

Fountain of Hope A.M.E. Church - Daniel Fast Calendar – 2020

Week 1 - The Holy Spirit's Presence

<i>Date</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Scripture Reading</i>	<i>Prayer Focus</i>
Sunday, Jan. 05, 2020	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	Luke 22:42	<i>~For God to have HIS way</i>
Monday, Jan. 06, 2020	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	John 17:22-23, 26 <i>Additional Study</i> (Galatians 5:22, Isaiah 62:6-7)	<i>~For the Spirit of LOVE in the church.</i>
Tuesday, Jan. 07, 2020	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	Romans 15:30 <i>Additional Study</i> (2 Corinthians 1:10- 11)	<i>~For the Power of the Holy Spirit on Ministries</i>

<p>Wednesday, Jan. 08, 2020</p>	<p>Hot Oatmeal w/berries Almond Milk</p> <p>Water</p>	<p>Squash & Broccoli Salad Tail Mix Orange</p> <p>Water</p>	<p>Whole wheat pasta w/tomato & herb sauce Mega Greek Salad w/Italian Dressing Water</p>	<p>Ephesians 3:14, 16</p> <p><i>Additional Study</i> (Acts 1:4, Luke 11:11, 13)</p>	<p><i>~For the Power of the Holy Spirit</i></p>
<p>Thursday, Jan. 09, 2020</p>	<p>Sweet Spinach Smoothie Roasted Cinnamon Al- monds</p> <p>Water</p>	<p>Black Bean Mine- strone Soup Green salad w/ Italian dressing Vegetable juice</p> <p>Water</p>	<p>Cajun Pinto Beans and Rice Vegetable Juice</p> <p>Water</p>	<p>John 14:17</p> <p><i>Additional Study</i> (1 Corinthians 6:19)</p>	<p><i>~That all God's people may know the Holy Spirit</i></p>
<p>Friday, Jan. 10, 2020</p>	<p>Hot oatmeal w/ fruit Cranberry juice</p> <p>Water</p>	<p>Sun-Dried Tomato Bake Mango Vegetable Juice</p> <p>Water</p>	<p>Black Bean Chili Garden Salad</p> <p>Water</p>	<p>John 15:6</p> <p><i>Additional Study</i> (John 16:24, 26)</p>	<p><i>~For the Spirit of Intercession</i></p>

Saturday, Jan. 11, 2020	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 ~Our God is AWESOME
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Week 2 - The Holy Spirit's Purpose: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>
Sunday, Jan. 12, 2020	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. ~A Good Work
Monday, Jan. 13, 2020	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 ~A Renewed Mind
Tuesday, Jan. 14, 2020	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; Philip- pians 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. ~Above not Below

Wednesday, Jan. 15, 2020	Apricot-Nut Breakfast Bars Tangy Apple Delight Juice Water	Taco Salad Plum Water	Cabbage & Rice Casserole Salad Water	Proverbs 3:5-6 Additional Study (<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. ~Trust in the Lord
Thursday, Jan. 16, 2020	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 Additional Study (1 John 5:14-15; 2 Corinthians 1:9)	Pray for our Pastors, ministry leaders and worship leaders, that they receive wisdom and knowledge as they lead our church. ~Undoubting Faith
Friday, Jan. 17, 2020	Cinnamon Baked Apples Nut Mix Water	Baked sweet potato, steamed cabbage Water	Zucchini Casserole Fruit Salad water	Psalm 119:105 Additional Study (<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. ~Light my Path
Saturday, Jan. 18, 2020	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. ~God's Will

Week 3 - The Holy Spirit's Provision.....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>
Sunday, Jan. 19, 2020	Berry Blast Smoothie w/Trail Mix Water	Basil Zucchini Soup Apple Water	Collards, Bake Sweet Potato, Peas Brown Rice Water	Philippians 4:19 Additional Study (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. ~God Shall Supply

Monday, Jan. 20, 2020	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 ~Good Gifts from God
Tuesday, Jan. 21, 2020	Cinnamon Baked Ap- ples 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. ~Your heart's desire
Wednesday Jan. 22, 2020	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. ~Through Christ
Thursday, Jan. 23, 2020	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 al- ready promised to you. ~God's Covenant
Friday, Jan. 24, 2020	Pineapple Citrus Muf- fins Strawberry-Banana Smoothie Water	Sweet Asian Salad Banana Water	Bean, corn & rice Stuffed bell pepper	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 un- saved and bring them to Christ. ~The Church God Blesses
Saturday, Jan. 25, 2020	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 fu- ture.