

21 DAYS OF PRAYER AND FASTING

Beginning January 8th, we will be praying and fasting for 21 days as we begin the new year. In 2018 we are anticipating God to do something great! We believe that fasting and praying together as a church will prove to be monumental. We hope you prayerful consider joining us!

WHAT IS FASTING AND WHY DO WE DO IT?

Fasting is much more than a New Year's Resolution. (In other words, this is not a diet or cleanse!) We are dedicating 21 days of the beginning of 2018 to God! Fasting is simply withstanding from something in order to focus our attention and efforts towards God. When we partner this with prayer, we are able to see God do the miraculous!

BIBLICAL REFERENCES

Daniel 10:1-3, Exodus 34:28, Nehemiah 1:4

WHAT CAN WE EAT?

For our fast, we will be observing the Daniel Fast practices. On the Daniel Fast, you can eat things such as fruits, vegetables, legumes, nuts and whole wheat.

Foods to include 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 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 QUALITY OILS including but not limited to olive, canola, grape seed, peanut, coconut, and sesame.

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 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.

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/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 DEEP FRIED FOODS including but not limited to potato chips, French fries, corn chips.

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 SOLID FATS including shortening, margarine, lard and foods high in fat.

BEVERAGES including but not limited to carbonated beverages, energy drinks, and alcohol.

***Remember to read the labels and choose fresh organic produce when available.*

PRAYER

We believe prayer is a pivotal part of fasting. As a church, we will be kicking off this time of prayer and fasting with a night of prayer and worship during our fast.

DATE: Monday, January 8th

TIME: 7pm

We look forward to this 21 day journey with you. We hope you experience God in a new and fresh way! If at any time, you have questions or concerns, please feel free to contact us at contact@anthemfamily.org