

SPIRIT LIFE CHURCH INTERNATIONAL



022 CORPORATE FAST

SLCI Fast Focus

As a Corporate Body, SLCI will begin our Daniel Fast on Monday, January 3 through end of day Sunday, January 23, 2022 (21 day fast).

As a Church our prayer focus will be:

- BELIEVING FOR PERSONAL & CORPORATE REVIVAL
- SALVATION & HEALING FOR OUR IMMEDIATE AND EXTENDED FAMILY MEMBERS
- A GROWTH EXPLOSION AT THE CHURCH WITH MEMBERS WHO LOVE GOD, WHO ARE DESTINY FOCUSED AND HAVE A HEART TO SERVE THE LORD
- FINANCIAL MIRACLES:
 - Pay off all church debt
 - Pay off the church mortgage

ADD YOUR PERSONAL PRAYER REQUEST TO THE LIST

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Notes: _____

THE ORIGIN OF THE DANIEL FAST

In the bible, Daniel and his three friends (Shadrach, Meshach and Abednego) were captives brought to Babylon by King Nebuchadnezzar for education and military training because they were among the most talented and useful young men. The King offered them special choice food to eat. The King's special food included meat sacrificed to Babylonian gods. Daniel stood firm in his allegiance to God. He made a request to the King's guard that he and his friends only consume vegetables and water instead of the King's diet.

The guard was nervous about any health issues this would cause (he was afraid of what the King would do if there was a problem). But Daniel was persistent and asked for a 10-day test of the diet. At the end of those 10 days, Daniel and his friends were physically and mentally superior compared to those who indulged in the King's food. The guard allowed Daniel and his friends to eat whole plant foods for the duration of their training. At the end of their training the King found them 10 times better than all others in every matter of wisdom and understanding (Daniel 1:1-20).

Daniel fasted again for 21 days abstaining from choice food, meat and wine as he sought the Lord in prayer (Daniel 10:2-3). From these passages we derive the 3 weeks of fasting and prayer and dietary guidelines.

PURPOSE OF THE DANIEL FAST

Committing to a Daniel Fast in January is a way of giving God the first and best of your New Year-2022.

This allows us to hear God's plan, receive His direction and blessings for our personal lives and for our church as a corporate body.

Through fasting, prayer and reflection you'll be renewed from the inside out and ready to walk in His purpose for your life throughout the year.

Start the new year off right and discover the physical, mental, spiritual and emotional rewards of putting God first.

WHAT IS FASTING?

Fasting is abstaining from something important to you (like food, drink or entertainment) for a period of time to direct your focus to God. There are several types of fasts including:

- **Absolute fast** - no food or water
- **Standard fast** - drinking water only
- **Partial fast** - restricting certain foods (the Daniel fast falls in this category)
- **Intermittent fast** - only eating during a limited window of time (1pm - 6pm)
- **Soul fast** - abstaining from entertainment or activities like social media, shopping and watching television (good for those new to fasting or with health challenges that prevent them from a dietary fast)

THE GUIDELINES

The basic guidelines for the Daniel Fast include eating:

- **All vegetables** - fresh, frozen, dried, juiced or canned
- **All fruit** - fresh, frozen, dried, juiced or canned
- **All whole grains** - brown rice, barley, oats, quinoa, whole wheat
- **All nuts & seeds** - cashews, almonds, peanuts, almonds, pecans, pine nuts, walnuts, pumpkin seeds, sunflower seeds, unsweetened nut butters
- **All beans/legumes** - canned or dried; lentils, pinto beans, black beans, black eyed peas, cannellini beans, chickpeas, northern beans, kidney beans
- **Water** - distilled, filtered, spring, unsweetened sparkling
- **Quality oils** - avocado, coconut, grapeseed, olive, peanut, sesame and walnut
- **Other** - unsweetened nut or soy milk, herbs, spices, salt, pepper, soy products/tofu

COMMON FOODS LIST

The key is focusing on what you can have, not what you can't.

Here's a list of foods that are commonly consumed on the Daniel Fast. I recommend printing a list to keep with you when grocery shopping, out to eat or to hang on your fridge as a reminder of the food guidelines.

VEGETABLES

- Artichokes
- Asparagus
- Avocados
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumbers
- Eggplant
- Green beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard greens
- Okra
- Onions
- Peas
- Peppers
- Potatoes
- Radishes
- Scallions
- Spinach
- Sprouts
- Squash
- Sweet potatoes

VEGETABLES

- Tomatoes
 - Turnip Greens
 - Turnips
 - Yams
 - Zucchini
- ### FRUIT
- Apples
 - Apricots
 - Bananas
 - Blackberries
 - Blueberries
 - Cantaloupe
 - Cherries
 - Coconuts
 - Cranberries
 - Dates
 - Figs
 - Grapefruit
 - Grapes
 - Guava
 - Honeydew
 - Kiwi
 - Lemons
 - Limes
 - Mangoes
 - Nectarines
 - Oranges
 - Papaya
 - Peaches
 - Pears
 - Pineapple

FRUIT - continued

- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

LEGUMES

- Black beans
- Black-eyed peas
- Cannellini beans
- Garbanzo beans
- Kidney beans
- Lentils
- Navy beans
- Pinto beans
- Red beans

WHOLE GRAINS

- Amaranth
- Barley
- Brown rice
- Farro
- Millet
- Quinoa
- Oats
- Whole wheat

NUTS & SEEDS

- Almonds
- Cashews
- Chia seeds
- Flax seeds

NUTS &

SEEDS continued

- Peanuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts
- Macadamias
- Avocado
- Coconut
- Grapeseed
- Olive
- Peanut
- Sesame
- Walnut

OILS

FOODS TO AVOID

- **Meat & animal products** - pork, beef, chicken, turkey, fish, shellfish, lamb and eggs
- **Dairy products** - butter, cheese, cream, milk and yogurt
- **Sweeteners** - agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia and sugar
- **Leavened bread & yeast** - baked goods
- **Processed food** - artificial flavorings, chemicals, additives, preservatives, white flour and white rice
- **Deep fried foods** - corn chips, french fries and potato chips
- **Oils & fats** - vegetable oil, canola oil, lard, margarine and shortening
- **Sweets** - candy, gum or mints
- **Beverages** - alcohol, carbonated drinks, coffee, energy drinks

RECIPES

Many recipes and wholesome dishes collected from our own members can be found on SLCI website, www.spiritlifechurchintl.com

NOTE: IF YOU ARE ON MEDICATION OR HAVE DIETARY RESTRICTIONS, PLEASE CONSULT WITH YOUR DOCTOR'S OFFICE BEFORE STARTING A FAST.