

BROOKLAND BAPTIST CHURCH
Twenty One (21) Day Daniel Fast
Daniel 10:2-3 (NIV)

*“At that time, I Daniel mourned for three weeks.
I ate no choice food; no meat or wine touched my lips;
and I used no lotions at all until the three weeks were over.”*

Brookland’s Corporate Fast will empower us to experience a heightened awareness of God’s presence. The Lord will give us fresh, new spiritual insights. Our confidence and faith in God will be strengthened. We will feel mentally, spiritually and physically refreshed. We will see answers to our prayers.

The purpose of the Daniel Fast is two-fold:

I. Individually –

- A. Take our eyes off the circumstances of this world and focus more clearly on God;
- B. Strengthen our relationship with the Lord Jesus Christ and;
- C. Surrender ourselves to be led by the Holy Spirit in obedience to God’s Word.

II. Collectively – (We want God’s favor in):

- A. Winning souls to Christ as we launch our Evangelistic Campaign in the Happy Town/Sugar Town neighborhoods of West Columbia;
- B. Building the Christian Learning Center and;
- C. Raising another \$600,000.00 in the Capital Campaign Drive.

Period of Fasting: January 7th – January 27th, 2019

PRAYER TIME:

- Wednesday, January 9th, 2019 @ 6:00 PM
- Wednesday, January 16th, 2019 @ 6:00 PM
- Wednesday, January 23rd, 2019 @ 6:00 PM

We will PRAY and FAST and watch GOD!
Foods to Eat on the Daniel Fast

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

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.

Whole Grains

Include whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

Legumes

This category can include canned or dried legumes. Legumes include but are not limited to split peas, dried beans, pinto beans, kidney beans, lentils, cannellini beans, black eyed peas, black beans, white beans.

Nuts and Seeds

This list includes sunflower seeds, cashews, peanuts, and sesame. Also nut butters such as peanut butter and/or almond butter.

Quality Oils

This includes olive, canola, grape seed, peanut, and sesame.

Beverages

Spring water, distilled water or other pure waters.

Other Foods

Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Note: Unsweetened plant-based milks and juices can be used in recipes or on cereal, but the only beverage on the Daniel Fast is water.

Foods to Avoid on the Daniel Fast

Meat and Animal Products

All meat, animal, fish and seafood products including beef, lamb, pork, poultry, fish and shellfish.

Dairy Products

All dairy products to include; milk, cheese, cream, butter, and eggs.

Sweeteners

All sweeteners to include sugar, raw sugar, date sugar, honey, syrups, molasses, cane juice, date honey, and stevia.

Leavened Bread

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods. All leavening agents to include yeast, baking soda and baking powder.

Refined and Processed Foods

All refined and processed foods products including artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

Deep Fried Foods

All deep-fried foods including potato chips, French fries, corn chips.

Solid Fats

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages

Beverages including coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Note: Remember, **READ THE LABELS** so you are aware of the ingredients in the package!