li> <li>• Pumpkin seeds</li> <li>• Sesame seeds</li> <li>• Sunflower seeds</li> <li>• Walnuts</li> </ul> <p><b>Whole Grains (preferable organic)</b></p> <ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Barley</li> <li>• Brown rice</li> <li>• Millet</li> <li>• Quinoa</li> <li>• Oats (groats soaked)</li> </ul> <p><b>Liquids</b></p> <ul style="list-style-type: none"> <li>• Water (spring, distilled, filtered)</li> <li>• Vegetable juice (fresh pressed)</li> <li>• Coconut milk</li> <li>• Coconut kefir</li> <li>• Almond milk</li> </ul>



## Fasting Benefits

There are numerous benefits to Daniel-type fasting, but it all starts with an inward, spiritual motivation. Below are some incredible benefits of fasting.

“This is the fast that I have chosen ... to lose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke. Then your light shall break forth like the morning, your healing shall spring forth.” – Isaiah 58:6

### Spiritual Benefits of Fasting

Spiritual benefits are a top reason for fasting:

- Fasting brings you closer to God
- Fasting makes you more sensitive to God’s voice
- Fasting helps break bad habits or/or addictions
- Fasting shows us our weakness and allows us to rely on God’s strength

## Mental & Emotional Benefits of Fasting

Fasting benefits are different from person to person, but the following have been known to occur:

- Fasting relieves anxiety and nervousness
- Fasting can increase peace of mind and soul
- Fasting clears your mind of negative thoughts and feelings
- Fasting can help heal relationships in your life that have been stressful
- Fasting decreases brain fog
- Fasting helps increase your ability to trust God
- Fasting clears out toxins that can make you feel sluggish or depressed

## Physical Benefits of Fasting

Some benefits to the physical body have been known to include:

- Fasting helps break addictions to sugar
- Fasting supports the body’s detoxification
- Fasting promotes healthy weight loss
- Fasting promotes healthy energy levels
- Fasting improves skin health
- Fasting promotes healthy digestion and elimination
- Fasting supports healthy inflammation response and promotes comfort for joints
- Fasting promotes healthy hormonal balance

## Fasting Benefits: Spiritual, Physical, Mental and Emotional

When you fast and pray (two words that go hand-in-hand in scripture), you pursue God in your life and open yourself up to experiencing a renewed dependence on God, but it isn’t easy. It is a spiritual discipline that requires denying your physical and mental self because your stomach and your brain will most likely work overtime to remind you when and what they want to eat!

Daniel wasn’t the only one in the Bible who fasted. There were others, but you don’t have to be a “spiritual giant” like Daniel or put yourself through torturous fasts to draw closer to God. However, fasts can help focus your spirit, heart and mind on God and not your own eating and drinking desires.

In fact, before you begin your fast, you can make a list of prayer requests you are asking God to answer. Then, every time you experience hunger pangs or food or drink cravings, ask God to work in those prayer request areas.