

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.



Bishop Simon Gordon, Senior Pastor

1415 West 104th Street; Chicago, Illinois 60643

(773) 881-7710 (Phone) - (773) 779-3201 (Fax)

www.triedstonecoc.com

Twitter: Triedstone_FGBC

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