

Bethel African Methodist Episcopal Church
30 Rochambeau Ave
Providence, RI
Rev. Howard M. Jenkins, Pastor

40 Day Spiritual Fast & 21 Day Financial Fast Outline

Daniel Fast

The 40 Day Spiritual Fast – Wednesday, March 6, 2019 – March 19, 2019

March 6, 2019 (Ash Wednesday) Day of fasting and Abstinence

Lent lasts 40 days (excluding Sundays)

The three Pillars of Lents are: Prayer, Fasting and almsgiving (giving to others)

All Fridays in Lent are days of abstinence from meat

Resources for Fasting:

- ~ The Daniel Plan for a Healthier Life by Rick Warren & the Daniel Plan Team
- ~ Download the Daniel Plan App
- ~ Register with Danielplan.com
- ~ The 21 Day Financial Fast by Michelle Singletary

Scriptures for Fasting and Prayer:

Value of Fasting – Mark 9:29

Stipulations for fasting – Matthew 6:17 -18

Fasting & Praying for Atonement – Leviticus 16: 29-34 and 23:27-32

Fasting & Praying for Repentance – Jonah 3:5

Fasting & Praying for God's Intervention – II Samuel 12:15-16

Fasting & Praying for Faith – Matthew 3:4

Fasting & Praying for Spiritual Development – Isaiah 58: 3-7

Fasting & Praying for Humility - Psalm 35: 13-14

Fasting & Praying to Return to the Lord – Joel 2: 12-20

Three Types of Fasting:

1. **Partial Fasting** – Daniel engaged in a partial fast as recorded in Daniel 10:2, 3, *“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”* We don't know for sure why Daniel didn't totally abstain from food, because it appears that he did so in the fast

recorded in Chapter 9. However, for some reason, Daniel engaged in a partial fast to seek the Lord's wisdom.

2. **Normal Fast** – This is the fast that Jesus did when he went into the wilderness. He ate no food and appears to have had only water. The reason scholars conclude that he drank water while on this fast was because the Scripture says he was hungry, but did not say he was thirsty. The devil tempted Jesus with bread, but not with water. So we assume this was a water only fast.
3. **Absolute Fast** – This is when no food and no liquids are consumed. It's the rare fast and only mentioned a few times in the Bible. Paul, during his Damascus Road experience "*was three days without sight, and neither ate nor drank.*" We can't tell for sure if this was because he was so shocked by what was happening with him or if it was for spiritual purposes.

Purpose for Fasting:

The Bible teaches that the starting point for change is dedicating your body to God. Thusly, the basic foundation for spiritual growth and development is an intimate connection with God and his family. This intimate connection is developed through fasting and prayer. When we fast and pray we draw nearer to God. Fasting is not a tradition, but a vital discipline in seeking God and having a closer relationship with Him. Fasting is not intended to punish our flesh, but to focus on God. Fasting is spiritual way to connect with God. Fasting is not to show people how super-spiritual we are, but it is a way for us to deny ourselves in order to seek God and His Kingdom. Our fasting should be accompanied with prayer because our spiritual health and physical well-being are intimately connected and each can strengthen the other. Fasting can be challenging, but if we commit ourselves to begin spiritually preparing our mind, body and soul we can overcome any obstacle that attempts to sidetrack us while we are on this journey.

Purpose of Praying while we are Fasting:

Our efforts at living a spiritually and physically healthy life is strengthened by prayer. Prayer will assist you in identifying your challenges when attempting to make changes and healthy choices. Prayer will help us to realize that our bodies belong to God. Prayer will help us to stay focused and protected. Prayer will help us to renew our minds and achieve sustainable results. Prayer will also equip us with His power and strength to achieve greater results while on our journey towards better health and spiritual growth.

The Purpose of Reading and Meditating on God's Word while Fasting:

We must spend time reading God's word every day as this sets the tone for an abundant life. Proverbs 4:20-22 reminds us to pay attention to what He say, turn your ear to His words. Do not let them out of your sight; keep them within your heart for they are life to those who find them and health to one's whole body.

The Top 10 tips to Curb Your Food Cravings

Taken from The Daniel Plan Study Guide

- 1) Avoid Your Triggers- You crave what you eat, so make healthier choices. Eat protein w/each meal, eat smaller meals& no meals 2-3 hrs before bedtime.

- 2) Eliminate sugar, artificial sweeteners and refined carbs- Go cold turkey and cut out sodas and fruit juices.
- 3) Eat SLOW carb, not LOW Carb-Choose high fiber carbs found in fresh veggies, fruits, beans and whole grains.
- 4) Drink more water-Drink a glass before each meal and several glasses throughout the day.
- 5) Make protein 25 percent of your diet-Protein fills you up and keeps you satisfied.
- 6) Manage Your Stress-Stress triggers hormones that activate cravings. Create a daily stress management program that includes meditation and prayer.
- 7) Follow the 90/10 rule-Give yourself a break. Make great food choices 90% of the time and enjoy your favorite food 10% of the time.
- 8) Get moving-Physical exercise/activity can curb cravings.
- 9) Get 7-8 hours of sleep a night.
- 10) Get 7-8 hours of sleep a night-Sleep deprivation can increase cravings.

Foods to include in your diet during the Daniel Fast

Special Note: if you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast. If you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of this page.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

All fruits: These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables: These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage,

carrots, cauliflower, celery, chili peppers, collard greens, 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, veggie burgers are an option if you are not allergic to soy.

All whole grains: including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds: including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter, dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils: including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Daniel Fast Breakfast Ideas

1. Muesli with unsweetened soy milk
2. Rice cakes (made with brown rice) with peanut butter and raisins
3. Fruit smoothies with unsweetened soy milk
4. Sautéed apples in coconut oil with brown rice
5. Oatmeal with dried fruit and unsweetened soy milk
6. Homemade tortillas with stir-fried veggies

Daniel Fast Lunch Ideas

1. Mixed Green Salad w/ Flatbread
2. Vegetable Soup
3. Bean Soup
4. Baked Sweet potato w/salad
5. Lentil Soup
6. Stir fried veggies w/brown rice

Daniel Fast Dinner Ideas

1. Black bean burger w/salad
2. Stir fried veggies w/brown rice
3. Red beans and brown rice
4. Black bean/corn stir fry
5. Vegetarian chili
6. Grilled Portabella mushroom w/salad

Remember to include no less than 5 servings of fruit daily and drink a minimum of 8 cups of water.

21 Day Financial Fast

Financial Fasting Pledge: For the next 21 days, I will be on a spending diet. I will not shop for anything except for necessities such as food, gas, and medication. I will not use my credit cards. I will limit or eliminate the use of my debit card. I will use cash for purchases I make during the fast. In this way, I will strive to break the chains that keep me from achieving financial freedom (*Michelle Singletary, The 21 Day Financial Fast*)

Why a Financial Fast:

We need to be set free from the bondage spending holds on our lives. This is a God inspired way for us to find financial freedom. This is a way for us to deny our flesh so that we can become closer to God. Instead of relying upon an emotional rush we get from shopping, this fast will connect you to God. Fasting is a way of separating ourselves from worldly pleasures. During this period of separation, we will begin to break the bonds that keep us broke.

Fasting for a Better Financial Life:

A sense of entitlement could be getting in the way of God blessing you. Every day we are tempted to treat ourselves to whatever we want, regardless if we can afford it or not. Each day of the financial fast we are tackling the issues that keep us down financially. One of our biggest issue is a sense of entitlement. We accumulate a lot of unnecessary debt because of our sense of entitlement. A deep sense of entitlement ruins the opportunity for many of us to be prosperous. We cannot gain God's favor by pursuing material things that we feel entitled to. We will learn to break the back of poverty by exercising self-control and being content with what you have. This is our roadmap towards prosperity.

Fasting to Avoid Financial Drama:

Debt is dangerous and credit is a curse that the enemy has created to keep you in bondage. You cannot get rid of debt until you understand how having it and keeping it around can destroy your peace and happiness. Debt keeps us trapped and keeps us from living out the purpose God has for our lives. The financial fast will help you to understand how God wants us to handle money. Debt has the ability to enslave or bring darkness into your life. When you are in debt you are beholden to someone else. Scripture warns against such relationships. God's principles and debt are not compatible; they are unequally yoked.

Fasting for Financial Peace:

Financial peace is priceless. Trust that God will bring financial peace into our lives. We will discover at least one aspect of our finances and decide to stop stressing about it. We will take a closer look at the benefits and the blessings of being brave enough to deal with the demons that have plagued our finances for far too long. Through this process you will learn many things and financial discipline is one of them. Financial discipline requires faith, prayer, good stewardship, commitment and sacrifice. Following God's financial roadmap for your life takes you straight to a place of peace.

The Top 5 Things You Can Do During the Financial Fast

- 1) Purchase essential items such as food and medication
- 2) Purchase essential personal hygiene products
- 3) Purchase essential clothing items that's required for your job
- 4) Purchase essential items for your family such as school supplies
- 5) Purchase essential items for your home such as cleaning products

The Top 8 Things You Cannot Do During the Financial Fast

- 1) Don't go to the mall
- 2) Don't window shop-the goal is to stop using shopping as a form of entertainment.
- 3) Don't shop on-line
- 4) Don't browse through retail catalogs-they may tempt you to shop.
- 5) Don't buy meals outside of the home-cook a healthy meal
- 6) Don't go to the movies or to see a play or spend any money on entertainment-you may go out and have fun, but you cannot spend any money. Seek out free entertainment at the local library, community center or colleges.
- 7) Don't use plastic-Use cash whenever possible
- 8) Don't allow yourself to buy things you know you shouldn't-be accountable to yourself.

5 Fasting Tips

- 1) **Get a journal to write down your feelings, fears or frustrations about your finances. Use the journal to record your daily progress**
- 2) **Review your progress and be specific when you record your thoughts and emotions.**
- 3) **Get a highlighter to mark each passage of scripture you read during the fast.**
- 4) **Get an accountability partner, someone who will support you to make sure you are following the fast.**
- 5) **Start each day with the “P-A-Y” Regimen- Pray and ask God to open your mind and your heart and reveal to you how to better handle your finances. Act on the pledge of financial fasting and Yield to God’s will, not your own.**

Finally, let the Holy Spirit speak to you on what is and what isn't allowed while you are fasting. You will discover what is right if you listen to the Holy Spirit. During this fast you will remove yourself from constantly consuming and you will begin to see how God is at work in your life. When you take the focus off of money, God handles your needs because you will spend more time focusing on Him. Psalm 25:9 tells us that “He guides the humble in what is right and teaches them His ways”. Yielding is very important. You will not make it through this fasting season without surrendering yourself to the will of God. Trust that He will help you become a better steward over your money. Believe in your heart that God wants you to prosper and no good thing will he withhold from you. Taking a break from consumption can help you focus on the most important relationship in your life. Take a moment...Breathe...this is just the beginning. This fast is an outward sign that you are willing to change...and that is half the battle...So Get Ready, Get Ready, Get Ready !!!!!!!!!!!!!!!!!!!!!!!
