



What is fasting?

Creating space for God, both individually and corporately

Fasting, like prayer, is a discipline that individuals and communities use to intentionally create space for God. By fasting, or abstaining, from certain foods or from food altogether, we are doing several important things. Fasting declares that Christ's rule has very physical, material implications for our daily lives. By submitting to a fast, we are reminded that God is the provider of all of our physical needs AND that the unmet physical needs of the poor around us demand our response. Fasting both empowers us, and sends us.

Fasting Preparation

Start End
1/2/17 – 1/21/17

To make the most of this fast, we encourage you to prepare several important areas ahead of time. First, **prepare through prayer.** Pray in advance that God will meet physical needs, supply energy and patience, and will speak to his people afresh today. Second, **prepare logistically.** Think through all the necessary arrangements for this change in diet and make plans for meals with those you live with who may or may not be fasting with you. Third, **prepare your schedule.** Because we are fasting in order to create space for God, we pair fasting from certain foods with extended and intentional time in prayer.

Ending Your Fast

Our hope is that our 3 weeks of fasting as a community would yield long-term changes. In order to do this, we want to start with the end in mind by posing the following questions to be considered throughout our fast.

How has God challenged, convicted, or guided you during this time? And what are the implications of your experience for the rest of 2017?

How has God opened your eyes to the unmet needs of the poor, powerless, and suffering around us? How are we, as the church, being called to join God in meeting physical needs?

How can we continue to create space for God after the fast?

Foods to Include

Foods to Avoid

The Daniel Fast

(1/2/17 – 1/21/17)

All 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

All 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 (an option if you are not allergic to soy).

All whole grains. Including, but not limited to, whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn. All nuts and seeds, including, but not limited to, sunflower seeds, cashews, peanuts, sesame. Also, nut butters, e.g. peanut butter and almond butter.

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

All quality oils. Including, but not limited to, olive, canola, grape seed, peanut, and sesame.

Beverages: Spring water, distilled water, or other pure waters.

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

FOODS TO AVOID

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, raw sugar, honey, syrups, molasses, and cane juice.

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

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.