**2021**

**Jones Memorial Baptist Church**

**Walking In our Purpose**

**by**

**Prioritizing Our Priority**

**and**

**Growing More Like Christ**

“**Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” 3 John 1:2**

***Dr. Paul R. Lee, Pastor-Teacher***

**Fast begins Wednesday, February 17, 2021, through Saturday, April 3, 2021**

The fasting time is from 6a.m. to 6p.m daily, Monday through Saturday. **During these hours, no food or drink should be taken, except for water.** Remember that even though it ends at 6p.m. daily it is not an excuse to eat anything you want. We want you to be a person of honor, adhering to the list of foods herein. Your intimacy with the Lord is the drive.

Sunday meals are not restricted by the food allowances of the fast. However, we do caution that you eat with discipline.

**Why Sundays Are Not Included!**

In following the tradition of the Children of Israel, no work was done, nor did anyone fast on the Sabbath *(Shabbat),* which means to cease, to end or to rest in Hebrew, since it was considered a day of joy. Therefore, we too, will not fast on our day of worship, Sunday, for it is a day of joy, celebration, and praise unto the Lord.

**Purpose of the Fast**

Purpose of this fast is for Spiritual and Physical health. Here is where you use the disciplines you have learned. For (21 to 40 days [your choice]) we will be in pursuit of God!

One thing I’ve noticed is that many people have a serious misunderstanding as to why they fast. And the greatest misunderstanding is that God will think of them as “better Christians” or accept them more readily if they complete a successful Daniel Fast.

But here’s the truth . . . you will not change God’s mind about you through prayer and fasting. The only thing that changes God’s mind about you – or I should say the only thing that will change your position with God – is Jesus Christ.  Because you believe in Christ and abide in Him and His word . . . that’s what makes you acceptable to God. Jesus makes you righteous and able to enter into the presence of the Holiest of Holy. The sacrificial blood of the Jesus did all the work that you will ever need to be acceptable to God.

Another misunderstanding about fasting is that we can change God’s mind by praying harder or more diligently when we fast – as if we need to counsel God so He can make the right decision about a matter.

**Preparing for Your Fast**

How should you prepare physically for a fast? Because many people experience a great drop in their blood sugar when they forsake their usual high-fat, high-sugar diets, you may want to wean yourself from these foods a day or two before your fast. If you’re a heavy coffee or tea drinker, gradually cut the caffeine from your diet. Those who fast commonly experience headaches, a withdrawal symptom of foregoing their usual large amounts of caffeine and sugar. Eliminating these foods before the fast will decrease the likelihood of your suffering with headaches, dizziness, and cravings.

When you are fasting, set time aside for prayer, meditation, and Bible study. Keep a journal of your revelations, of what God is speaking to you. Invite the Holy Spirit to guide you and to reveal areas in your life that need purification.

**Fasting Purpose Sheet-My personal reason for fasting:**

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**Write out the fears you have about fasting. Sometimes you diminish your fears when you get your fears out of your heart and put them on paper.**

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**Make a list of people you might want to ask to pray with you on certain things while we fast.**

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**WHAT DO YOU THINK THIS FAST WILL DO FOR YOU SPIRITUALLY?**

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**The Daniel Fast**

**Helps for Choosing and Cooking Foods**

1. You will probably need to cook a vast majority of your meals “from scratch.” That’s because so many of the prepared foods include sugar and chemicals, which are both no-noes on the Daniel Fast.
2. READ THE LABELS. You will likely be amazed, and maybe even a bit discouraged, as you try to find prepared foods that are sugar-free and chemical-free. And this is why in point #1 I said you will likely prepare most of your meals from scratch. But make sure you read the labels.
3. Use frozen vegetables. Obviously, you will increase your use of vegetables on the Daniel Fast. The good news is that the vegetables found in the frozen food cases are usually totally free from any chemicals and they are more nutritious than most vegetables found in the produce section (that’s because fruits and vegetables lose their vitamins and minerals the longer they are separated from their vine or branch – wow, there’s a spiritual truth in that statement – and when the foods are flash frozen within only a few hours from harvesting, they retain more of their food value). Frozen fruits and vegetables are also “ready to go.” They are washed, trimmed, sliced and diced and ready for you to do your creative work on them to make them even better!
4. Generally, if a food is a fruit or vegetable and free from sugar or chemicals, it is okay for the Daniel Fast. Make sure you review the Daniel Fast Food List and then make a call.
5. Beans, rice and tofu are great sources of protein. The Daniel Fast is a great time to find new recipes that may become family favorites. There are millions of people in the world who eat foods consistent with the Daniel Fast as their core diet. Look for Asian, Latin, and East Indian recipes and you will find many are appropriate for the Daniel Fast with just a few variations.

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

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.

All legumes. These can be canned or dried. Legumes include but are not limited to 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.

**There will be only one exception. Fish is allowed if it is broiled or baked.**

**Foods to avoid on the Daniel Fast**

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

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.

Notes:

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I believe that God is the only answer to my request and that prayer without fasting is not enough to get an answer to my need. Therefore by faith I am fasting because I need God to work in this matter.

God being my strength and grace being my basis, I commit myself to this fast.

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**Get a journal** and write down your daily experiences, answers to prayers and your experience with God. Remember, our purpose is not only spiritual health but physical health as well, through exercise and healthier eating.

To remain encouraged during these 21 to 40 days, we want to record the results of the physical changes that take place, in particular, any weight loss.

We also want to record any spiritual transformation (change of the mind and heart) that takes place in our lives.