

Notes

TRIEDSTONE CHURCH

2020 Daniel Fast

January 6-26, 2020

I'm Living Where the Blessing Is!

Deuteronomy 11:12-15



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**TRIEDSTONE CHURCH
2020 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 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	Daniel Fast 6	Daniel Fast 7	Daniel Fast 8	Daniel Fast 9	Complete Fast until 3 PM / Daniel Fast 10	Daniel Fast 11
12	Daniel Fast 13	Daniel Fast 14	Daniel Fast 15	Daniel Fast 16	Complete Fast until 3 PM / Daniel Fast 17	Daniel Fast 18
Fish, Seafood (or Chicken, if allergic) & Daniel Fast						
19	Daniel Fast 20	Daniel Fast 21	Daniel Fast 22	Daniel Fast 23	Complete Fast until 3 PM / Daniel Fast 24	Daniel Fast 25
Fish, Seafood (or Chicken, if allergic) & Daniel Fast						
26	27	28	29	30	31	
Daniel Fast Ends @ 3 PM						