

# 2010

## FASTING GUIDELINES

**CONGRATULATIONS** on your willingness and commitment to join Fellowship Church for this 21 day fast!

Whenever a fast is recorded in Scripture, it is followed by a season of growth and blessing. And as you will discover over the next few weeks, your commitment to fast will usher in some of the greatest opportunities to take hold of the blessings of God. That is what we are most excited about. And we look forward with anticipation to all of the great things God is going to do in the life of our church and in your life as well.

So as we join together as a church family, let's take the next 21 days to prepare ourselves for what God has prepared for all of us in 2010!



### FAST FOCUS

Fasting is a spiritual discipline designed to better connect us with God. It's all about aligning ourselves with God and what He really wants to do. As a church, we are fasting together in order to deepen our relationship with God as well as get in step with His plan and purpose for us during this coming year.

Over the next 21 days, we will substitute our regular food intake with those disciplines that help us better connect with God—reading the Bible, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God.

Remember, the idea is to be realistic, not legalistic. Focus more on the details of connecting with God than the details of the menu, and you will discover the blessings of fasting.

### FAST FRAMEWORK

#### **Sunday, January 10 • 24-hour Liquid Fast**

Drink water, natural fruit juice and herbal tea (lunch will be our last meal and we will resume meals at dinner on Monday).

#### **Monday, January 11 • Begin the "Daniel Fast"**

At dinner, begin to introduce meals with pure foods of fruits and vegetables. This plan will continue for the next 20 days.

#### **The Weekend of January 30 & 31 • Break the Fast**

We will come together as a church and end the fast at Fellowship Church.

### FAST FOODS

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

If you have any condition which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, other technology, etc.) and fast in that manner for the next 21 days. Remember, the details are not as important as the spirit in which you participate.

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

### FAST FORWARD

Over the next 21 days you will undoubtedly discover some amazing benefits of fasting. As God blesses your life, we encourage you to write down your prayers and experiences. Praise God for the renewed relationship you have with Him and for the works He is doing in your life. And prepare to experience the power of a refreshed perspective for the things He has in store for your life in 2010!



## FOODS TO EAT

### Whole Grains

Brown Rice, Oats, Barley

### Legumes

Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

### Fruits

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, Watermelon

### Vegetables

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, 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

### Seeds, Nuts, Sprouts

### Liquids

Water, Unsweetened Soy Milk, Herbal Tea, Honey, Natural Fruit Juice (no added sugar)



## FOODS TO AVOID

- Meat\*
- Poultry\*
- Fish\*
- White Rice
- Fried Foods
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar or Sugar Substitutes
- White Flour
- Margarine
- Shortening
- High Fat Products
- All Breads
- Dairy (*milk, butter, cheese, yogurt, etc.*)

\* If you have young children or students, consider adding turkey, chicken and fish to the approved list of foods.

# FASTING CONTRACT

During the fast I will specifically pray for: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I will fast:    **Begin Date** \_\_\_\_\_  
                  **End Date**        \_\_\_\_\_

Who will I ask to fast with me, if anyone? \_\_\_\_\_



*So we fasted and petitioned our God about this, and he answered our prayer. Ezra 8:23*

I believe that God is the only one to answer my prayer and that fasting will draw me closer to Him. Therefore, God being my strength and grace being my basis, I commit myself to the above fast.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

VISIT [FELLOWSHIPCHURCH.COM/FAST](http://FELLOWSHIPCHURCH.COM/FAST) FOR RECIPES AND DAILY ENCOURAGEMENT.