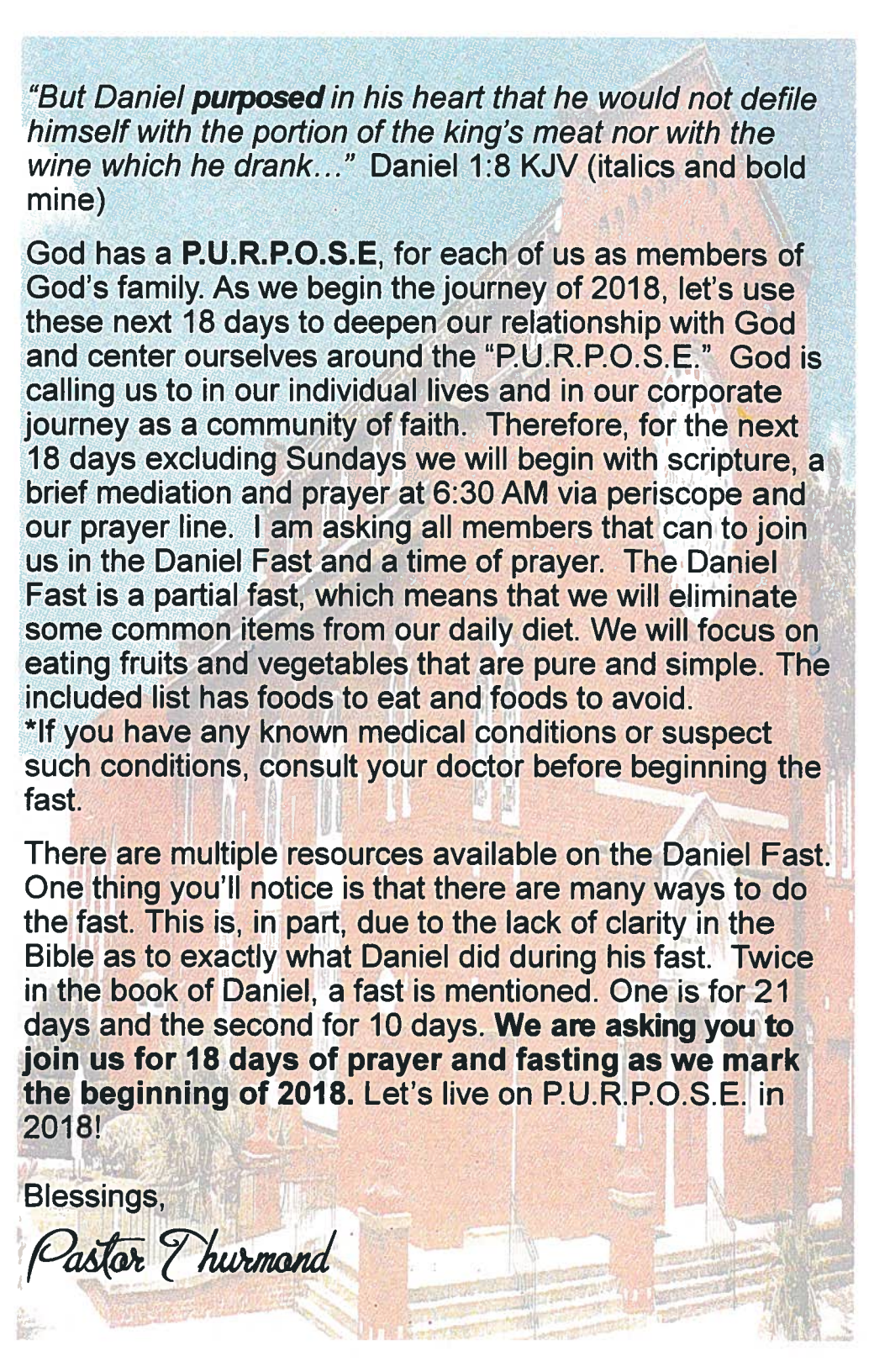


**St. Paul CME Church**

# Living on Purpose

**18 Days**  
of Prayer & Fasting  
**In 2018**





*“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...” Daniel 1:8 KJV (italics and bold mine)*

God has a **P.U.R.P.O.S.E**, for each of us as members of God’s family. As we begin the journey of 2018, let’s use these next 18 days to deepen our relationship with God and center ourselves around the “P.U.R.P.O.S.E.” God is calling us to in our individual lives and in our corporate journey as a community of faith. Therefore, for the next 18 days excluding Sundays we will begin with scripture, a brief meditation and prayer at 6:30 AM via periscope and our prayer line. I am asking all members that can to join us in the Daniel Fast and a time of prayer. The Daniel Fast is a partial fast, which means that we will eliminate some common items from our daily diet. We will focus on eating fruits and vegetables that are pure and simple. The included list has foods to eat and foods to avoid.

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

There are multiple resources available on the Daniel Fast. One thing you’ll notice is that there are many ways to do the fast. This is, in part, due to the lack of clarity in the Bible as to exactly what Daniel did during his fast. Twice in the book of Daniel, a fast is mentioned. One is for 21 days and the second for 10 days. **We are asking you to join us for 18 days of prayer and fasting as we mark the beginning of 2018.** Let’s live on P.U.R.P.O.S.E. in 2018!

Blessings,

*Pastor Thurmond*

# Live On

**P**

*Prayer*

**U**

*Unity*

**R**

*Relationship*

**P**

*Power*

**O**

*Obedience*

**S**

*Service*

**E**

*Endurance*

## In 2018

*“And we know that all things work together for good to them that love God, to them who are the called according to his **PURPOSE**”*

*Romans 8:28*

Date	Scripture	Prayer Focus	Notes
January 8th	Psalm 5:1-3	<b>P</b> Prayer	
January 9h	1 John 5:13 - 15	<b>P</b> Prayer	
January 10th	Acts 4:31-33	<b>P</b> Prayer	
January 11th	Ephesians 4:11-13	<b>U</b> Unity	
January 12th	2nd Corinthians 13:11	<b>U</b> Unity	
January 13th	John 17:20-23	<b>U</b> Unity	
January 15th	Romans 13:8-10	<b>R</b> Relationship	
January 16th	1st John 4:7-12	<b>R</b> Relationship	
January 17th	Proverbs 17:17	<b>R</b> Relationship	
January 18th	Psalm 89:7-8	<b>P</b> Power	
January 19th	2nd Corinthians 4:6-7	<b>P</b> Power	

Date	Scripture	Prayer Focus	Notes
January 20th	Romans 15:13	P Power	
January 22nd	John 14:23-24	O Obedience	
January 23rd	James 1:22	O Obedience	
January 24th	Galatians 5:13	S Service	
January 25th	James 2:18	S Service	
January 26th	Galatians 6:9-10	E Endurance	
January 27th	James 1:12	E Endurance	



## **Foods to include in your diet during the Daniel Fast...**

### **All fruits:**

These can be fresh, frozen, dried, juiced or canned  
(watch for added sugar).

Apples	Coconuts	Limes	Pineapples
Apricots	Cranberries	Mangoes	Plums
Avocados	Dates	Melons	Prunes
Bananas	Figs	Mulberry	Raisins
Berries	Grapefruit	Nectarines	Raspberries
Blackberries	Grapes	Oats	Strawberries
Blueberries	Grenadine	Olives	Tangelos
Cantaloupe	Guava	Oranges	Tangerines
Cherries	Honeydew	Papayas	Watermelon
Cantaloupe	Kiwi	Peaches	
Cherries	Lemons	Pears	

### **Vegetables:**

These can be fresh, frozen, dried, juiced or canned  
(watch salt content)

Artichokes	Collards	Mustards	Sprouts
Asparagus	Corn	Okra	Squashes
Beets	Cucumbers	Onions	Sweet potatoes
Broccoli	Eggplant	Parsley	Tomatoes
Brussel sprouts	Garlic	Peppers	Turnips
Cabbage	Ginger root	Potatoes	Watercress
Carrots	Kale	Radishes	Yams
Cauliflower	Leeks	Rutabagas	Zucchini
Celery	Lettuce	Scallions	
Chili peppers	Mushrooms	Spinach	

### **Legumes:**

Dried beans	Black eyed peas	Beans
Black beans	Green beans	Lentils
Green peas	Lupines	
Pinto beans	Kidney beans	
Split peas	Peanuts (includes natural peanut butter)	
Lentils	Peas	

### **Seeds:**

#### **All nuts (raw, unsalted)**

Cashews	Sesame	Sprouts	Walnuts
Almonds	Ground flax	Sunflower	Natural Almond Butter

### **Whole Grains:**

Whole wheat	Rolled Oats	Whole wheat tortillas
Brown rice	Plain Oatmeal- not instant	
Plain Rice cakes	Quinoa Grits (no butter)	Oats
Whole wheat pasta		

## **Liquids:**

Water (spring, distilled, filtered)

Unsweetened Soy Milk 100%  
added sugar)

Other: Small amounts of Olive Oil Herbs Spices (read the label to  
be sure there are no preservatives)

Small amounts of Honey

Small amounts of Sea Salt

Herbal (caffeine free) Tea

Fruit/Vegetable Juice (no

## **Foods to avoid on the Daniel Fast...**

**All animal products including all meat, poultry, fish...**

White rice

White bread

All deep-fried foods

Caffeine

Coffee (including decaf because it contains small amount of caffeine)

Carbonated beverages

Energy drinks

Foods containing preservatives, additives

Refined foods

Processed foods

Food additives

Refined sugar

Sugar substitutes

Raw sugar

Syrups

Molasses

Cane juice

White flour

Margarine

Shortening

High fat products

Butter

All leavened breads

Baked goods

All dairy

Milk

Cheese

Yogurt

Cream

Eggs

Alcohol

Mayonnaise



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**Periscope:**  
***DRThurmond***



**Prayer Line:**  
***(712)775-8968 Access Code 911002***