

*Women's Season*

*2019*

*"He Loves Me"*



## *21-Day Daniel Fast*

*Sunday, January 6 – Sunday, January 27, 2019*

*Allen Chapel A.M. E. Church*

*Corporate*  
*Consecration Fast*  
*Men and Women*

*Rev. Dr. Michael E. Bell, Sr.; Pastor*

*Lena Michelle Bell, First Lady*

*Rev. Dorothy Walls, Minister to Women*

*Rev. Doris Kitchings, Ass't. Minister to Women*

# ***FASTING TO BECOME SPIRITUALLY MATURE***

## ***“Men and Women”***

***Allen will undertake a corporate consecration fast for the ministry of deliverance entrusted to the body of the church.***

*Fasting is abstaining from food for a spiritual purpose. Fasting is not a tool to twist the arm of God so that He will give you exactly what you want. Fasting has a spiritual purpose, and that purpose is to get your flesh out of the way so that the Spirit of God can move in your life. Fasting removes the barriers to communication with God and allows your spiritual nature to commune directly with the heavenly Father - without disturbance. When a person makes a*

*determination to fast, they are making a determination to remove the obstacles in their lives and to submit to the will of God.*

*Prayer and fasting go together. Abstinence from food can be viewed as a diet. What gives a fast its distinctiveness is its spiritual focus which deepens one's relationship with God. Even if one is seeking something in particular from the Lord, one should still become closer to the Lord during a fast. Thus a spiritual fast is always accompanied by increased prayer, meditation, reading/studying the Word of God, and worship.*

*Goal:* *To establish the spiritual discipline of fasting for the purpose of spiritual growth and communion with God.*

*Achievement:* *Deliverance from spiritual strongholds and deliverance to the body of Christ*

*as a whole. The results will be spiritual breakthroughs, spiritual healing in the body of Christ, as well as physical healing. As we fast, pray, and yield ourselves to God, our fasting will lead to spiritual insight in what God has purposed in our life for 2019.*

**What is fasting?**

- Fasting is a spiritual discipline that moves the hand of God. It is a great exchange that involves giving God what means most to you and receiving something greater in the spirit.
- Fasting is going without a physical desire or

need for a spiritual purpose. Food is essential to life; it brings God glory to see the people of God sacrifice food for something spiritual.

Deuteronomy 8:3; Matthew 4:4; Luke 4:4

### *Are We Commanded to Fast?*

*Fasting is not given as a commandment; it is a spiritual discipline that is acknowledged through the Bible.*

*Scriptural references:* *Esther (Esther 4:16); Daniel (Daniel 10:3); Paul (Acts (9:9); Anna (Luke 2:37); Cornelius (Acts 10:30); Samuel (1 Samuel 7:1-8); Elijah (1 Kings 19:2-18); John the Baptist (Matthew 3:4; Luke 1:15); and Jesus Himself (Matthew 4: Luke 4:2).*

## Scriptures

1. A spiritual commitment – “But Daniel purposed in his heart (made up his mind) 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)
2. Inner desire reflected by outer discipline – “I was mourning for three weeks; I did not eat any pleasant bread (rich foods), meat or drink any wine...until the three weeks were passed.” (Daniel 10:2-3)
3. Increased prayer life – “He knelt down at the open windows and prayed to God three times a day and gave thanks to His God.” (Daniel 6:10) *Fasting without prayer is meaningless.*
4. A statement of faith to others – “Then let our countenance be looked upon before thee

*and the countenance of the children that eat of the portion of the king's meat." (Daniel 1:13a) Daniel was making a statement of faith when he asked for only water and vegetables and then asked the overseer to compare him and the other sons of Israel to the young men who ate the king's meat.*

*5. Fasting, Health, and Healing (Physical and Spiritual)*

*The Daniel Fast may be preventive – keeping us from disease or it can be curative, moving God to intervene as the Great Physician, if we already have a disease. God's promise: "I am the Lord (Jehovah Rapha) who heals you" (Exodus 15:26)*

- *Why would someone enter the Daniel Fast? Isaiah 58: 6, Exodus 15:26, Ps. 50:7-15*



- *How did God use a prescribed diet? Leviticus 3:17*
- *What is the purpose of the foods to be eaten during the Daniel Fast? Daniel 1:11-15*
- *How can the Daniel Fast assist in the healing process? James 5:13-16*
- *What physical benefit does the body derive from fasting? 1 Corinthians 6:19, John 2:21, Romans 14:7,8*

## *The Daniel Fast Prescription*

***“Steps for fasting for preventive or curative health: from the biblical account of Daniel”***

### ***Step 1. Be Specific***

***Define your problem immediately, and have a clear solution to the problem (Daniel 1:1-8)***

***What specific problems can you identify in your present diet? What are the potential health risks associated with these problems?***

***Step 2. Fast as a Spiritual Commitment (Daniel 1:8)***

***The Daniel Fast requires a spiritual equation, not just a physical solution.***

***How would improved health help you Better serve the Lord?***

***Step 3. Reflect Inner Desire by Outer Discipline. (Daniel 1:12)***

***The physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following: (1 Corinthians 10-15)***

- ***Your food choices***
- ***Your spiritual commitment***
- ***Your time commitment (Psalms 50)***
- ***Faith is the foundation to the Daniel Fast.***

***Step 4. Pray to Perceive Sin's Role in poor Health***

*How has sin contributed to your poor health? (Genesis 3:6—James 5:13-16)*

**Step 5. Fast as a Statement of Faith to Others.**  
**(Daniel 1:13)**

*Daniel's statement of faith was not just a private act. Faith is acting on God's Word by expressing your willingness for it to be a public act.*

**Step 6. Learn the effect of the Foods You Eat.**  
**(Daniel 1:16)**

**Step 7. Yield All Results to God.**

*Submit yourself to the consequences of your convictions  
(1:13). What did Daniel say?*

## ***The Daniel Fast Food List***

***(Please note that these are just guidelines; do not treat them as law.)***

***All Whole Grains:*** Amaranth, Barley, brown rice, oats, quinoa, millet, and whole wheat.

***All Legumes :*** Canned or dried beans; Red beans, black beans, cannellini beans, long

*beans, French beans, great northern beans, pinto beans, split peas, black eyed peas, lentils.*

**All Vegetables :** *fresh, frozen, dried, juiced, or canned; including Asparagus, artichokes, broccoli, beets, bean sprouts, carrots, cabbage, celery, cauliflower, chili peppers, cucumbers, corn, cactus, eggplant, ginger root, garlic, kale, lettuce, leeks, mustard greens, mushrooms, onions, okra, potatoes, pickles, parsley, rutabagas, radishes, spinach, sprouts, scallions, sweet potatoes, squashes, turnips, tomatoes, water chestnut, yams, zucchini.*

**All Fruits:** *fresh, frozen, dried, juiced, or canned; including apricots, apples, black berries, blue berries, boysenberries, bananas, cherries, cranberries, cantaloupe, dragon fruit, durian, figs, grapes, grapefruit, guava, honeydew melons, kiwi, lychee, lime, lemons, mangosteen, mangoes, nectarines, peaches, pears, pineapples, papayas, plums, prunes, raspberries, rambutan, raisins, strawberries, tangerines, tangelos, watermelon.*

**All Nuts and Seeds:**

*Including but not limited to sunflower seeds, cashews, peanuts, macadamia nuts, pumpkin seeds, sesame seeds, pine nuts, pecans, almonds, **unsweetened almond milk** and walnuts. Also nut butters including peanut butter without sugar.*

**Beverages:** *Distilled water, spring water, filtered water, unsweetened almond milk, 100% natural fruit or vegetable juice.*

**All Quality Oils:**

*Including but not limited to avocado oil, coconut oil, olive oil, canola oil, grape seed, peanut, walnut and sesame. Earth Balance vegan butter.*

**Other:**

*Tofu, soy products, rice milk, coconut milk, soy milk, unsweetened almond milk, vinegar, seasonings, sea salt, herbs and spices. Bragg's Liquid Aminos.*

***Do not treat these as law, if you eat the wrong food by accident, do not feel condemned or you will not benefit from this fast—God is looking at your heart.***

# *Foods to Avoid on the Daniel Fast*

***(AVOID the following food groups and READ THE LABELS!)***

## ***All Meat and Animal Products:***

*Including but not limited to beef, lamb, pork, fish, and poultry.*

**All Dairy Products:**

*Including but not limited to milk, cheese, cream, butter, and eggs.*

**All Sweeteners:**

*Sugar, honey, raw sugar, syrups, molasses, sugar substitutes, and cane juices.*

**All Leavened Breads & Yeast:**

*Including Ezekiel Bread (it contains yeast) and baked goods.*

**All Deep-Fried Foods:**

*Including potato chips, French fries, corn chips, etc.*

**All Refined and Processed Food Products:**

*Including artificial flavorings, food additives & chemicals, white rice, white flour, and foods that contain artificial preservatives.*

**All Solid Fats:**

*Lard, Shortening, butter, margarine and high fat products.*

**Beverages:**

*Caffeine (coffee and tea and herbal teas), carbonated soft drinks, alcohol, energy drinks or any other caffeine drinks.*

**CAUTION:** For persons who intake caffeine, it is suggested that a gradual reduction of your intake starts before the Daniel Fast begins on January 6, 2019.

*A Typical Day  
In the  
Daniel Fast*

*Morning*

*Pray, read Scripture and commune with God*

*Early risers can call the prayer line:*

*On **Mondays through Fridays** from 6:30-6:45 am,*

*Dial: (712) 775-7035 – Access Code: #172485*



*Water*

*Fruit juice or fruit smoothie, grits, oatmeal or potatoes w/onions*

**Mid-Morning Snack**

*Pray*

*Water*

*Nuts (or your own homemade trail mix w/dried fruit from the list of Daniel Fast Foods.)*

**Lunch**

*Pray*

*Water*

*Vegetables (cook or raw)*

*Fruit*

**Afternoon Snack**

*Pray*

*Water*

*Carrot and/or Celery sticks dipped in peanut butter*

**Dinner**

*Pray*

*Water*

*Bean Soup or Veggie Burger*

## *Greens or Spinach*

*For meal plans and recipes go to:*

[www.ultimatedanielfast.com](http://www.ultimatedanielfast.com)

### **Outcome:**

1. *Spiritual Insight and Wisdom – “As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.”  
(Daniel 1:17)*

2. *New Spiritual Direction and Effectiveness-  
“Daniel, don’t be afraid. God has heard your prayers ever since the first day you decided to humble yourself in order to gain understanding.” (Daniel 10:12)*
3. *Spiritual and Physical Health - “When the time was up, they looked healthier and stronger than those who had been eating the royal food.” (Daniel 1:15)*
4. *An Excellent Spirit and Favor among God and Men – “Then this Daniel was preferred above the presidents and princes, because an excellent spirit was in him; and the king thought to set him over the whole realm.” (Daniel 6:3)*
5. *A closer walk with God. Fasting and praying draws you closer to God and when you draw closer to Him, He draws closer to you (James 4:8). Why? Because prayer is communication with God and as you speak to Him, He speaks to you.*

6. *Brings about Humility - With your physical need for food being unmet, you come to realize your dependence on God for everything. Jesus taught his disciples to pray, "Give us this day our daily bread" (Luke 11:3). Jesus was not only speaking of physical food, but he was also speaking of spiritual food. Through fasting, you acknowledge that without God you are nothing.*
7. *Keeps Your Focus on God - Fasting changes your perspective on things. It becomes your spiritual lens through which you view everything. Fasting reminds you to focus on God and to set your affections on things above and not on things of this earth (Col. 3:2).*
8. *Brings you to a place of submission and obedience - Fasting is an act of self-denial and mortification of the flesh. It is saying to God "Lord, I want You more than this".*

*When you are able to bring the flesh under subjection through fasting, it becomes easier to bring other areas of your life under subjection, whether it is lying, drinking, jealousy, unforgiveness, adultery, or any other sin. When you learn to rely on God for strength in the area of the physical need for food, you can learn to rely on Him for strength in areas of sin in your life.*

9. *Yielding all results to God – Daniel stated, “as you see fit, deal with your servants.” (Daniel 1:13b)*

***God wants us to genuinely offer Him the sacrifice of our very being - to lay our all on the altar. God is truly glorified when we surrender our will for His will in our life. It is then and only then that we receive our spiritual breakthrough.***

***Dietary Restrictions:***

***Persons who have certain dietary restrictions are encouraged to consult their physician before beginning the Daniel or any other food fast. In the event that a competent and certified physician advises against your participation in the Daniel Fast, you are asked to seek God's direction regarding the sacrifice that is appropriate for you so that you can still reach a new dimension of spiritual breakthrough and so that you can be in agreement with your brothers and sisters in Christ who are participating in the Daniel Fast.***