

**Greater Emmanuel Family Worship Center**  
**2017 Fasting Format**  
**January 8<sup>th</sup>-22<sup>nd</sup>**

**2017 Theme: “The Year of Ascension”**  
**Scripture Reference: Matthew 6:33**  
**14 Days of Prayer, Fasting and Consecration**

Pre-Fast Family Night Movie: The War Room January 3 @7pm

Dates: Beginning Sunday, January 8<sup>th</sup> through Sunday, January 22<sup>nd</sup>.

Sunday, January 22<sup>nd</sup>. Communion served (all white)

**Time Period of Fasting:** No Eating after 8 p.m. daily (while following below fasting guidelines)

**Overview**

Saints, it is time for us to begin a time of “Prayer, Fasting & Consecration and a time to get closer to God.” This time of prayer, intercession, meditation, study and worship will pave a path for the “Wind of God” to blow on us. Our focus in 2017 is to: **(1)** seek help and divine protection from the evil one, **(2)** obtaining mental freedom from emotional problems or habits and **(3)** seek God’s favor and His purpose and vision for our lives. Pray God’s Word for One Heart, One Vision and Intercession for Health, Wealth, Family, Relationships, Restoration, Repair & Replenishment of the Saints

The Lord has been speaking to his house in the areas of true repentance, a clean heart, and how to recognize the voice of God.

As priests of this house, we decree a time of prayer, fasting and consecration to seek the face of God for the purpose of being free to possess what He has promised. We decree that the time for being content with the entitlements of the promise but lacking the possession of the promise is over!

**PERSONAL HOLINESS** Self Control, Faithfulness, Dedication, Character and Integrity. We are heirs. The blessing of Abraham is ours. It is time to possess the land. We know that 14 days from now we will experience a mighty move of God in the areas of health, wealth, anointing and repairing of relationships. We ask that you follow the guide provided. It is our prayer that God will restore all, repair, renew, equip and replenish this ministry with power, anointing, fire and enthusiasm to accomplish kingdom ministry. May this time of prayer, fasting and consecration be a time of rededication, renewal and clarity of the vision and promises God has spoken over your life. Remain in the presence of God.

Praying Your Strength in God,

*Pastor Titus Stewart*



***Special Note:** if you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast.*

If you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of this page.

After answering hundreds of questions about the Daniel Fast, I am updating the food guidelines. My hope is that it will serve as a more complete list. So here is the new list that I hope helps.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

### **Foods to include in your diet during the Daniel Fast**

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 are 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 including peanut 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 while on the 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, raw sugar, honey, syrups, molasses, date honey, agave, stevia 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.

The Daniel Fast is based on the fasting experiences of the Old Testament prophet and typical Jewish fasting principles. Only food grown from seed is allowed and the only beverage is water.

## Prepare for Your Fast



You'll want to prepare your spirit and your soul and your physical body for the Fast beginning about a week before your start date.

**Prepare your spirit** by seeking God and His direction for your fast. Seek the Lord's input to decide your purpose and special focus for the fast. Perhaps there is a habit to break or a new discipline to embrace. Are there relationship that need healing or financial pressures that need fixing. Start preparing your spirit now so when you begin your fast you are primed and ready.

**Prepare your soul** by clearing as many distraction as you can. Distractions can come in many forms including busyness, attitudes, fears another emotions that are not consistent with God's ways.

**Prepare your body** by tapering off caffeine (coffee, tea, soda, etc.) so that you are totally free of the substance when you begin your fast. For most people it takes about seven days to withdraw from caffeine. This step is essential if you want to avoid painful and debilitating withdrawal symptoms.

You'll also want to cut back on foods that contain a lot of sugar including candy, sweets, sodas, and desserts.

One of the most important elements of the fast is preparation. It's also where I see people making the biggest mistakes and experiencing the greatest disappointments. You invest in yourself and your spiritual life when you take the time to learn about the fast, the guidelines, and how to experience a successful fast.

## **THINGS TO LIMIT WHILE FASTING**

*(The Warfare of Fasting)*

Many Christians fast, but do not accomplish their spiritual goal from their fast. One of the reasons why they do not accomplish their goal is because they allow the devil to get them out of focus while fasting. There are some things you should avoid or abstain from while fasting. These are just a few. As you grow more in the Lord and in sensitivity to His voice, the Holy Spirit will give you more direction.

**Television and Movies:** We all know that it's not a sin to watch (clean) television programs and movies. While you are fasting, it will distract you, take you away from your focus, and nullify the spiritual effects and accomplishments of fasting.

Watch Christian TV programs such as TBN, Word Network, etc. I Cor. 6:12

**Music:** While you are fasting, do not listen to any music (including gospel music) that does not clearly worship, glorify and exalt the Lord. Suggestion: Praise and Worship music, or music and songs that will draw your heart to God, and encourage you to think upon and bless the Lord. Eph. 5:19,20

### **Special Witnessing:**

Write the names of 12 people pray for them nightly for 14 days.

Calling them, encouraging them and get to know them, after the fast continue to fellowship with them and when you feel led invite them to come to church with you.

**BE SURE TO READ THE BOOK OF PROVERBS DAILY. THE BOOK OF PROVERBS IS THE BOOK OF WISDOM FOR LIFE'S JOURNEY.**

## **SPECIAL READING JOHN ECKHART BOOKS ON PRAYER**

### **INFORMATION REGARDING FASTING ELECTRONICS**

Computers: (with the exception of work related)

- } Social Media
- } Email
- } Web Surfing
- } Recreational Use

Cell Phones/Land Lines: (with the exception of work and in case of emergency)

- } Texting
- } Surfing the Web
- } Email
- } Recreational Use

Television – which includes Christian programs

Radios, Ipods, Mp3 – This will be your time to make a joyful noise to the Lord

### **Information Concerning Liquids Only:**

High Sodium Contents: When fasting some individuals drink chicken or beef broth. Be sure to read all labels written on the broth cans or cartons. Some chicken broths and beef broths are very high in sodium. For instance, Swanson's Chicken Broth in the can is 980 mg unless you purchase the low sodium variety which has 570 mg of sodium. Natural boiled chicken has about 64 mg of sodium. So boil your chicken to cut down on the sodium intake while fasting.

### **OTHER WAYS TO FAST**

(If You Can't Participate Due to Health Reasons & Medications)

Jan. 8<sup>th</sup> – 22<sup>nd</sup>, 2017

#### *♣ No Shopping*

– Refrain from all worldly pleasures  
(i.e. malls, shopping, window shopping etc.)

#### *♣ No Recreational Activities*

(i.e. sports, board games, puzzles, videos games, cards, etc.)

#### *♣ No Social Gatherings*

(i.e. Parties, any gatherings that would cause you to lose focus, etc.)

Please refrain from the above activities during the entire 14 Days of Consecration and allow prayer and reading of the word to replace the time you would have spent doing these other things.