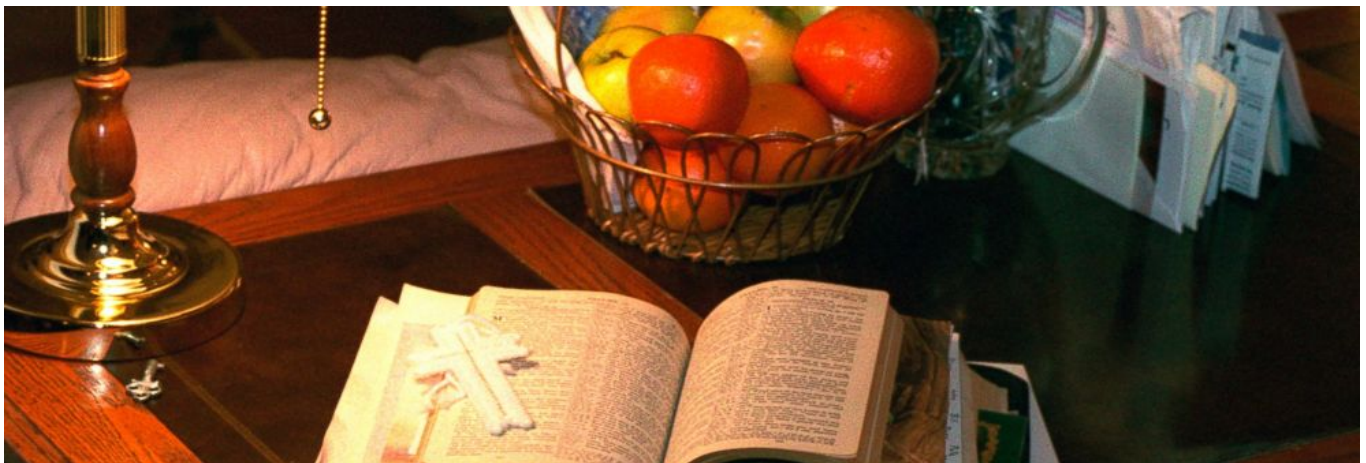




“More Yea Much More”

Psalms 115:14-16



Grace Emmanuel Baptist Church

Dr. Marvin A. Jennings, Sr.

Daniel Fast

The Daniel Fast is a powerful spiritual experience to help followers of Jesus Christ develop a more intimate relationship with their Lord. The purpose of fasting should be to take your eyes off the things of this world to focus completely on God. Fasting is spiritual and as such, should be taken very seriously, the Daniel Fast is a spiritual journey as well as improving your health, spirit mind and soul. **Prayer:** We can do no better than to pray, “The LORD shall increase you more and more, you and your children. Ye are blessed of the LORD which made heaven and earth”. Psalms 115:14-16 We are praying and fasting as a church family to be on one accord for ***Increase, Abundance and Growth***.

Beginning your Fast:

1. Every day for one week ***starting January 27 – February 1, 2020***
Fasting time options:
 - a. 12:00 midnight to 12:00 noon
(praying and eating Daniel Fast meals from 12:00 pm until 12:00 midnight)
 - b. 6:00 am to 6:00 pm
(praying and eating Daniel Fast meals from 6:00 pm to 6:00 am)
 - c. 7:00 pm to 7:00 am
(praying and eating Daniel Fast meals from 7:00 am to 7:00 pm)
2. We are fasting for ***Increase, Abundance and Growth***
 - a. Psalms 115:14-16
 - b. Ezra 8:23
 - c. Nehemiah 1:4
 - d. Daniel 2:8-15, 9:3-4
 - e. Joel 2:12
3. Each day add a prayer emphasis:
 - a. **Monday** – Thanks to God
(**Bible verse: Philippians 4:6-7 & I Thessalonians 5:18**)
 - b. **Tuesday** - Pray for spiritual protection and physical healing of our Pastor
(**Bible verse: Hebrews 13:17 & Jeremiah 3:15**)
 - c. **Wednesday** - Pray for **Increase**, that each and every member will be a faithful tithing member, Grace will increase in membership and worshipers
(**Bible verse: Mark 12:41-44**)
 - d. **Thursday** - Pray for God’s unprecedented unlimited favor upon GEBC in the community
(**Bible verse: Ecclesiastes 4:9-12**)
 - e. **Friday** – Pray for **Growth**, Grace Emmanuel to have heart, courage, and passion for soul-winning
(**Bible verse: John 15:16-20 & 2Peter 3:18**)
 - f. **Saturday** – Pray for God’s **Abundance**, favor, and covering in your life, health, finances and in your family
(**Bible verse: I Corinthians 11:1-34 & Deuteronomy 28:12**)

4. Fasting is seeking a more intimate relationship with God while riding your physical body of unnatural, self-gratifying food and drink.
5. The Daniel Fast involves eating healthy food and involves abstinence from unhealthy food (see food list below)

After the Fast:

1. After you have fasted, you must get up off your knees and go to work for Jesus Christ
2. It is one thing to withhold yourself from food; it is another thing to give yourself in dedicated service
3. Fasting should lead to soul-winning; we should be better witnesses so we can become a better soul-winner and willing workers.
4. Ease back into your “typical diet.” This is especially true with caffeine, sugar, fatty foods, meat, and dairy products. Small portions are wise and go slow, perhaps just one or two foods per day.

Foods to include in your diet during your Daniel Fast:

*****Only foods grown from seeds***

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods. **The following food guidelines and recipes are meant to be just that – a guide. They are given to help you create healthy eating habits for your fast.**

All fruits: These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables: These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

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 any 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.

Foods to avoid while on the Daniel Fast:

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

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

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

All leavened bread: including Ezekiel Bread (it contains yeast and honey) 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.

Remember, DRINK LOTS OF WATER and READ THE LABELS!

Suggested Recipes for your Daniel Fast



All-Fruit Smoothies

Prep in 10 minutes

Ready in 10 minutes

"Quick, easy smoothies made entirely with fruit!"

Ingredients

1 cup pineapple juice

1 large banana, cut into chunks

1 cup of frozen strawberries

1 cup frozen blueberries

Directions

Pour pineapple juice into a blender and add banana, strawberries, and blueberries. Cover and blend until smooth, about 1 minute. Pour into 2 glasses.

Snack



1 Caramel Rice Cake

1 -2 Tablespoons of Peanut Butter (creamy or nutty)

Spread peanut butter on a rice cake for a nice snack



Vegan Black Bean Soup

Rated as 4.63 out of 5 Stars

Prep

15 m

Cook 30 minutes

Ready in 45 minutes

"Easy to make, thick, hearty soup with a zesty flavor."

Ingredients

- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 stalk celery, chopped
- 2 carrots, chopped
- 4 cloves garlic, chopped
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 pinch black pepper
- 4 cups vegetable broth
- 4 (15 ounce) cans black beans
- 1 (15 ounce) can whole kernel corn
- 1 (14.5 ounce) can crushed tomatoes

Directions

Heat oil in a large pot over medium-high heat. Sauté onion, celery, carrots, and garlic for 5 minutes. Season with chili powder, cumin, and black pepper; cook for 1 minute. Stir in vegetable broth, 2 cans of beans, and corn. Bring to a boil.

Meanwhile, in a food processor or blender, process the remaining 2 cans beans and tomatoes until smooth. Stir into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes.



BLACK-EYED PEAS AND POTATO SOUP

1 tablespoon extra-virgin olive oil
1 cup chopped onion
1 cup sliced carrots
1 cup sliced celery
2 cloves garlic, minced
4 cups Vegetable Broth or water (see Recipe Notes)
1 (15-ounce) can black-eyed peas, rinsed & drained
2 cups cubed potatoes
2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley
1/2 tablespoon dried chives
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
1/8 teaspoon pepper

Heat olive oil in a large stockpot over medium heat. Add onions, carrots, and celery. Cook until vegetables are softened. Stir in garlic, and cook 1 minute. Add vegetable broth, black-eyed peas, potatoes, parsley, chives, cayenne pepper, salt, and pepper. Bring to a boil. Reduce heat, cover, and simmer 30 minutes.

Yield: 6 servings (serving size: about 1 cup)

Recipe Notes

For a chunkier soup with a little more texture, place half in a food processor or blender. Substitute black-eyed peas with great northern beans, cannellini beans, or navy beans. If you don't have time to make your own vegetable broth, you can use a store-bought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.



Cajun Red Beans and Rice (Daniel Fast)

Nutrition Info

Calories: 161.9

Fat: 1.9g

Carbohydrates: 33.0g

Protein: 3.2g

Ingredients

½ tablespoon extra-virgin olive oil

½ cup chopped green pepper

½ cup chopped red onion

½ cup sliced celery

¼ cup of water

2 teaspoons Creole Seasoning (see recipe below)

1 (15.5-ounce) can red kidney beans, rinsed and drained

2 cups cooked brown rice

Yield: 8 servings (serving size: ½ cup)

Directions

Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes. Add water and Creole Seasoning. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.



CINNAMON-RAISIN CARROT SALAD

2 cups shredded carrots, peeled
1 cup shredded red cabbage
1 apple, cored, unpeeled, cut into 1-inch matchsticks (about 1 ½ cups)
½ cup raisins
¼ cup chopped pecans
2 tablespoons raw sunflower seed kernels

Dressing:

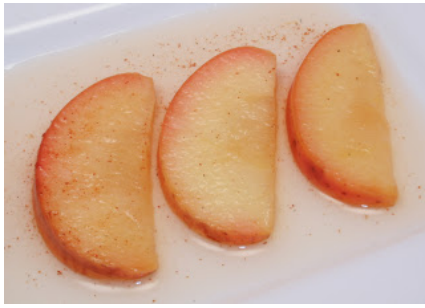
1/3 cup unsweetened apple juice
1 teaspoon cinnamon

Mix carrots, cabbage, apple, raisins, pecans, and sunflower seeds kernels in a large bowl. In a smaller bowl, add apple juice and cinnamon. Use a whisk to combine, and pour over carrot mixture. Stir well to coat. Place in refrigerator 1-2 hours or until cool. Serve chilled.

Yield: 10 servings (serving size: ½ cup)

Recipe Notes

Substitute raisins with golden raisins.
Use walnuts instead of pecans.



CINNAMON BAKED APPLES

2 cups thinly-sliced apples, unpeeled (about 2 apples)

1 cup unsweetened apple juice

1/8 teaspoon cinnamon

Preheat oven to 350 degrees. Place sliced apples in an 8 x 8-inch baking dish. In a small bowl, whisk apple juice and cinnamon, and pour over apples. Bake 15 minutes, stir and bake another 15 minutes. Serve warm.

Yield: 4 servings (serving size: about 1/2 cup)

Recipe Notes

Pour over Baked Oatmeal.

Add sliced bananas, raisins, and chopped nuts.



BAKED OATMEAL

1 ½ cups old-fashioned rolled oats

1 ½ cups unsweetened almond milk

½ cup unsweetened applesauce

¼ cup chopped dried apricots

¼ cup chopped dates or raisins

¼ cup chopped pecans or walnuts

½ teaspoon cinnamon

¼ teaspoon salt

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 x 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into the dish and bake 45-50 minutes or until slightly browned and crispy on top.

Yield: 6 servings (serving size: 2 squares)

Recipe Notes

Spread almond butter or Date Honey on each serving.

This recipe can be doubled and baked in a 9 by 13-inch casserole dish.