



KEY DATES IN THIS INITIATIVE:

CHURCH UNITED PRAYER MEETING—WEDNESDAY, JANUARY 2ND AT 7 PM

2019 VISION CAST — SUNDAY, JANUARY 6TH AT 10 AM

DANIEL FAST — JANUARY 7TH TO JANUARY 26TH

REVIVAL WITH EVANGELIST JOSH HERRING — SUNDAY, JANUARY 13TH AT 10 AM AND 6 PM

“ROOTED” SERMON SERIES WITH PASTOR HANTHORN:

“DEFINING SUCCESS” —SUNDAY, JANUARY 20TH

“A VISION TO WALK IN” — SUNDAY, JANUARY 27TH

“UNIFYING OUR PRIORITIES AND OUR LIVES” — SUNDAY, FEBRUARY 3RD

The Daniel Fast

“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.”

Daniel 1:8

“In those days I Daniel was mourning three full weeks. “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 10:2-3

In the first chapter of Daniel, we find King Nebuchadnezzar commissioning Ashpenaz to select some young men to be brought to the palace and trained, prior to being given positions in the king’s court. Among those brought in were Daniel, Shadrach, Meshach, and Abednego. The order was given by the king that they should eat from the king’s table—be served the same as he was. However, Daniel, purposing in his heart that he would not defile himself, followed a different diet. Later, in chapter 10, Daniel embarks on a three-week fast while in mourning in which he follows a similar diet.

The purpose of fasting is to grow your relationship with God. Daniel’s decision not to eat the king’s food was an outward symbol of an inward commitment he made to God. Let your choices over the 21 days of our Christian Life Church fast reflect your hunger for God’s presence in your life. The fast is a spiritual discipline designed to help us gain mastery of our flesh and better connect us with God. As a church we are fasting to deepen our relationship with God, to discover as never before His plan and purpose for our lives, and to experience a spiritual breakthrough that will revolutionize our church family and our community.

In addition to abstinence from certain foods, The Daniel Fast also requires prayer and faith. These three work together to form a foundation for the fast. There is no definitive list of foods for Daniel’s fast. The scriptures tell us

he ate no flesh (meat) and drank no wine. The designation of “pleasant bread” has often been interpreted to mean breads, or sweets, or delicacies– “choice foods.” In our fast, it is the spirit of Daniel’s decision that we are attempting to capture. In general, the foods that are a part of The Daniel Fast are ones that promote health–foods that renew and cleanse the body. Rich foods, decadent foods, and “party” foods would be avoided on the Daniel fast. If there is something not specifically listed that you feel should qualify as “food of the king,” then ask God to reveal to you whether it should be part of your fast. The details of your fast are between you and God. Whether you will be following The Daniel Fast or another type of fast, we ask everyone to join us in this united effort by participating in our corporate 21 Days of Prayer and Fasting Wednesday, January 3rd through January 24th. Please note: If you have any type of medical condition, or if you suspect you have a medical condition of any kind, please consult your doctor before beginning the fast.

What the Bible Says About Fasting

1. Fasting must not be for show– “Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily, I say unto you, they have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.” (Matthew 6:16-18).

2. Biblical fasting is “not eating” with spiritual communication in mind. How do we know this? Because Biblical fasting always occurs together with prayer in the Bible. You can pray without fasting, but you cannot fast (Biblically speaking) without praying. Biblical fasting is deliberately abstaining from food for a spiritual reason: communication and relationship with the Almighty.

3. God said that when you seek Him with all your heart, He will be found by you. (Jeremiah 29:13) When a man or woman is willing to set aside the legitimate appetites of the body to concentrate on the work of praying, he/she is demonstrating a serious seeking of God with the whole heart.

4. Fasting is an expression of wholeheartedness. This is clear from Joel's call to the nation of Israel: "Therefore also now," says the Lord, "turn ye even to me with all your heart, and with fasting . . ." (Joel 2:12). What you fast is a personal decision. The information provided is designed to help you choose the kind of fast that is right for you. Please pray about what God is leading you to give up for this fast. As this is a corporate fast, we ask that everyone participate in these 21 days in some manner.

Fasting Guidelines for Children and Teenagers

How can we include our children?

Infants and small children should NOT fast. Older children can participate in a fast by choosing a food they usually have each day (cookies, candy, favorite snack, etc.) and giving that up during the fast. The important thing is to explain to them that we are giving up something for the purpose of focusing on God.

Should my teenager participate with me in the Daniel Fast?

While the Daniel Fast should be okay for teenage children, given their continued growth and physical activity, we recommend consulting your primary physician before they begin the Daniel Fast. With regards to getting them to participate, we recommend parents familiarize themselves with the fast and why it is such a powerful discipline. Then, call a family meeting to introduce the Daniel Fast to the other family members. Explain that you (the parents) have chosen to enter into the spiritual experience and that your hope is that the whole family will engage in the fast together. Explain what the fast is, perhaps reading Daniel 1 and Daniel 10 together and showing them a print-out of the Daniel Fast Food List. Be quick to explain that you understand that as teens, their food needs and suggest that they continue to eat chicken and less bread or other foods that would assure their success on the fast. Finally, ask him or her to consider it for a day or two before giving a final answer. If they don't want to participate, then accept their decision and let it go. Tell them they can change their minds, or decide to fast from soda or candy or some other single food. But since this is a decision they need to make for themselves, let them decide.

Suggested Food List for the Daniel Fast

Foods to Eat

- All Whole Grains, including brown rice, oats, and barley
- All Legumes, including dried beans, pinto beans, split peas, lentils, and black-eyed peas
- All Fruits, including 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, and watermelon
- All Vegetables, including artichokes, asparagus, beets, broccoli, Brussel 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, and zucchini.
- Seeds
- Nuts
- Liquids: water (as much as possible), unsweetened soy milk, caffeine-free all-herbal tea, natural fruit juice (no sugar added), natural vegetable juice (no sugar added)
- Extra-Virgin Olive Oil (small quantities)
- Honey

Foods to Avoid

- Meat (including poultry and fish)
- White Rice
- Dairy—including butter, cheese, and milk
- Breads
- White Flour (and products using it)
- Fried Foods
- Caffeine & Caffeinated Beverages
- Coffee & Tea (including decaf)
- Carbonated Beverages
- Foods Containing Additives or Preservatives
- Refined Sugar or Sugar Substitutes
- Margarine, Shortening, High-Fat Products

CAUTION: WHEN SHOULD YOU NOT FAST?

There are health conditions and other situations that prohibit fasting for certain individuals. We ask that you please consult your physician before considering a lengthy fast, regardless of your state of health, but especially if you are nursing or pregnant, preparing for surgery, diabetic, have a heart condition, or taking medications.

FREQUENTLY ASKED QUESTIONS

What about prepared foods?

The first and most important rule of the fast is to READ THE LABELS! This is especially true of all prepared foods. The Daniel Fast is sugar-free and chemical-free. If you use any canned fruits, vegetables, packaged foods or prepared sauces you must read the label to be aware of what is in there.

What about pasta?

Make sure the label says whole grain pasta with no additives or sugars. Whole grain pasta offers seven (7) grams of protein per serving (3/4 cup of dried pasta.)

I see the list says raw, unsalted nuts, but what about roasted nuts?

The goal would be to stick to raw, unsalted nuts. But these are harder to find, so make sure you get plain roasted, unsalted nuts with no preservatives.

What kind of peanut butter is allowed?

A natural peanut butter with no additives is allowed. Watch out for sugars, including molasses.

What about salad dressing?

Be careful about additives and preservatives. There are many great Daniel Fast salad dressing recipes available online. Vinegar and Oil are also another choice.

How can I identify whole grain foods?

Typically, if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Somewhere on the package it will state "whole" in front of the grain – if it simply lists wheat or flour in the ingredients it is not whole grain.

"Wheat flour" is not a whole grain and therefore does not qualify – it would have to be "whole wheat flour".

Where can I go out to eat?

You should be able to go almost anywhere as long as you order cautiously. Plan ahead.

What about bread?

It should be without yeast & leaven – a bit hard to find. Check with the health food store.

What if I just don't think I can commit to the full Daniel Fast?

It is important to remember that the intent of any fast is to deny yourself something that you would normally do in order to focus more specifically on the Lord and prayer. Consider shortening the fast, if you need to. Prayerfully decide if there is something else you would be willing to do for the set period of time.

Can I take medications during the Daniel Fast?

Fasting should never bring harm to the body and we absolutely would recommend you continue with any required medications. It is best to always talk with your health professional before starting the Daniel Fast or making any other major change in your diet.

Should I try the Daniel Fast if I have known health issues?

It is best to always talk with your health professional before starting the Daniel Fast or making any other major change in your diet. The Daniel Fast is a healthy way to eat, so health professionals should support this eating plan. Your doctor, however, might suggest a few modifications if you have health issues that need special attention.

What do I do about the hunger pangs?

Hunger pangs can mean that your body is either processing stored fat in your body or you are experiencing a sign of dehydration. The best first response is to go for a couple of tall glasses of filtered water. Use this as a reminder that this is a fast, which is restricting food for spiritual purposes. If the hunger pangs do not go away after fifteen to twenty minutes and you are close to a mid-morning or mid-day snack, go ahead and grab a snack.

If I am pregnant, can I still engage in the Daniel Fast?

Generally, pregnant and nursing mothers can safely follow the Daniel Fast guidelines by adding enough chicken or fish to meet the additional protein demands. We always recommend you consult your primary physician and follow his or her recommendations. Be sure to explain to your doctor that the Daniel Fast is a vegan diet with additional restrictions (leavened breads, caffeine, alcohol, sweeteners and chemicals). Also see the question on not being able to commit to the full Daniel Fast.

How much water should I be drinking while on the Daniel Fast?

The average-sized adult should attempt to drink between 1/2 gallon and one gallon of filtered water each day.

Why am I experiencing headaches and back pain? What should I do?

The headaches and back pain are likely due to detoxification from caffeine, chemicals, and/or sugar. Drink lots of filtered water (you can use a water filter rather than purchasing bottled water). The back pain may be from your kidneys processing all the chemicals leaving your body. Above all, stay well hydrated. See: *"how much water should I drink each day?"* section.

*May you experience greater God-connection
than ever during this time of fasting!*

**If you have further questions concerning fasting or need prayer,
please contact our Administration office at 262-643-4602.**



COMMITTED TO DEEPER **GOD-CONNECTION**



Christian**Life**
C H U R C H
A United Pentecostal Church

2909 W. Mequon Road

Mequon . WI

53092

clwi.com

262.643.4602