

## Notes

# **TRIEDSTONE CHURCH**

**2019 Daniel Fast**

**January 7-27, 2019**

***The Year of Beneficial Journeys!***

***Isaiah 65:8-9***

*Thus saith the LORD, As the new wine is found in the cluster, and one saith, Destroy it not; for a blessing is in it: so will I do for my servants' sakes, that I may not destroy them all. And I will bring forth a seed out of Jacob, and out of Judah an inheritor of my mountains: and mine elect shall inherit it, and my servants shall dwell there.*



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**TRIEDSTONE CHURCH**  
**2019 Daniel Fast**

**Daniel Fast**

In Daniel, Chapter 10, Daniel ate only that which came from the ground (grains, legumes, vegetables, fruit, vegetables, nuts, seeds).

~Drink Plenty of Water~

~ Please Follow Your Doctor's Instructions & Medication Requirements ~

**Daniel Fast No No's**

No Meats (neither red nor white meat during entire fast)

No Caffeine (examples: pop/soda, coffee, black tea, etc.)

No Carbonated Beverages (examples: pop, some bottled water, etc.)

No White Bread Products (you can eat oat, wheat, rye, 7 grain, etc.)

No White Rice (examples: any kind of Chinese rice)

No Sugar/Sweets (examples: cakes, pies, cookies, candy, puddings, etc.)

No Junk Foods (examples: potato chips, corn chips, cheese popcorn, etc.)

No Dairy Products (examples: milk, cheese, yogurt, cottage cheese, butter, sour cream)

Any vegetables fried must be done in Vegetable Oil, Olive Oil or Canola Oil

**Allowed Exceptions**

Honey - Herbal Teas - Decaffeinated Coffee & Tea

Almond Milk - Soy Milk - Vegan Foods

100% Natural Fruit Juices - 100% Wheat Pasta - Brown Rice

Natural Popcorn - Natural Peanut Butter - Fruit Spread

Chicken on Sundays; only if allergic to Fish/Seafood

**Five Essential Food Groups**

**Group 1: The Whole Grain Group**

Wheat, rye, oats, barley, brown rice, buckwheat, corn, etc.

**Group 2: The Legume Group**

Navy, kidney, black, lima and pinto beans, black eye and split pea, etc.

**Group 3: The Vegetable Group**

**Greens:** Lettuce, mustard, spinach, collards, kale, turnip (Cooking with meat is like eating meat). **Vegetables:** broccoli, cauliflower, radishes, rutabaga, cabbage, brussel sprouts, carrots, celery, etc.

**Group 4: The Fruit Group**

Raisins, apples, strawberries, melons, bananas, oranges, grapefruit, apricots, lemons, grapes, etc.

**Group 5: Complex Carbohydrate Sweeteners, Fruit Juice Concentrates, and Essential Fats/Oils**

The healthiest choice of the **complex carbohydrate sweeteners** would include Yinnie (rice) syrup, Barley malt syrup, fruit juice sweeteners, fruit only jelly, prune juice, and prunes. Avoid the many names of sugar and artificial sweeteners.

# January 2019

	Mon	Tue	Wed	Thu	Fri	Sat
<b>The Year of Beneficial Journeys</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> <b>Daniel Fast</b>	<b>8</b> <b>Daniel Fast</b>	<b>9</b> <b>Daniel Fast</b>	<b>10</b> <b>Daniel Fast</b>	<b>11</b> Complete Fast until 3 PM / Daniel Fast	<b>12</b> <b>Daniel Fast</b>
<b>13</b> Fish, Seafood (or Chicken, if allergic) & Daniel Fast	<b>14</b> <b>Daniel Fast</b>	<b>15</b> <b>Daniel Fast</b>	<b>16</b> <b>Daniel Fast</b>	<b>17</b> <b>Daniel Fast</b>	<b>18</b> Complete Fast until 3 PM / Daniel Fast	<b>19</b> <b>Daniel Fast</b>
<b>20</b> Fish, Seafood (or Chicken, if allergic) & Daniel Fast	<b>21</b> <b>Daniel Fast</b>	<b>22</b> <b>Daniel Fast</b>	<b>23</b> <b>Daniel Fast</b>	<b>24</b> <b>Daniel Fast</b>	<b>25</b> Complete Fast until 3 PM / Daniel Fast	<b>26</b> <b>Daniel Fast</b>
<b>26</b> <b>Daniel Fast Ends @ 3 PM</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		