

## 2019 Fasting Guide – “Unplug”

Fasting is a natural discipline that can bring supernatural results. Several people in the Bible including Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul and even Jesus fasted.

*"This is the fast that I have chosen ... to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke. Then your light shall break forth like the morning, Your healing shall spring forth." -Isaiah 58:6*

This fast is designed for individuals age 18 and up only. If you have health concerns, please contact your doctor before starting.

This 21-day fast starts **Sunday, January 6th at 6pm** and ends **Saturday, January 26th at 6pm.**

The fast is designed around the Daniel Fast program and is a partial fast which means items have been limited or removed from our regular diet, such as meats, caffeine, sweets, breads, etc. Each day will have a specific restriction as well as a Bible reading from the Book of Revelation. You may read or listen to your Bible selection on the days they are listed.

For a full list of dietary items that are allowed and not allowed as well as recipes for “The Soup” and other approved meals, go to...

- Online at [www.RFMI.org/Fast-19](http://www.RFMI.org/Fast-19)
- RF Mobile App and click on the “Fast” icon
- Various sections in this packet

Most of the items listed for this fast were designed around resources found at <https://draxe.com/daniel-fast/> (which also provides a doctor's perspective on the fast) and <http://goodgroundfamilychurch.org/whats-going-on/recommended-daniel-fast-recipes/>

Our prayer for you and all of Refiner's Fire is that this fast will draw you personally closer to the Lord and that it would help you begin to see God in a fresh new way while also drawing us all closer in unity as a church body. We are excited to see what God will do for us and through us along with our families, our friends, and our co-workers in this brand-new year. Happy fasting!

**Sunday, 1/6 (6pm): Bible Reading: Ezekiel 47:1-12**

Only water

No social media until 6am, Monday, January 7

**Monday, 1/7: Bible Reading: 1 Chronicles 21:18-27**

No social media until 6am

No coffee

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

All meals can be replaced with "The Soup"

**Tuesday, 1/8: Bible Reading: Daniel 1**

No coffee

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

All meals can be replaced with "The Soup"

**Wednesday, 1/9: Bible Reading: Psalm 119**

No secular music all day

No coffee

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

All meals can be replaced with "The Soup"

**Thursday, 1/10:****Bible Reading: Matthew 6:5-18**

No coffee

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

All meals can be replaced with "The Soup"

**Friday, 1/11:****Bible Reading: Isaiah 58**

No coffee

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

All meals can be replaced with "The Soup"

**Saturday, 1/12:****Bible Reading: Mark 14:1-26**

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or additives allowed.

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

100% fruit juices and/or V8 may be added as much as you want throughout the day.

All meals can be replaced with "The Soup"

**Sunday, 1/13:****Bible Reading: Psalm 100**

No secular music all day

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or additives allowed.

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

100% fruit juices and/or V8 may be added as much as you want throughout the day.

All meals can be replaced with "The Soup"

**Monday, 1/14:****Bible Reading: Romans 12**

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or additives allowed.

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

100% fruit juices and/or V8 may be added as much as you want throughout the day.

All meals can be replaced with "The Soup"

**Tuesday, 1/15:****Bible Reading: Luke 4**

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or additives allowed.

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.  
100% fruit juices and/or V8 may be added as much as you want  
throughout the day.

All meals can be replaced with "The Soup"

**Wednesday, 1/16:**    **Bible Reading: James 1**

No secular music all day

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or  
additives allowed.

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast  
item

During dinner time, try to eat with those who live with you. While you are  
eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

100% fruit juices and/or V8 may be added as much as you want  
throughout the day.

All meals can be replaced with "The Soup"

**Thursday, 1/17:**    **Bible Reading: 1 Corinthians 1**

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or  
additives allowed.

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast  
item

During dinner time, try to eat with those who live with you. While you are  
eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

100% fruit juices and/or V8 may be added as much as you want  
throughout the day.

All meals can be replaced with "The Soup"

**Friday, 1/18:****Bible Reading: 1 Peter 2**

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or additives allowed.

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

100% fruit juices and/or V8 may be added as much as you want throughout the day.

All meals can be replaced with "The Soup"

**Saturday, 1/19:****Bible Reading: Matthew 5:1-14**

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or additives allowed.

Carbs (pasta, breads, etc.) may be added with every meal today

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

100% fruit juices and/or V8 may be added as much as you want throughout the day.

All meals can be replaced with "The Soup"

**Sunday, 1/20:****Bible Reading: Psalm 51**

No secular music all day

Breakfast - Not allowed

Lunch - Not allowed

Dinner - At or after 6pm only. Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

No coffee allowed until at or after 6pm.

No fruit juices and/or V8 allowed until at or after 6pm.

**Monday, 1/21:**

**Bible Reading: Psalm 27**

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or additives allowed.

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

100% fruit juices and/or V8 may be added as much as you want throughout the day.

All meals can be replaced with "The Soup"

**Tuesday, 1/22:**

**Bible Reading: Daniel 3**

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or additives allowed.

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

100% fruit juices and/or V8 may be added as much as you want throughout the day.

All meals can be replaced with "The Soup"

**Wednesday, 1/23:**

**Bible Reading: Joel 2:12-32**

No secular music all day

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or additives allowed.

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

100% fruit juices and/or V8 may be added as much as you want throughout the day.

All meals can be replaced with "The Soup"

**Thursday, 1/24:**

**Bible Reading: Psalm 84**

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or additives allowed.

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - 1 piece of fish or chicken can be added. Must not be fried or breaded.

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

100% fruit juices and/or V8 may be added as much as you want throughout the day.

All meals can be replaced with "The Soup"

**Friday, 1/25:**

**Bible Reading: Zechariah 7**

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or additives allowed.

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - 1 piece of fish or chicken can be added. Must not be fried or breaded.

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

You may have water with or without lemon throughout the day.

100% fruit juices and/or V8 may be added as much as you want throughout the day.

All meals can be replaced with "The Soup"



**Saturday, 1/26:**

**Bible Reading: Ezekiel 47:1-12**

Coffee may be added, up to 2 cups all day. No sugar, creamer and/or additives allowed.

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

At 6pm, the fast ends.

You made it! High-five somebody!

# Guidelines for Daniel Fast

## Foods We May Eat

Whole grains: Brown rice, oats, quinoa, millet, amaranth, buckwheat, barley cooked in water

Legumes: Black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, mung beans, pinto beans, split peas (canned versions can be used as long as no salt or other additives are contained and the only ingredients are beans and water)

Fruits: Apples, apricots, avocados, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon (in all cases, frozen versions can be used, but not canned versions)

Vegetables: Artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumbers, eggplant, green beans, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, peppers, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squash, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini (in all cases, frozen versions can be used, but not canned versions)

Seeds/Nuts: Almonds, cashews, chia seeds, flaxseeds, pumpkin seeds, sesame seeds, sunflower seeds, walnuts (raw, sprouted or roasted with no salt added)

Liquids: Spring water, distilled water, 100% all-natural fruit juices (where applicable), 100% all-natural vegetable juices (where applicable)

## Foods We May NOT Eat

Breads, pasta, white flour (and all products using it), white rice, crackers (unless made from sprouted ancient grains), dairy products, meat (where applicable), iodized salt, cookies (and other baked goods), oils, juices, fried foods, coffee (where applicable), energy drinks, carbonated beverages, caffeine, food containing preservatives or additives, refined sugar, sugar substitutes (raw, natural honey IS ALLOWED), margarine, shortening, high fat products, gum, mints, candy

## “The Soup”

- 1 or 2 cans of stewed tomatoes
- 3 large green onions
- 1 large can of beef broth (no fat) or chicken broth
- 1 pkg. Lipton soup mix (or chicken noodle or onion)
- 1 bunch celery
- 2 cans green beans or fresh beans
- 2 green peppers
- 2 lbs. carrots

Cut veggies in small to medium pieces

Cover with water and boil fast for 10 minutes

Reduce heat to simmer and continue cooking until veggies are tender.

Season with salt, pepper, curry, parsley (if desired) or boullion (Bovril) or hot sauce (Worcestershire).

Eat as much as you want. This soup will not add calories. The more you eat, the more you will lose. Take a thermos with you if you will be away during the day.