



Fountain of Hope  
African Methodist Episcopal Church  
*"The Friendliest Church in the Valley"*  
Reverend Gregory Keith McLeod, Senior Pastor

*"Moving from Spectator to Participator"*

# THE FAST

21 Days of Prayer and Fasting  
January 7 - 27, 2018

Join FOH in Corporate Prayer  
Daily at 6:00 am  
712-432-6333, PIN: 286219#

*So I turned to the Lord God and pleaded with him in prayer and petition, in fasting...*

*Daniel 9:3 (NIV)*

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## The Fast

The Daniel's Fast is a partial fast in which some foods are restricted. It's a biblically based fast fashioned on the experiences of the prophet Daniel. The Daniel's Fast requires eliminating commonly enjoyed food for twenty-one days as an act of worship and of consecrating oneself to God. The Bible recounts in Daniel 10:2-3 "*At that time I, Daniel, had been mourning for three weeks. I had eaten no rich food, no meat or wine had entered my mouth, and I had not anointed myself at all, for the full three weeks.*"

## The Focus

The focus for Fountain of Hope AME Church can be found in 2 Chronicles 7: 14, "*if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.*" In other words God says in this passage if we do three things, He will do three things. He says if we, **Spotlight** His name, **Spread** His Kingdom and **Surrender** to His will, He says then and ONLY then will I give you **Pardon** for your Past, **Provisions** for your future and **Prosperity** for your Pilgrimage.

In an attempt to do this we have a different theme of focus each week.

- Week 1 - **Repentance and Reverence**
- Week 2 - **Trust and Transformation**
- Week 3 - **Provision and Prosperity**

Along with this, we will engage in early morning prayer each morning at 6:00am via conference call (712-432-6333, PIN: 286219#).

There will be a list of things that we will petition the Lord for each morning. Twenty-one persons have volunteered to lead the prayer call each morning. Also there will be daily scriptures to nourish our spiritual bodies.

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# The Food

The Daniel Fast is an extremely restricted diet designed that is meant to be followed for a short time, not as a lifetime eating plan. In spite of the absolute safety and benefits of fasting, there are certain persons who should NEVER fast without **professional supervision**.

For example:

- Persons who are physically too thin or emaciated.
- Persons who are prone to anorexia, bulimia, or other behavioral disorders.
- Those who suffer weakness or anemia.
- Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease.
- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs.
- Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia.
- Women who are pregnant or nursing.

## Fruits and Vegetables

You can eat any type of fruit on the Daniel Fast, including fresh, frozen or canned fruits, as long as they contain no artificial flavoring or coloring. **Added sugar** also is not allowed. Following the same guidelines, you can also eat any type of vegetable on the Daniel Fast.

## Starches

You can eat only unleavened bread made without yeast or baking powder. No processed or refined breads are allowed, whole grain flatbreads or breads made without yeast, available in health food stores, can be eaten. You can also eat unrefined brown rice, barley, oats and other whole grains.

## Meats

During the Daniel Fast, you **cannot** eat any meats, including poultry, fish or dairy products. Alternate sources of protein include soybeans, nuts and legume.

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### **Drinks**

You can drink only water and fruit juices containing **no added sugar** or other ingredients during the Daniel Fast. That means no teas, coffee, milk, soft drinks or alcoholic drinks allowed. You may have distilled, filtered or spring water.

### **Fats**

No processed foods that contain additives are allowed on the diet. Allowed oils include high-quality oils such as canola, coconut, grape seed, olive, peanut and sesame oils, according to Ultimate Daniel Fast. You cannot have butter, lard, margarine or solid shortening. No dairy products are allowed. You may have peanut butter made without preservatives or other additives not on the approved list.

### **Seasonings**

Herbs, salt, pepper and other natural seasoning are allowed, as long as they contain no disallowed ingredients.

**Please reference “The Ultimate Guide to the Daniel Fast” by Kristen Feola book or website**

**(<https://ultimatedanielfast.com/recipes/>) to find recipes for breakfasts, juices, smoothies, snacks, salads, dressings, soups and main dishes.**

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## Fountain of Hope A.M.E. Church - Daniel Fast Calendar – 2018

Please visit <https://ultimatedanielfast.com/recipes/> for complete & additional recipes

**Week 1 - Repentance and Reverence:** *If my people, which are called by my name, shall humble themselves, pray and seek my face*

*~2 Chronicles 7:14*

<i>Date</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Scripture Reading</i>	<i>Prayer Focus</i>
<b>Sunday</b> Jan. 07, 2018	Hot oatmeal w/fruit & cinnamon roasted almonds Kale-Orange Juice  Water	Tuscan Soup Strawberry Spinach Salad w/Italian Dressing  Water	Baked Sweet Potato, Steamed Cabbage, Brown Rice Carrot-Fennel Juice  Water	1 John 1:9  <i>Additional Study</i> (Mark 11:25-26; Psalm 51:2 & 10; Psalm 38:18; Proverbs 28:13)	Pray for God to reveal the unconfessed sin that stands as a barrier between ourselves and God. <b>~Fasting begins with confession</b>
<b>Monday</b> Jan. 08, 2018	Apple-Cinnamon Hot Cereal w/Beet Orange Juice  Water	Black-eyed Peas and Potato Soup w/Sliced Pear  Water	Spaghetti Squash w/broccoli Tomato Fennel Salad Vegetable Juice  Water	Exodus 20:2-3  <i>Additional Study</i> (Deuteronomy 6:5; Matthew 4:4; Matthew 22:37-38; Matthew 6:33)	Pray to not let work or its requirements, fruits or any other idol displace God as our most important concern in life.  <b>~God FIRST not idols</b>
<b>Tuesday</b> Jan. 09, 2018	Nutty Fruit Cereal w/ Banana Milk  Water	Veggie Burger on Whole Grain w/lettuce & Tomato Baked Sweet Potato Fries  Water	Steamed vegetables, Mashed Rutabaga, asparagus Apple  Water	1 Corinthians 10:13; 7:5  <i>Additional Study</i> (James 1:13-18; Luke 22:40; Luke 4:13; Matthew 6:13)	Pray for ways to escape temptation.  <b>~Being tempted isn't sin— surrendering to it is.</b>
<b>Wednesday,</b> Jan. 10, 2018	Hot Oatmeal w/berries Almond Milk  Water	Squash & Broccoli Salad Tail Mix Orange  Water	Whole wheat pasta w/tomato & herb sauce Mega Greek Salad w/Italian Dressing Water	Isaiah 55:6-7  <i>Additional Study</i> (1Chronicles 16:11; Psalm 14:4; Hebrews 11:6; Jeremiah 29:13)	Pray to seek God's face so that we will know what His will is for our life and His will for any nation of the world.  <b>~Seek God's Face before Benefits</b>

<b>Thursday</b> <b>Jan. 11, 2018</b>	Sweet Spinach Smoothie Roasted Cinnamon Almonds  Water	Black Bean Minestrone Soup Green salad w/ Italian dressing Vegetable juice  Water	Cajun Pinto Beans and Rice Vegetable Juice  Water	Psalm 103:1-5  <i>Additional Study</i> (Psalm 34:1-8; Ephesians 1:3; Psalm 28:6; Psalm 66:20)	Pray to instruct our spirits to “bless the Lord” at all times. Don’t wait until we feel inspired to praise God, command our spirits to respond worshipfully to God.  <b>~Bless the Lord</b>
<b>Friday</b> <b>Jan. 12, 2018</b>	Hot oatmeal w/ fruit Cranberry juice  Water	Sun-Dried Tomato Bake Mango Vegetable Juice  Water	Black Bean Chili Garden Salad  Water	Hebrews 12:28-29 <i>Additional Study</i>  ( <i>Jeremiah 10:6; Psalm 89:6-7</i> )	Pray with a spirit of reverence, honoring God.  <b>~reverence and stand in awe of  thee.</b>
<b>Saturday</b> <b>Jan. 13, 2018</b>	Potato and Scallion Frittata Ruby Red Beet Juice  Water	Butternut Squash Soup Fruit Salad  Water	Baked sweet potato, Asparagus, Brown Rice  Water	Psalm 68:35  <i>Additional Study</i> ( <i>Psalm 47:2; Deuteronomy  10:17</i> )	Pray for help to know God as he is...awesome...Almighty, Wondrous, Everlasting, Son of Man, Elegant and Excellent  <b>~Our God is AWESOME</b>

**Week 2 - Trust and Transformation: .....and turn from their wicked ways ~2 Chronicles 7:14**

<i>Date</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Scripture</i>	<i>Prayer Focus</i>
<b>Sunday</b> <b>Jan. 14, 2018</b>	Baked Oatmeal Broiled Pineapple Slices Orange-Carrot Juice Water	Cinnamon-Raisin Carrot Salad Pear Water	Collard Greens, Black-eyed Peas Tomato, Cucumber, Onion Salad Water	Philippians 1:6  <i>Additional Study</i> ( <i>Jeremiah 1:5; Jeremiah  29:11</i> )	Pray that God who began a good work in you, your family, friends and the church will carry it out.  <b>~A Good Work</b>
<b>Monday</b> <b>Jan. 15, 2018</b>	Pineapple Citrus Muffins Cashews Water	Roasted Potato Salad Vegetable Juice Water	Baked potato stuffed w/ broccoli Roasted Brussel Sprouts Water	Romans 12:2  <i>Additional Study</i> ( <i>2 Corinthians 5:17</i> )	Pray for transformation  <b>~A Renewed Mind</b>

<b>Tuesday</b> <b>Jan. 16, 2018</b>	Baked Acorn Squash Walnuts Water	Vegetable Soup Mega Greek Salad Piece of fruit Water	White Bean Chili Mega Greek Salad Water	Colossians 3:2  <i>Additional Study</i> <i>(Matthew 18:1-4; Philippians 4:8)</i>	Pray that your mind be set on God's truth and refuse to let anxiety invade your thoughts. Remember God's promises.  <b>~Above not Below</b>
<b>Wednesday</b> <b>Jan. 17, 2018</b>	Apricot-Nut Breakfast Bars Tangy Apple Delight Juice Water	Taco Salad Plum Water	Cabbage & Rice Casserole Salad Water	Proverbs 3:5-6  <i>Additional Study</i> <i>(Jeremiah 9:23; Psalm 84:12; Proverbs 28:26)</i>	Pray that God will guide us, our city, and our economy as we seek Him in prayer.  <b>~Trust in the Lord</b>
<b>Thursday</b> <b>Jan. 18, 2018</b>	Apple-Cinnamon Hot Cereal Banana Milk Water	Veggie Burger on Whole Grain w/lettuce & Tomato Baked Sweet Potato Fries Water	Bean, corn & brown rice stuffed bell pepper Water	Mark 11:22-24  <i>Additional Study</i> <i>(1 John 5:14-15; 2 Corinthians 1:9)</i>	Pray for our Pastors, ministry leaders and worship leaders, that they receive wisdom and knowledge as they lead our church.  <b>~Undoubting Faith</b>
<b>Friday</b> <b>Jan. 19, 2018</b>	Cinnamon Baked Apples Nut Mix Water	Baked sweet potato, steamed cabbage Water	Zucchini Casserole Fruit Salad water	Psalm 119:105  <i>Additional Study</i> <i>(Psalm 19:8; Psalm 119:11,33-35; Proverbs 6:23)</i>	Pray for discipline to read God's word daily for a guidance and to saturate our minds with God's truth so that we can be strong in him.  <b>~Light my Path</b>
<b>Saturday</b> <b>Jan. 20, 2018</b>	Gimme More Granola Orange-Spinach Berry Juice	Veggie Pizza Salad Water	Whole wheat pasta/tomato & herb sauce Water	Exodus 15:26	Pray that God's word would bring salvation, deliverance, healing and transformation to all.  <b>~God's Will</b>

**Week 3 - Provision and Prosperity.....then will I hear from heaven, and will forgive their sin, and will heal their land. ~2 Chronicles 7:14**

<i>Date</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Scripture</i>	<i>Prayer Focus</i>
<b>Sunday</b> <b>Jan.21, 2018</b>	Berry Blast Smoothie w/Trail Mix Water	Basil Zucchini Soup Apple Water	Collards, Bake Sweet Potato, Peas Brown Rice Water	Philippians 4:19  <i>Additional Study</i> (Allow the Spirit to lead you)	Pray for our ministry volunteers. Pray for strength, resources, provisions as they are doing God's will by serving others. <b>~God Shall Supply</b>
<b>Monday</b> <b>Jan. 22, 2018</b>	Coconut Fig Bars w/Almond Milk Water	Berry, Avocado, Mango Salad Water	Baked potato stuffed w/ broccoli Water	Matthew 7:7 <i>Additional Study</i> (Allow the Spirit to lead you)	Pray that God will put a greater desire in our hearts to reach the lost and broken around us <b>~Good Gifts from God</b>
<b>Tuesday</b> <b>Jan. 23, 2018</b>	Cinnamon Baked Apples w/ Vegetable Juice Water	Corn Chowder Banana  Water	Pinto Beans, steamed vegetables Brown Rice Water	Psalm 37:4  <i>Additional Study</i> (Allow the Spirit to lead you)	Pray for ALL of our government leaders, that they would seek God's help as they lead out nation.  <b>~Your heart's desire</b>
<b>Wednesday</b> <b>Jan. 24, 2018</b>	Fall Harvest Oatmeal w/Peachy Keen Smoothie Water	Massaged Kale Salad Peaches  Water	Green beans, steamed brown rice Piece of fruit Water	Philippians 4:12-13  <i>Additional Study</i> (Allow the Spirit to lead you)	Pray for God's protection for the widows, fatherless, and single mothers and fathers everywhere.  <b>~Through Christ</b>
<b>Thursday</b> <b>Jan. 25, 2018</b>	Stuffed Acorn Squash w/Orange Juice Water	Chipotle Chili Pear Water	Whole wheat pasta w/ tomato & herb sauce Water	Deuteronomy 28:13 <i>Additional Study</i> (Allow the Spirit to lead you)	Pray about something God has already promised to you.  <b>~God's Covenant</b>
<b>Friday,</b> <b>Jan. 26, 2018</b>	Pineapple Citrus Muffins Strawberry-Banana Smoothie Water	Sweet Asian Salad Banana  Water	Bean, corn & rice Stuffed bell pepper  Water	Acts 11:21, 24, 26  <i>Additional Study</i> (Allow the Spirit to lead you)	Pray that the hand of the Lord be with us as we witness to the unsaved and bring them to Christ.  <b>~The Church God Blesses</b>



<b>Saturday Jan. 27, 2018</b>	Plum Good Smoothie w/Trail Mix Water	Chunky Potato Soup Mixed Berries Water	Baked sweet potato, steamed cabbage	2 Chronicles 7:14	Thank the Lord for your salvation; praise Him as we give Him honor and praise for the forgiveness of our sins, transformation of our minds and provisions for our future.
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