



21 DAYS OF FASTING & PRAYER | CONSECRATION 2019

OUR 21 DAYS OF FASTING WILL FOLLOW THE GUIDELINE OF THE DANIEL FAST.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Romans 12:2

"Draw Near to God and He will draw to you." **James 4:8**

In keeping with this scripture, GCFI's Consecration is more than just "something we do every year." Even Webster defines consecration as "*dedication to the service and worship*" of God.

We are taking this month, as it is the beginning of a new year, to make it a time of setting our entire selves apart in dedication to the Lord. Let this be a time of tremendous blessing and revelation for you as we diligently seek God's face as a community of faith.

FASTING

"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." **Daniel 10:2, 3**

During the Fast we will be abstaining from certain foods and spending time in prayer and in God's Word.

21 DAY FASTING SUGGESTED SCHEDULE – DANIEL FAST

(See specific food list on back)

Week 1 (January 7 – January 13, 2019): Daniel Fast

Week 2 (January 14 – January 20, 2019): Daniel Fast

Week 3 (January 21 – January 27, 2019): Daniel Fast or Juices & Water Only

January 28, 2019: Break Fast

SCRIPTURE READING

Each day, we'll be meditating and reading scripture from the book "**21 Days of Fasting**", focusing on being transformed in Christ.

PRAYER

Commit to talking with God daily as well as attend our Church-wide Corporate Prayer on Tuesday at 12pm or 7pm.

DAILY DEVOTION

We'll be reading our "**Manna For Today**" devotional daily. You can access this online at www.glorychristian.org or visit our Facebook page at www.facebook.com/glorychristianfellowship.

FOODS TO AVOID ON THE DANIEL FAST

All meat and animal products including but not limited to beef, lamb, pork, poultry, eggs and fish.

All dairy products including but not limited to milk, cheese, cream, and butter.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread all bread containing yeast and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, french fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL FAST

All fruits. These can be fresh, frozen, dried, juiced or canned.

All vegetables. These can be fresh, frozen, dried, juiced or canned.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

List of foods to include/avoid taken from www.danielfast.wordpress.com.