

THE RESURRECTION CENTER

21 Days of Fasting



DANIEL 10:2-3



**What
do I
do about**

FASTING?

CONTENTS

| | |
|-----------------------------------|---|
| Power and purpose of fasting..... | 3 |
| Fasting Instructions | 4 |
| Sample Menu | 5 |
| Fast friendly restaurants | 6 |

Power and Purpose of Fasting

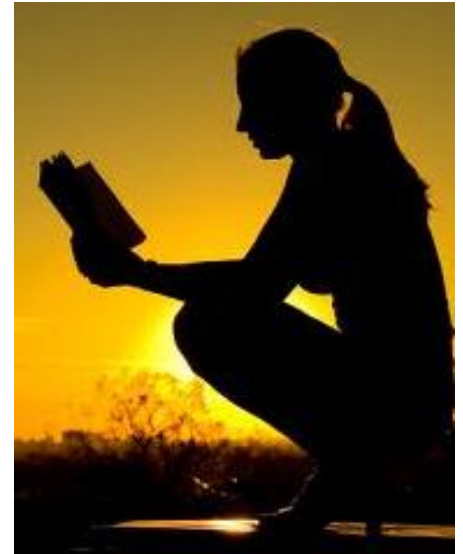
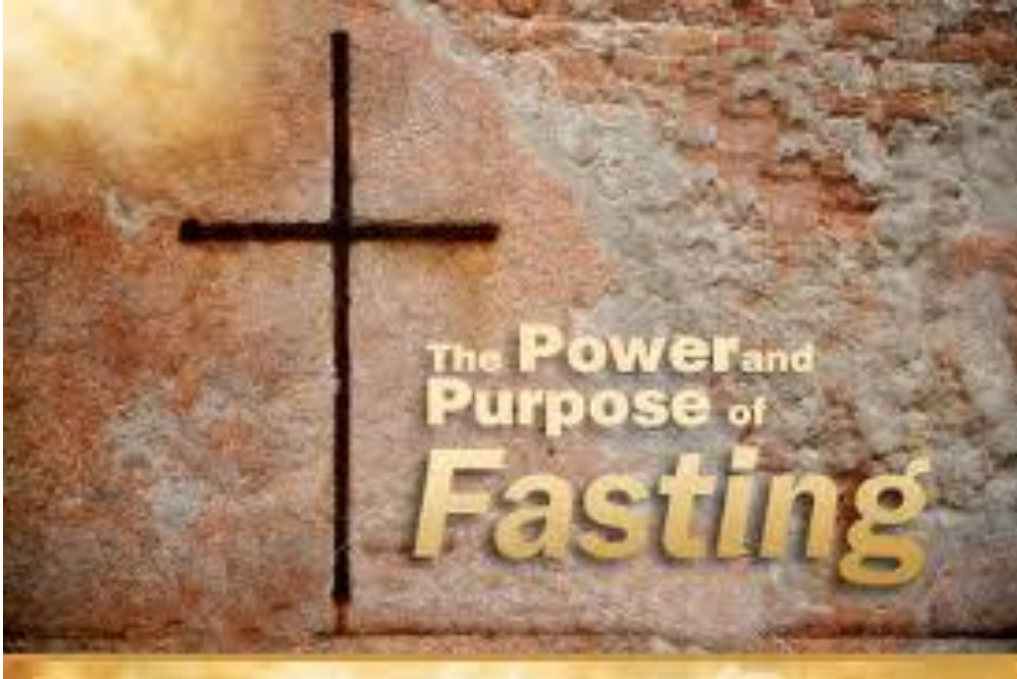
Prayer: Communication with God

Goal: Hearing from God

Fasting: Going without food/drink for a period of time for a stated purpose

Goal: Focusing all our attention on God

Prayer and Fasting: Focusing all our attention on God so that we may hear from Him



It is written, man shall not live by bread alone, but by every word that proceeds out of the mouth of God. Matthew 4:4; Luke 4:3; Deuteronomy 8:3

Loose the Bands of Wickedness

According to Isaiah 58:6, one of God's primary purposes for fasting is to break the bands of wickedness. In Matthew 17, a man brought his son to Jesus who was possessed by a devil because His disciples could not heal the boy. After Jesus cast out the devil, His disciples asked why they could not cast him out. Jesus informed them that not only their unbelief hindered them, but this type of wickedness only go out by prayer and fasting. There are some obstacles we face that can only be removed through prayer and

fasting.

Undo the Heavy Burdens

According to Hebrews 12:1, unconfessed sin and anxiety weigh us down and keep our health and victory from springing forth. In Nehemiah 9 the children of Israel assembled together to fast and confess their sins and the sins of their fathers, consequently it took them 52 days to rebuild walls in a city they returned to 72 years earlier. How long have you been existing with your walls torn down because of the heavy burdens of sin? Acts 3:19 tells us that when we repent, the presence of the Lord come with times of refreshing.

Free the Oppressed and Break Every Yoke

According to Esther 4, we position ourselves to battle and win against approaching danger when we fast. An enemy of the Jews strategically had the king set a formal decree to annihilate all Jewish people and when Queen Esther, a Jewess, was asked to help, she was afraid. But, after praying and fasting, God equipped her with a plan that not only saved her life but the lives hundreds of thousands of Jews. God is waiting to equip us with a plan that will deliver us and others out of the hands of the enemy. Let's Fast & Pray!

Fasting Instructions

...let us lay aside every weight, and the sin which does easily beset us...Hebrews 12:1

According to Daniel 10:3, We are giving up **pleasant foods**: sweets, such as candy, chocolate, cookies, cakes, pies, etc., etc., etc.; snacks: potato chips, corn chips, cheese curls, pork skins, Doritos, etc., etc., etc. We will replace this category with USDA organic nuts & dried fruit, fresh fruit, natural popcorn (USDA organic), granola bars (USDA organic, no preservatives, gluten free).

We are giving up **all meats**: pork, beef, turkey, lamb, veal, chicken, eggs, fish, seafood, etc., etc., etc. We will replace this category with legumes (beans) and vegetables.

We are giving up **stimulating beverages**: energy drinks, alcoholic beverages, caffeinated beverages (soda, coffee, tea). We will replace with water and 100% juice not from concentrate and without additives & preservatives.

We are giving up **white food products**: potatoes, rice, bread. We will replace with yams, brown rice, whole grain organic breads and pasta.

We are giving up **sugar and artificial sweeteners**: Splenda, Sweet'n Low, Equal, Nutrasweet. We are replacing

with molasses, agave nectar, raw honey and natural sweeteners (Stevia)

We are giving up **all dairy** (not including yogurt): milk, cheese, ice cream, frozen yogurt. Please try 100% fruit pops as a frozen treat.

Remember we can do all things in Christ, who will strengthen you to endure for 21 days and beyond.

Please consider the following: If you have any medical conditions of any kind, please consult your physician regarding the 21 day fast; If your digestive system does not allow nuts, seeds, skin, consult your physician or dietician for a non-meat alternative for protein; If you have food allergies, please adjust your menu accordingly; Please add 2-3 quarts of water daily if you do not have water restrictions; for additional cleansing add lemon slices to your water; Use this opportunity to remove processed foods and fast foods from your diet; Use this opportunity to remove artificial sweeteners from your diet; Use this opportunity to decrease the amount of pork and/or beef in your diet

When ending the fast, add fish the first week, chicken/turkey the second week. Please use the 21 day fast as an opportunity to increase healthy food choices to your diet.



'She's having withdrawal symptoms, she hasn't had food for 5 minutes.'

Sample Menus: www.daniel-fast.com

Breakfast

Upon rising, try an 8oz glass of water with 1/2 fresh squeezed lemon to clean the kidneys - add 1 teaspoon of apple cider vinegar for flatulence (gas).

For your meal try a bowl of oatmeal sweetened with agave nectar, Stevia, raw honey and/or raisins. Also try buckwheat or whole grain (gluten free) pancakes with agave nectar (Amber flavor) or 100% fruit spread. Another meal to try is a cup of Chobani yogurt, fruit, gluten free toast with organic peanut or almond butter. Of course, you can go with a cold cereal like Kashi along with sliced bananas.

For a mid morning snack try yogurt, trail mix (raisins, almonds, pistachios, sunflower & pumpkin seeds), fruit, fruit/nut bars, granola bars or popcorn (natural - no butter cheese or caramel).

Please drink 8-16oz of water, if there are no water restrictions, per meal and snack to assist the body with cleansing.

Lunch

For a quick lunch, the classic peanut butter and jelly sandwich is still available with slight upgrades: whole grain gluten free bread, organic peanut or almond butter with 100% fruit spread. Also try a veggie sandwich with whole grain gluten free bread, 100% organic veggie spread or hummus, sliced cucumbers, avocado, tomatoes, red onions & lettuce. Applesauce is a very good side dish for sandwiches.

Of course, the classic soup (vegetable soup or vegetable chili) and salad works as well (no meat on the salad & try olive oil/vinegar or another vinaigrette dressing).

Use the opportunity to be creative with some of your favorite meals by substituting beans and/or vegetables for the meat. For instance try tacos with the base made of 1 can of kidney beans, 1 can of petite diced tomatoes, 1 small can of tomato paste and 1 pack of taco seasoning (this is very good with pre-sautéed peppers & onions in olive oil) - place on whole grain tortilla with lettuce.

For a mid-afternoon snack, try the ones mentioned under the breakfast section. Please remember your water!

have a colorful and nutritious meal that is power packed with protein and vitamins. A great quick meal is curried vegetables over brown rice or whole grain gluten free pasta: sauté onions and mushrooms in olive oil, add 2 tsp curry paste, 1 cup almond milk (rice or soy milk), add 16 oz bag of frozen medley of vegetables (cauliflower, carrots & broccoli); prepare brown rice according to directions provide on box or bag.

Another quick meal is shepherd's pie. Sauté chopped onions and peppers, add 2 cans kidney beans, 1 can petite diced tomatoes, 1 can tomato paste (smash beans & add paste according to preferred thickness). Place meat alternative in baking dish, cover with cooked spinach or greens or peas, then top with 5-7 whipped sweet potatoes or yams.

For best fasting results, please do not eat after 7 pm. Remember, have fun learning new and creative ways to spice up an old dish.



Fast Friendly Restaurants Choices

When selecting from restaurant menus, be mindful of our limitations. Please refrain from breads, spinach dips, cheese sauces, milk based soups/bisques/chowders, and only choose gluten-free pasta.

Remember: We eat to live, not live to eat.

Fast Food Restaurants

McDonald's: fruit & maple oatmeal; blueberry banana nut oatmeal; fruit'n yogurt parfait; fruit & walnuts; side salad.

WaWa: garden salad; Greek yogurt; USDA organic granola bars; fruit; nuts.

SaladWorks: vegetarian chili; garden fresh pea soup; asparagus & pea soup; vegetarian veggie soup; greek wrap; all salad combos minus meat & seafood.

Panera Bread: vegetarian black bean soup; autumn squash soup; vegetarian garden vegetable; any salad not containing meat or

Casual Dining Restaurants

California Pizza Kitchen: roasted vegetable salad; quinoa & arugula salad; field greens salad; dakota smashed pea & barley soup.

CheeseCake Factory: Greek salad; beets with goat cheese; endive salad; french country salad; white bean hummus.

Olive Garden: garden fresh salad without croutons; gluten free penne rigate pomodora or marinara (no meat & no seafood).



