

Fountain of Hope African Methodist Episcopal Church
"The Friendliest Church in the Valley"
Reverend Gregory Keith McLeod, Senior Pastor
Mrs. Savalla McLeod, First Lady

"THINK BIG"
21 Days of Prayer and Fasting
January 3 - 23, 2021

THE FAST

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

Daniel 9:3

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 The Fountain can be found in **Habakkuk 2:2-3 (KJV)**

v.2) And the Lord answered me, and said, Write the vision, and, make it plain upon tables, that he may run that readeth it.

v.3) For the vision is yet for an appointed time, but at the end it shall not speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.

During these next 21 days we will **"THINK BIG!"** We will stop telling God how big our problems are, instead we will tell our problems how **BIG** our God is!!!

This transformation will bless us as a church to **BECOME Excellent, Effective and Efficient in Ministry by Exalting the Savior, Engaging the Service, Equipping the Saints, Evangelizing the Sinner and Enlisting the Servant.**

Along with this, we will engage in early morning prayer each morning at 6:00am via conference call. The conference call info is as follows: 712-432-6110 access code: 883219#. As usual, there will be a list of persons and things that we will petition the Lord for each morning.

However, because we are “**THINKING BIG**” we **WILL NOT** call out any petitions **ONLY** what the outcome of those petitions will be..... Twenty-one persons have volunteered to lead the prayer call each morning. Also there will be daily scriptures to nourish our spiritual bodies.

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, or dairy products. Alternate sources of protein include soybeans, nuts and legume. However, **fish** is allowed

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 to find recipes for breakfasts, juices, smoothies, snacks, salads, dressings, soups and main dishes.