

# Jubilee Baptist Church

## Daniel Fast

January 4<sup>th</sup>-25<sup>th</sup>, 2020



### *Corporate Prayer Points*

- Infilling of The Holy Spirit
- Greater Intimacy with Jesus
- Forgiveness of Others
- Yielding to the Will and Word of God

John 15:11

“These things that I have spoken to you, that my JOY might remain in you and that YOUR JOY might be full.”

## **WE ARE JUBILEE!**

**PASTOR REGGIE GARRETT**

**SENIOR PASTOR**

**Be Specific:**

Fasting is not a diet. But it the way to discipline the flesh and “Gain weight” in the spirit. Thru prayer, study and worship the believers seeks to go deeper in a relationship with god.

The Daniel Fast involves a spiritual commitment to God. Daniel 1:8

“Daniel proposed in his heart that he would **NOT** defile himself”

Daniel 10:3

I ate no pleasant foods, no meat or wine came into my mouth nor did I anoint myself at all until 3 weeks were fulfilled.

**Results and Benefits from Fasting:**

Isaiah 58:6-10

“Is this not the kind of fast that I have chosen? To loose the bands of wickedness, to undo heavy burdens and to let the oppressed go free, and that ye break every yoke? Is it not to divide your bread with the hungry and bring the homeless poor into the house; when you see the naked to cover him; and not to hide yourself from your own flesh.....

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 you spend yourself in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in darkness and your light will become like noonday.”

## Daniel Fast Foods to Eat

Daniel seemed to eat only things planted for harvest and drank only water. When in doubt stick to the guidelines as follows:

- 1.) You may eat three meals a day (morning, noon and evening).
- 2.) Whole grains: brown rice, oats, rolled oats, oatmeal (with raisins), barley, corn, popcorn, wheat bread (Brownberry is a suggested type).
- 3.) Whole grain pasta only (not made with white flour.)
- 4.) Legumes: dried beans, pinto beans, split peas, lentils, black-eyed peas, green beans, green peas, peanuts, etc.. Grain legumes include beans, lentils, lupins, peas and peanuts. Do not prepare with pork or any meat products.
- 5.) Fruits: apples, apricots, avocados, bananas, (high in sugar), berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.

5.) Vegetables: artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, green salads, kale, leeks, lettuce, mushrooms, mustard, collard and turnip greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.

6.) Seeds: all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.

7.) Dairy: cheese, milk, butter (not margarine)

8.) Liquids: spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices. (If the bottle says “fruit juice drink or cocktail) it contains sugar). It should say 100% juice.

9.) Olive oil, vinegar

10.) Any seasonings including cinnamon, nutmeg; etc.

Please remember, no sweets, no meats.

### **Daniel Fast - Foods to Avoid**

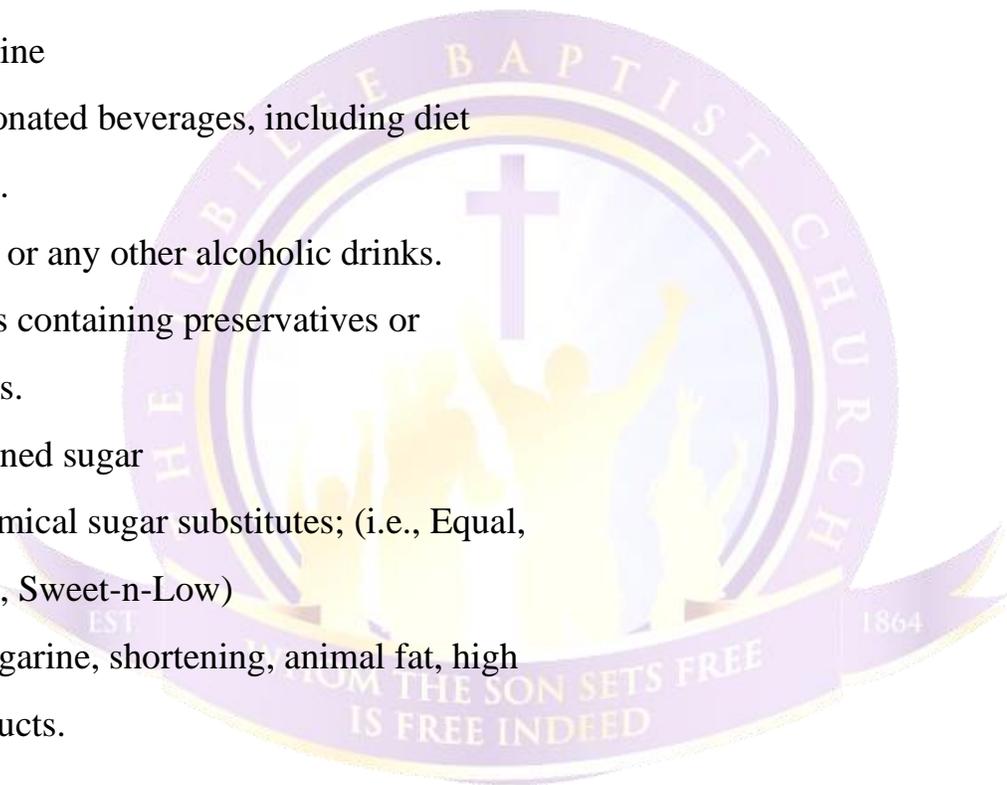
Basically you want to avoid the king's food. You shouldn't have the king's burgers or fries; however, many fast food places now have good salads or soups. Avoid sauces and sweet dressings.

1. Meat,
2. White flour and all products using it.
3. White rice, white bread, hominy and pasta.
4. Fried foods.
5. Caffeine
6. Carbonated beverages, including diet
7. sodas.
8. Wine or any other alcoholic drinks.
9. Foods containing preservatives or additives.
10. Refined sugar
11. Chemical sugar substitutes; (i.e., Equal, Splenda, Sweet-n-Low)
12. Margarine, shortening, animal fat, high fat products.

### **Helpful Hints**

Things you can avoid to make your fast more effective:

1. Foolish entertainment (example, certain sitcoms and T.V. shows; certain



magazines.

2. Fighting, arguing and gossiping (Isa. 58).

**Things you can add to make your fast more effective:**

1. Increase the volume of “Word” intake.

2. Increase your prayer time; i.e., in intercessory prayer for others, praying for the vision of the ministry and your own personal vision, praying for direction, wisdom and knowledge.

**MAKE YOUR COMMITMENT!!!**

Pray about this fast. Jesus implied that all of His followers should fast (Matt. 6:16-18; 9:14, 15).

Pray to perceive sin’s role in poor health.

Fast as a statement of faith to others.

Learn the effects of the food you eat.

Yield all results to God.

