

City of Hope International at Faith Chapel

"Daniel Fast" Daily Chapter Readings

Monday, January 9 - Sunday, January 29, 2012

Week 1

1. John 1- Jesus as the Word
2. Matthew 5 – Kingdom Attitudes (Beatitudes)
3. Romans 10- Salvation
4. Ephesians 5- Marriage sacrifice (Christ and the Church)
5. Hebrews 11- Faith
6. I Corinthians 15- Risen Christ and Faith Reality
7. I John 1- Forgiveness through confession

Weeks 2

1. Romans 8- No Condemnation
2. John 17- Jesus Prays for all Believers
3. Romans 13- Authority
4. Acts 2- Coming of the Holy Spirit
5. I Corinthians 13- Love
6. I Corinthians 7- Marriage Principles
7. Matthew 6- Kingdom Attitudes (Beatitudes)

Week 3

1. James 2- Taming the Tongue
2. Ephesians 2- Faith and Grace
3. Romans 12- Living Sacrifice
4. Matthew 7- Kingdom Attitudes (Beatitudes)
5. I Peter 3- Called to be a Blessing
6. Romans 3- Jesus the Justifier
7. Revelation 21- Grand Finale

City of Hope International at Faith Chapel "THE CITY"

21 DAY Daniel Fast

January 9 - 29, 2012

From the Pastor's Pen...

It's that time of year again where we give our first fruit sacrifice to the Lord through fasting. Our theme this year is "**I Am The City**" Matthew 5: 14. The next 21 days will be a time for decreeing, meditating, and praying as one for a local, global, international and personal release.

For those of you who are new to fasting, fasting is one of the most practiced and most effective of all the spiritual disciplines. It is a time to seek God's direction for our lives, to renew our commitment to Him and to empty ourselves of sinful practices that limit our growth development and our effectiveness in life and ministry.

This year is the year to serve more, expect more, believe for more, and do more to bring honor to our Lord than any other year of your life! I invite you to use this book as a tool to guide you through this process. I am certain that this time of spiritual preparation will send tremendous ripples of faith and joy throughout your soul.

In His Grip,



Pastor Terrell Fletcher

“THE CITY” Daniel Fast

So many of us have experienced amazing breakthroughs and a deeper relationship with God during this 21-day period of focused prayer and fasting.

If you want a copy of the Daniel Fast Guidelines emailed to you, please email the church office at info@thecityonline.org requesting an electronic form to be sent to you.

Also, be sure to begin preparing for the fast about 3-7 days before your start date. Drink plenty of water and taper off caffeine, sugar and processed foods whereas immediate stoppage has been proven to give headaches.

Lastly, as a ministry I will decide our focus for the fast, however personally you must determine your focus for the fast and draw closer to God. But this is also an excellent opportunity to seek God for the challenges you may be facing right now.

Be blessed as you read these words. I hope you will stay committed as you continue to grow in the love and knowledge of our Lord.

More about fasting...

Fasting is an opportunity to humble ourselves before God by willingly depriving ourselves of many of the pleasurable amenities of life such as eating, certain entertainments and extraneous social interaction for a prescribed period. This is not to say that any of these things are bad-they are God's gifts to us, however, we often neglect God by over-indulging in His gifts. Remember that there is nothing magical about fasting. The purpose of fasting is to call us away from those busy places in our lives in order to hear clearly from God.

Fasting is not for God, it is for us. Fasting does not change God, it changes us.

Get Ready with Expectancy during the Fast!

Preparing for the Daniel Fast is important. Of course, you will want to get all the menus planned, the recipes gathered, and the food purchased.

Let's focus on preparing spiritually for the Daniel Fast. God's Word actually has some very important teachings about fasting and how to make it one that is pleasing to the Lord.

Fasting is FOR the Lord! Isaiah 58 is one of the chapters in the Bible you will want to read as you plan your fast. Here the Lord addresses the very important issue of priorities in fasting. He responds to the religious people who fast and then ask of the Lord, "Why have we fasted and You have not seen? Why have we afflicted our souls, and you take no notice?"

The Lord admonishes the people because He could see the motive of their fast. They were not fasting for Him... but instead for themselves or to impress others who might see them. The people may have been fasting by not eating food – but they were leaving God and His desires for their lives out of it. He said, "*Behold, on the day you fast, you seek your own pleasures,*" In other words, they were centering the fast on themselves! Theirs was a self-centered fast, rather than a God-centered fast.

So He asks the people, "*Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? Is it to not share your bread with the hungry, and that you bring to your house the poor who are cast out; when you see the naked, that you cover him, and not hide yourself from our own flesh?* Isaiah 58:6, 7

Now was God saying that we are not to fast, but rather address our attention to the poor and oppressed? No! Instead He was admonishing these people because while they were focusing all their attention on the religious act of fasting, they were missing the heart of God. Their lives were not pleasing to Him and so there was no way He could "notice" their fast.

The Lord goes on to tell the people what He will do for them if they align their hearts to His heart, "*Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I.*

"If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail."

FAST GUIDELINES

CONSTANTS FOR EACH WEEK:

- Prayer at least twice/quiet times daily (with family); pray for specific requests.
- Each week study/meditation

7...14...21 Day Options

By Faith and Discipline YOU CAN DO IT!!!

7 DAY: 2 reasonable servings daily.

14 Day: 1 Week with 3 reasonable serving, 1 week with 1 reasonable meal daily.

21 Day: Follow guidelines below.

Week One	Week Two	Week Three
2 reasonable meals reasonable servings daily	2 reasonable meals reasonable servings daily	1 reasonable daily
NO Snacks	NO Snacks	1 Snack
<u>Positive electronic</u> electronic Media intake after after 3 pm	<u>Positive electronic</u> media intake after 6 pm	Positive media intake 6 pm
Positive music	Positive music	Positive music

Fast Details

Foods You May Eat...

- **Whole Grains:** Brown Rice, Barley, Whole Wheat Pasta
- **Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- **Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, 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, Eggplants, 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, veggie burgers are an option if you are not allergic to soy.
- **Liquids:** Spring Water distilled Water, 100% All Natural Fruit Juices, 100% All Natural Vegetable juices. You may also drink protein drinks.
- **Others:** Seeds, Nuts (unsalted), Sprouts

Tips: Lemon is a great salt substitute and Honey & Agave are Great sweeteners

“The Daniel Fast is ALWAYS a Spiritual Fast! Not a healthy Diet”

Foods to Avoid....

- Meats (including fish)
- White rice
- Fried Foods
- Caffeine (coffee/certain teas)
- Carbonated Beverages (sodas)
- Alcohol Beverages
- Energy Beverages
- Foods Containing Preservatives or Additives
- Refined sugar (candies, sweets included)
- Pasta (spaghetti, Macaroni, noodles, etc)
- Sugar Substitutes (splenda, equal, etc)
- White Flour and all products using it (white bread)
- Margarine, Shortening, high Fat Products (no butter)
- No Salt!

21 Day Daniel Fast

Well, we are in the New Year, which on January 9th will begin the 21-Day Daniel Fast for us. The 21-Day fast is the most popular, primarily because that is the model set out by Daniel in Chapter 10:2-3 – *“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”*

First, our desire is to give you enough information to be successful on your fast. One thing I want to advise: be prepared have the right kind of foods in the house that you can eat for the Daniel Fast. See the Daniel Fast Guidelines. Also, plan your menus and prepare the foods so they are available to you. See the following recipes, plus there are many recipes on the Internet that you can make ahead.

Second, you might want to get rid of or at least put away foods that are tempting. Kind of like the biblical accounts of Jewish women as they prepared for the Passover by cleaning their houses from top to bottom and removing all yeast from their homes. Many Jews engage in this same practice today when they prepare for the Passover.

Third, plan time to prepare meals as they will likely take a little longer than when you are not fasting. Most of the meals you prepare will be from scratch since there are so few prepared products that don't have chemicals in them. So you will want to set aside enough time to prepare your meals, not only for those you will have at home, but also those you will have at work or when you are traveling.

Of course, you also want to prepare your heart for the 21-Day Fast. Seek the Lord's guidance as you get ready to start the fast. Are there issues in your life that you need to address? Are you seeking healing? Do you feel oppressed by financial bondage? Now is an excellent time to search your heart, open yourself to the Lord, and allow Him to lead you into the 21-Day Fast.

God bless you and I hope the very best for you as you set aside this time to give the first of yourself to Almighty God. Remember, He rewards those who diligently seek Him. So keep your mind on Christ and your focus on righteousness.

Fasting Intentions and or Goals

As you begin this fast, it is important that you set intentions. Without set intentions or goals, this time of fasting will only be a test of your human will as opposed to a time set aside for God to deal with your heart. Before writing down any goals, take some time before the Lord in prayer and ask Him to reveal to your heart what He would like to minister to you doing this time of consecration. Perhaps God has already been speaking to your heart over the past few weeks. If so, ask Him to bring those things back to your memory.

What is your personal reason for joining in the 21 Day Daniel Fast?

Set your intention for this fast: *Example: I want God to reveal to me the things that keep me from becoming unified with others.*

- 1.
- 2.
- 3.

What are some things that you will do during this time of fasting that will help you to draw closer to God? *Example: I will begin morning devotion before I begin my day so that I can hear from God.*

- 1.
- 2.
- 3.

Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps and other typical symptoms. You can reduce these effects by drinking at least ½ gallon of filtered water each day before, during and after the fasting period.

Disclaimer

If you have any concerns or questions about your health, you should always consult a physician or other healthcare professional before beginning this fast.

City of Hope International at Faith Chapel is not responsible nor liable for any claims from the promotion of this fast.

Recipes

Scramble Tofu (makes 4 servings)

2 tablespoons olive oil
1 yellow onion, diced
1 green bell pepper, diced
1 block tofu, drained, pressed, and cut into 1-inch cubes
1 teaspoon garlic powder
1 teaspoon onion powder
1 tablespoon soy sauce
½ teaspoon turmeric (optional)
1 tablespoon chopped fresh parsley

Heat oil in a large skillet over medium-high heat; add onion, pepper, and tofu. Sauté for 3 to 5 minutes; Stir in garlic powder, onion powder, soy sauce, and turmeric; reduce heat to medium and cook 5-7 more minutes. Stir frequently (add more oil if needed).

Add fresh parsley just before serving.

Serve tofu scramble with fresh fruit or wrap in a warmed wheat wrap with a bit of salsa for a breakfast burrito.

Homemade Veggie Burgers (makes 4 servings)

Potatoes make great veggie burger! Like latkes (potato pancakes), potatoes absorb the flavors they're added to, and they also have a pleasant texture. You can also adjust the following recipe's seasonings to your liking.

1 cup canned black beans, drained
1 carrot, grated
½ onion, diced
3 medium potatoes grated
4 scallions, chopped
1 cup frozen corn, thawed
Salt and freshly ground black pepper to test
Oil for frying

Place beans in a large bowl and mash with a fork or potato masher. Add the carrot, onion, potatoes, scallions, and corn; mix until well combined. Season with salt and pepper.

Wet hands and shape the mixture into four patties.

Heat about 2 tablespoons of olive oil and cook each patty until the veggie burgers are done, about 3 minutes each side.

Whole Wheat Tortillas for the Daniel Fast

You can buy 100% whole wheat tortillas, but these are so easy and fun to make. Use these tortillas for a veggie wrap or for chips with salsa.

Ingredients:

2 cups whole wheat flour
½ teaspoon salt
2 tablespoons olive oil
½ cup warm water

Preparation:

1. Mix flour and salt in bowl.
 2. Add olive oil and stir until well combined.
 3. Add warm water 1 tablespoon at a time until the mixture starts to pull away from the sides of the bowl.
 4. Knead dough on floured board for about 3 minutes (20 folds).
 5. Allow dough to rest for 15 minutes (this is called resting)
 6. Roll dough into sausage-shape and then cut into 12 equal parts (cut in half, then in half again, then each part into thirds) and shape into little ball
 7. With a rolling pin, roll each little ball into a tortilla (for best results, roll out from the center and outward).
 8. Heat a skillet over medium heat. Fry the tortillas in a dry stick-free pan for about 30 seconds on each side for soft tortillas or longer for crisp tortillas.
 9. Keep tortillas warm by placing in a tortilla holder or wrap in a kitchen towel
- Yield: Makes 12 tortillas

Fasting Tips by *Lady Sheree Fletcher*

You will need to decide what is “okay” on the Daniel Fast and what isn’t. So here are a few keys to help you as you make your decisions.

1. You will probably need to cook a vast majority of your meals “from scratch.” That’s because so many of the prepared foods include sugar and chemicals, which are both no-no’s on the Daniel Fast.
2. READ THE LABELS. You will likely be amazed, and maybe even a bit discouraged, as you try to find prepared foods that are sugar-free and chemical-free; this is why in point #1 I said you will likely prepare most of your meals from scratch. But make sure you read the labels.
3. Use frozen vegetables. Obviously, you will increase your use of vegetables on the Daniel Fast; the good news is that the vegetables found in the frozen food cases are usually totally free from any chemicals and they are more nutritious than most vegetables found in the produce section (that’s because fruits and vegetables lose their vitamins and minerals the longer they are separated from their vine or branch – wow, there’s a spiritual truth in that statement – and when the foods are flash frozen within only a few hours from harvesting, they retain more of their food value). Frozen fruits and vegetables are also “ready to go.” They are washed, trimmed, sliced and diced and ready for you to do your creative work on them to make them even better!
4. Generally, fruits or vegetables that are free from sugar or chemicals are okay for the Daniel Fast. Make sure you review the Daniel Fast Food List and then make a call.
5. Beans (canned are okay – try to use “no salt added”) and tofu are great sources of protein. The Daniel Fast is a great time to find new recipes that may become family favorites. There are millions of people in the world who eat foods consistent with the Daniel Fast as their core diet. Look for Asian, Latin, and East Indian recipes and you will find many are appropriate for the Daniel Fast with just a few variations.
6. A great natural sweetener is Agave Nectar (found at Henry’s and other health food stores – shelved near honey).
7. Use lemon as a salt replacement to add zing and flavor to your veggie dishes.

Remember, that you can do all things through Christ who strengthens you!

Recipes from First Lady’s Kitchen.....

Chili

40 oz. organic black beans (canned: 1 used 2 25 oz and 1 15 oz cans)
1 28 oz can organic tomato puree
1 green pepper chopped
¾ cup onions chopped
¾ cup carrots sliced
1 tablespoon minced garlic
1 tablespoon chili power
1 teaspoon cayenne pepper (optional – will give it a kick)
1 tablespoon honey
1 tablespoon “Italian seasoning”
2 table spoons olive oil (enough to coat the bottom of your pan)

In a medium saucepan put olive, garlic and onions and cook for 5 minutes. Drain the beans and add to pan, along with the remainder of the ingredients. Cover the pan and cook on low heat for 1 hour.

Greens

2 bundles collard greens (fresh are best – clean & cut into strips and discard left over stems)
1 15 oz can diced tomato
2 tablespoons olive oil
2 tablespoons minced garlic
Dash of sea salt & pepper

Heat oil and garlic for 5 minutes in large frying pan and then add the greens and cover. After the greens have cooked down a bit (about 10 minutes) stir and add tomatoes. Put the lid back on the pan and cook on the lowest heat for 1 hour. Stir occasionally.