

Jubilee Baptist Church

The Discipline of Discipleship

Consecration 2024

January 2-January 23, 2024

Prayer, Meditation, Study and Fasting

Foods to eat:

Whole Grains: Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

Beans and Legumes: Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

Nuts and Seeds:

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

Vegetables:

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

Fruit:

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

Oils:

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.

Other foods, you can eat.

Unleavened bread (whole grain bread made without yeast, sugars, or preservatives)

All herbs, spices, and seasonings are allowed, including salt and pepper.

Soy products (such as edamame and soy nuts) and tofu are acceptable.

Beverage:

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it). You can also use 100% fruit juice in recipes. Also, unsweetened non-dairy milk is acceptable (such as almond milk, coconut milk, soy milk).

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Foods to avoid:

Animal products

Added sugar

Yeast

Refined grains

Processed food

Deep-fried food

Solid fats

Chocolate

Caffeinated and alcoholic beverages

Benefits of Fasting

- Fasting helps you get your soul under control. Are your emotions, thoughts, and desires running wild? Fasting, according to scripture, [humbles and afflicts](#) our soul ([Psa. 35:13](#); [Isa. 58:3, 5](#)), enabling us to prioritize and operate in the Spirit rather than our flesh.
- Fasting helps you get right with God if you use your fast to humble yourself, mourn, and turn to God ([Joel 2:12-13](#)). Even wicked Ahab humbled himself and fasted, and God had mercy ([1 Kings 21:27-29](#)). When Ninevah fasted, turned from their evil way, and cried out, God saw their works and chose not to overthrow them ([Jonah 3:4-10](#)).
- God wants to use our fast to bless someone else! It is more blessed to give than to receive ([Acts 20:35](#)), so we **must** fast and pray for others ([Psa. 35:11-13](#); [Zech. 7:1-14](#)) and make sure to give to the hungry, poor, and naked ([Isa. 58:7-11](#)). When we do, we get the blessing of *being* a blessing, those in need benefit, and God recognizes our fast.
- When there is a need and you [fast right](#), the Bible says, “Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am” ([Isa. 58:9](#)). As you sacrifice, God responds to your cry, answers according to His will, and makes Himself available!
- Fasting is chosen by God “to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke” ([Isa. 58:6](#)). When we find ourselves or others bound, oppressed, and burdened, it’s time to fast!
- Fasting helps set us up for victory in the fight! In one fight when Israel had already been defeated twice ([Judges 20:26-35](#)) and facing another fight when they had to repent from sin ([1 Sam. 7:1-14](#)), after they fasted and came to God, He gave them the victory!
- As you really go after God with fasting, praying, and seeking Him, you’ll find out He can “satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a

spring of water, whose waters fail not" ([Isa. 58:11](#)). As we sacrifice, He provides, satisfies, and fills us up!

- Fasting helps us to hear from God clearly and get His direction. When you fast, "the LORD shall guide thee continually" ([Isa. 58:11](#)). Ezra led the people in fasting and seeking God for a right way for them, their little ones, and their substance, and God was intreated of them ([Ezra 8:21-23, 31](#)).
- Fasting helps you defeat the devil! When a man brought his son who was vexed with a devil, the disciples could not cast him out. Jesus addressed their lack of faith and then taught them, "this kind goeth not out but by prayer and fasting" ([Matt. 17:14-21](#); [Mark 9:17-29](#)).
- Fasting is part of preparing the church for the ministry and the work God has planned for us. In [Acts 13:2-5](#), as the church "ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them." They then fasted, prayed, laid hands on them, and sent them out to do their assignment. Want to know your purpose, get clarity on next steps, or be more effective? Fasting can help!