

Christ Church Ministries

Daniel Fast 2012

Pastor Robert A. Baker, Sr.

“A Year of New Beginnings!”

“Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?”

Isaiah 58:5

Christ Church Daniel Fast 2012

January 15-29, 2012

Simply stated, biblical fasting is refraining from food for a spiritual purpose.

According to the Bible, there are three duties of every Christian: give, pray and fast. **Biblical fasting** takes a lot of discipline and strength—strength which you can only receive from God. Matthew 6 says your private discipline will bring you rewards in Heaven,

when you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

Why should I fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

Biblical Fasting Focus

1 TIMOTHY 2:1-2 *"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty."*

ROMANS 12:1 *"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service."*

MATTHEW 6:33 *"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."*

ISAIAH 58:6 *"[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"*

We want to encourage you to target your prayers during the fast. Two specific areas we will be focusing on together are leadership and finances. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). When we lift up our leaders, here in the United States and around the world, we can expect God's peace in our lives and in our nation.

Another great promise, from the book of Isaiah, proclaims that the chosen fast will "undo the heavy burdens and let the oppressed go free." We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. **Ask the Lord to show you personal areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!**

Question: "What is a Daniel Fast?"

Answer: The concept of a Daniel fast comes from Daniel 1:8-14, *"But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and sympathy to Daniel, but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you. "Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, **"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see."** So he agreed to this and tested them for ten days.*

The background of the "Daniel fast" is that Daniel and his three friends had been "deported" to Babylon when Nebuchadnezzar and the Babylonians had conquered Judah (2 Kings 24:13-14). Daniel and his three friends were put into the Babylonian court servant "training program." Part of the program was learning Babylonian customs, beliefs, laws, and practices. The result, Daniel asked if he and his three friends could be excused from eating the meat (which was likely sacrificed to Babylonian false gods and idols).

So, a Daniel fast is eating only fruit and vegetables for a certain amount of time, abstaining from meat products. The Bible nowhere commands believers to observe a Daniel fast. As a result, it is a matter of Christian freedom whether to observe a Daniel fast.

STEP ONE: BE SPECIFIC

Daniel was not vague in his objections to the Babylonian diet. He defined the problem immediately.

1. The King's food was against dietary laws
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

STEP TWO: FAST AS A SPIRITUAL COMMITMENT

The Daniel Fast involved a spiritual commitment to God. ***"Daniel proposed in his heart that he would not defile himself" (Daniel 1:8)***

STEP THREE: REFLECT INNER DESIRE BY OUTER DISCIPLINE

- +The Daniel Fast is longer than one day. These young men fasted for ten days.
- + The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- +The Daniel Fast required abstinence from party or junk foods.
- +There is no indication that they ever began to eat the king's food.

GUIDELINES FOR DANIEL FAST

(Foods We May Eat)

Whole Grains: Brown Rice, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Seeds, Nuts, Sprouts

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

Foods to avoid on the Daniel Fast

All meat and 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, syrups, molasses, and cane juice.

All leavened bread and baked goods including Ezekiel Bread (it contains yeast and honey).

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.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**.

**The members of Christ Church Ministries will be conducting a 72 hour SECULAR MEDIA FAST
January 26-28, 2012.**

WHAT IS A MEDIA FAST?

A media fast is a conscious, intentional choice to take a break from electronic media's intrusion into our life. This includes television, radio, movies, videos, CD's the Internet, computer games, video games, etc. **SECULAR FAST – the conscious choice to abstain from all forms of secular content in media while still enjoying spiritually oriented media.**

Restrict cell phone and text messaging activities – Use of phone or MP3 players – only listen to Christian music during fast

Participating in a media fast means choosing, for a specified period of time, to avoid these forms of data input.

The fast is not primarily about what is being abstained from, however. It is really about freeing up time, energy and attention to devote to the most noble pursuit of God and family. Unless the time spent on media is replaced by positive spiritual pursuits, it might result in something like Jesus' parable in Luke 11:24-26.

If you are a parent with children at home, consider spending more time in meaningful conversation and activities with them.

If your employments involves some form of media, don't consider it a contradiction to fulfill your work duties and fast afterwards. This media fast is primarily directed at our discretionary time.

Special Consecration Revival (4 days) Jan 25 – 28, 2012

We will close out our "Season of Fasting" with a Special Consecration Revival, Jan 25 – 28, 2012, 7PM nightly. Various Evangelist will be speaking.

Consecration Communion Jan 28th at 10:30 AM

We will be observing the Lord's Supper, Sunday Morning Jan 28th at 10:30 AM, prior to Morning Worship.

JANUARY 2012 14 DAY DANIEL FAST SCHEDULE AND SCRIPTURES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						7
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
WORSHIP Psalm 16 John 4 Revelation 5 Psalm 100	LOVE Deuteronomy 6:5 Psalm 119:127 John 3 1 Corinthians 13 1 John 3	PRAYER Matthew 6 Matthew 18 Romans 8 1 Timothy 2:1-3 1 Thessalonians 5:17	FORGIVENESS Isaiah 43 Luke 17 1 John 1 Proverbs 25:21-22 Luke 6:35	WILL OF GOD John 14 John 15 John 16 Romans 12	THANKFULNESS Psalm 136 Ephesians 5 Nehemiah 12 Psalm 100	WISDOM Psalm 1, James 1 Micah 6 Proverbs 1:7 Proverbs 3:3
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
WORSHIP Acts 24 Ecclesiastes 5 Nehemiah 9 1 Corinthians 2:9	FAITH Hebrews 11 1 Peter 1 Titus 2 Matthew 17:20 Romans 10:17	HUMILITY Philippians 2 II Chronicles 7 Matthew 18 Proverbs 3:34 Proverbs 15:33	COURAGE Acts 4 Joshua 1 II Chronicles 32 Hebrews 3:6 Matthew 14:27	ATTITUDE 1 Peter 4 Ephesians 4 Colossians 3 Acts 24:16 Romans 13:8-14	COMPASSION Colossians 3 Zechariah 7 Lamentations 3 Psalm 112 Hebrews 5:2	ACCOUNTABILITY Romans 14 Hebrews 13 II Corinthians 5 Proverbs 22:4 Matthew 12:36-37

Vegetable Stew Submitted by: Min. Nadiyah Cooper

Ingredients: you will need

- 1 large Vidalia (sweet onion) chopped
- 1 large green pepper (any color or combination) diced
- 1/2 clove of Garlic crushed or sliced thin
- 1-1lb of carrots sliced or shredded
- 1-large can of crushed tomatoes
- bag of frozen corn
- 1-bag of frozen green beans
- 1-bag of frozen peas
- 1-bag mixed vegetables (optional)
- 6-large white potatoes (peeled & diced into thick cubes)
- tbsp olive oil
- 2-tbsp kosher salt
- 1-tbsp cracked black pepper
- 1/2 of 1 chili pepper (optional)
- 2qts of vegetable broth or (4 cups of water is optional)
- 1/3 tsp (just a pinch)of nutmeg (also optional)

*In a 2qt saucepan heat olive oil and add onions, peppers, garlic, carrots & seasoning, sauté until tender; add the crushed tomatoes, remaining vegetables & vegetable broth stir, cover & let simmer for 30 min over medium heat until potatoes are tender. Season to taste and serve.

Simple stir -fry Veggies & roasted Potato Wedges Submitted by: Min. Nadiyah Cooper

Ingredients: You will need

- large bag of frozen California blend vegetables
- 1-bag of frozen stir fry veggies
- 6-8 large potatoes washed (leave skin on) cut into 1/2 inch thick wedges
- 1/2 of 1 onion peeled and cut into thin strips
- 2-tbsp of garlic oil
- 3-tbsp of olive oil
- 1-tbsp of ground garlic
- 1/2 tbsp of parsley
- 1 1/2-tbsp of kosher salt
- 2-tsp of black pepper
- organic ketchup (optional)

In a skillet over medium heat, add garlic oil and sauté onions lightly add vegetables 1/2 tbsp of salt and 1- tsp of black pepper, reduce heat sauté for 10 mins until veggies are tender.

After washing potatoes pat dry & in a large bowl combine 1/2 tbsp of salt, parsley, 1 tsp of black pepper & olive oil, toss all together and arrange on a baking sheet, roast for 35-40 min

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Angela's Veggie Soup Daniel Fast Recipe

- 1 28oz. can diced or crushed tomatoes 1 6oz. can tomato paste.
- 1 can of tomato sauce.
- 1 can (drained) of corn, green beans, potatoes, peas, carrots. Salt and pepper to taste.
- 2 medium onions diced, 1 tsp garlic, 4-5 bay leaves.

Add water to cover items cook in slow cooker for 3-4 hrs or on stove top. Could also add mushrooms or other veggies you enjoy just be creative.

Vegetable soup and navy beans Daniel Fast recipe

- 1 cup puree spinach
- 1 cup puree green beans
- 1 can navy beans rinsed and drained
- 1 tsp salt
- 1 cup water

Put all ingredient in [crock pot](#) for four hours on medium

Cathy's Leek and Potato Soup Daniel Fast Recipe

- 1 tsp crushed fennel seeds
- 1 tsp ground pepper
- 2 cloves garlic
- 2 tbsp olive oil
- 4 pints vegetable stock (you can use just water as long as everything is seasoned well)
- 2 lbs leeks (trimmed, cleaned, sliced)
- 2 lbs potatoes (cleaned, cut into cubes)

Heat olive oil on a medium heat in a large pan. Add garlic - heat for a few mins until golden. Add fennel seeds and pepper and stir in with garlic. Add leeks and potatoes and mix well with other ingredients. Cover and cook for 5 mins. Stir quickly. Cover and cook for further 5 mins. Add stock. Bring to boil, then cover, turn heat down and simmer for 40 mins.

Kim's Stir Fry Brown Rice w/Vegetables Daniel Fast Recipe

Ingredients

- 1 box of [instant brown rice](#) (or bag brown rice)
- Vegetables to stir fry (either fresh or frozen)
- Canola Oil
- Olive Oil
- Soy Sauce (Many avoid soy sauce because it is fermented and may contain MSG. Use salt to taste)
- Peanuts

Cook your rice according to package (I season my rice as well when I cook).

Heat Wok on Med. High heat add 1/4 cup of Canola Oil (more or less) give a minute for oil to get hot.

Place raw onions in now, if you are adding to recipe, also garlic for taste. Pour the cooked rice into Wok and stir for 4 mins add Soy Sauce or salt to taste.

Pour rice back into container it was cooked in and set aside.

Now add 1/4 cup Olive Oil to hot Wok again. Then add the vegetables and lots of whatever seasonings you like. Stir until done add peanuts right before serving.

This recipe is very good reheated for lunch the next day.

Vegetable Soup

Submitted by: Mrs. Erika Darden

- 1 can tomatoes
- 1 can pinto or black beans
- 1 potato, cut-up
- Cauliflower
- Broccoli
- Okra
- Cooked cabbage, with onions & green peppers
- Carrots
- V-8 Juice
- Vegetable Broth

You can use any vegetable of your choice. Just mix and simmer.

Cabbage Soup Recipe

Submitted by: Mrs. Erika Darden

- 6 large green onions (also called "spring" onions)
- 2 green peppers
- 1 or 2 cans of tomatoes (diced or whole)
- 3 carrots
- 1 container (10 oz. or so) mushrooms
- 1 bunch of celery
- half a head of cabbage
- 1 package spice only soup mix (Lipton's is a good choice)
- 1 or 2 cubes of bouillon (optional)
- 1 48oz can Low Sodium V8 juice (optional)
- Season to taste with pepper, parsley, curry, garlic powder, etc. (Little to no salt)

Directions:

Slice green onions, put in a pot on medium heat and start to sauté with cooking spray. Do this until the onions are whiter/clearer in color (about 4-6 minutes).

Cut green pepper stem end off, then cut pepper in half to take out the seeds and membrane. Cut the green pepper into bite size pieces and add to pot.

Take the outer leaf layers off the cabbage, cut into bite size pieces, add to pot.
Clean carrots, mushrooms, and celery, cut into bite size pieces and toss them in. Add tomatoes now, too.
If you would like a spicy soup, add a small amount of curry or cayenne pepper now.
For seasonings, you can use a spice soup packet of your choice (no noodles!) or use beef or chicken bouillon cubes. These cubes are optional, and you can add spices you like instead (make sure not to add much salt, if any at all).
Use about 12 cups of water (or 8 cups and the 48 oz of Low Sodium V8 juice), cover and put heat on low. Let soup simmer for a long time – about 2 hours or until vegetables are tender.

Scarlett potatoes Daniel Fast recipe

White potatoes boiled with onions cut up in them, pepper, garlic, seasoning salt.

Hot water cornbread recipe

- White or yellow corn meal, hot water, raw sugar

Instructions: Stir it up very well. Put in skillet with olive oil.

Greens and Beans Submitted by: Sis Mary Hackney

- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 can black-eyed peas, drained
- 1 can kidney beans, drained and rinsed
- 1 cup reduced sodium veg broth
- 2 teaspoons Cajun seasoning
- 1/4 teaspoon ground red pepper (cayenne)
- 2 cups coarsely chopped kale and collard greens
- 2 Tablespoons fresh thyme or 1 teaspoon dried crushed thyme salt and freshly ground black pepper

In a large saucepan over medium heat sauté onions and garlic 5 minutes until softened. Add beans, broth Cajun seasoning and red pepper. Bring to a boil, reduce heat, and simmer three minutes. Add the greens and thyme and simmer another three minutes, stirring occasionally.

Fruited Slaw Submitted by: Mrs. Ashley Turntine

Preparation Time: 15 minutes

- 1 can (20 oz) pineapple tidbits (or fresh pineapple)
- 1 Tbsp lemon juice
- 1 medium banana, sliced
- 3 cups cabbage, shredded
- 1 can (15 oz) mandarin oranges, drained
- 1/2 cup walnuts, chopped
- 1/2 cup raisins
- 6 oz yogurt, low-fat (use non-dairy product)

Asian Cabbage Scramble Submitted by: Mrs. Ashley Turntine

- 1 tablespoon olive oil
- 1 medium onion, thinly sliced
- 1 small (1 ½ pound) head green cabbage (cored and cut into ½” wide slices)
- 2 teaspoons grated, peeled fresh ginger
- ¼ teaspoon ground cumin seasoning
- 1 clove garlic, chopped
- ½ teaspoon salt

.2” nonstick skillet, heat oil on MEDIUM 1 minute. Add onion and cook 8 to 10 minutes or until tender and golden, ring occasionally. Add cabbage, ginger, cumin, garlic and salt, and cook 11 to 14 minutes or until cabbage is tender-crisp, ring occasionally.

Rice, Green Beans and Lentils Daniel Fast recipe

- 1 cup rice
- 1/2 cup lentils rinsed
- 1 tsp. cinnamon
- 1 tsp. salt
- 1 TBSP tomato paste
- 1 can green beans not drained
- 1 cup of water

Rice cooked in rice cooker. The rest of the ingredients go in crock pot for five hours on medium to high.

Almond Butter Bites Submitted by: Min. Nadiyah Cooper

Sweet Snack

You will need:

- ½ cup of creamy all natural peanut butter (no added sugar or preservatives)
- ¼ cup raw sunflower seeds
- ¼ cup raisins
- ¼ cup chopped almonds
- 2 tablespoons unsweetened shredded coconut
- ¼ teaspoon cinnamon

Instructions

Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8-inch baking dish, and freeze until firm. Serve frozen or just slightly thawed.

Banana Oat Crunch

Submitted by: Mrs. Erika Darden

Mix:

- 1 banana, mashed
- 1/4 cup dry oatmeal, ground to powder in blender
- Handful pecans, chopped

You must grind the oatmeal or it will not taste right.

Strawberry Banana Smoothie

Submitted by: Mrs. Erika Darden

Blend:

- Handful Frozen Strawberries, partly thawed
- 1 Frozen Banana, partly thawed
- Splash of Pineapple juice

To freeze the banana-peel it first. Partially thaw the fruits in the microwave.
