

Helpful Hints for Your Fast

Take time to pray and read the Word	Take time to rest
Expect to hear God's voice	Prepare for opposition
Eat smaller meals a few days prior to the fast	Drink plenty of non-tap water
Avoid high-fat and sugary foods before the fast	
It is wise to abstain from strong stimulants such as caffeinated and sugary drinks during a fast, including the artificial sweeteners found in diet drinks. Also, avoid soy protein drinks.	
You may have hunger pains or dizziness. Withdrawal from caffeine and sugar may cause headaches but it is a part of the detoxification process. Physical annoyances may also include weariness, tiredness, nausea, and sleepiness.	
Expect physical discomforts because of the detoxification process, especially on the second day.	
Avoid bananas for the 1st few days; they have no juice in them and can cause constipation.	
Pregnant or nursing mothers should never fast without consulting a Healthcare Provider	
If you have been diagnosed with an illness, fasting should only be done under the direct supervisor of a doctor or healthcare professional	

Fasting is not a diet! Fasting is a spiritual discipline. It is done not so we can change God's mind, but rather to get quiet before Him, so we can hear what He is speaking. When we satisfy our flesh with everything that it demands, we tend to drown out God's voice because we become very preoccupied with self-gratification. During fasting, we take charge of our flesh, making it a servant to our spirit and thus we are able to get in tune with what the Holy Spirit is speaking to us.

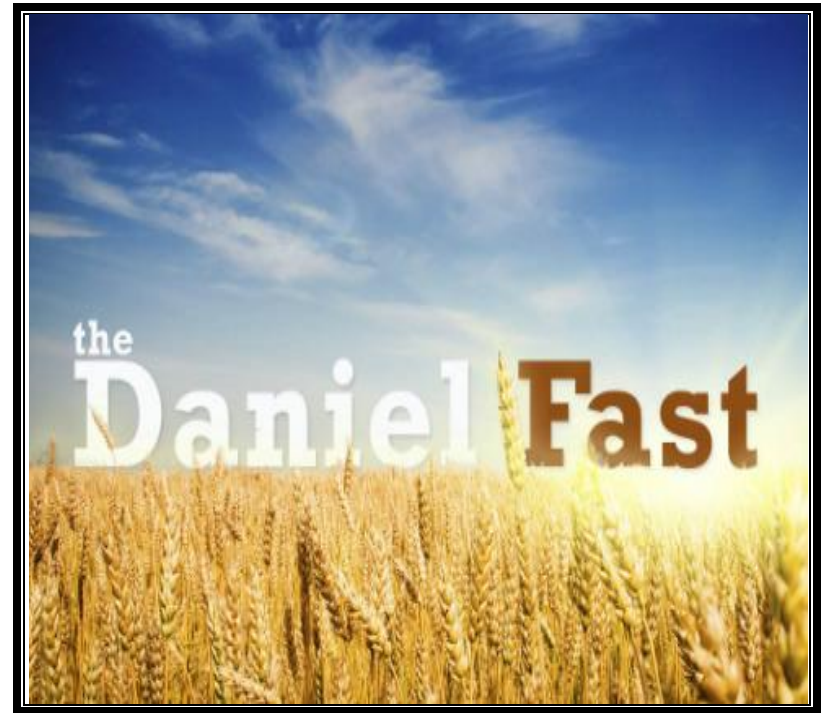
After the Fast

Your stomach has been slowly shrinking. By the end of the fast, even the smallest amount of food can make you feel full. After the fast you can relax physically, do not relax spiritually.



Praise Assembly Church Ministries

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**Monday January 21st
 thru
 Friday February 1st**

Dr. Johnny L. York, Senior Pastor
 Rev. Gerald Reid, Associate Pastor
 Rev. Henry Massey, Associate Pastor

What is the Daniel Fast?

The **Daniel Fast** is a Biblically based partial fast based on two instances of Daniel's fasting experiences. *"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink."* **Daniel 1:12**

"In those days I Daniel was mourning three full weeks. I ate no pleasant bread neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." **Daniel 10:2-3**. Based on the information that we gather from these Scriptures we understand that the **Daniel Fast eating plan is vegan in nature**, with additional restrictions.

Daniel Fast Food List

The Daniel fast food list is pretty simple and straight forward. It consists of 6 simple categories:

<u>Fruits</u>	<u>Drinks</u>
These can be fresh, frozen, dried, juiced or canned. Not packed in sugars or syrups.	Spring water, distilled water or other pure waters.
<u>Whole Grains</u>	<u>Nuts and seeds</u>
This includes but is not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.	This includes but is not limited to sunflower seeds, cashews, peanuts, sesame, olive, canola, etc. Also, all natural nut butters including peanut butter.
<u>Vegetables</u>	<u>Legumes</u>
These can be fresh, frozen, dried, juiced or canned	These can be fresh, frozen, dried, juiced or canned. Beans, peas, etc.

Foods to Avoid

All dairy products	All sweeteners	All solid fats
All meat and animal products		All leavened bread and yeast
All refined and processed food products		All sweet baked goods
Beverages-caffeinated and sugary drinks		All deep fried foods

Preparing for the Fast

- *During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His word and His ways.
- *Start with a clear personal goal and prayer list in addition to our church prayer list. Be specific. Why are you fasting? Ask the Holy Spirit for guidance. Pray daily and read the Bible.
- *Prepare spiritually by confessing your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended. Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you.
- *In addition, start easing off things that you feel you cannot live without: ease off caffeine, sugar, animal meat and processed foods.
 - *Start drinking more water to flush out toxins faster and make the transition easier.
 - *If you don't drink enough water, your body is probably used to storing water. Water retention = extra unwanted weight. Before and during the fast you need to learn to consume enough water to stay hydrated.
How much water exactly?
The suggestion is: **HALF OF YOUR BODY WEIGHT IN OUNCES**
So, if you weigh 180 lbs., you should drink 90 oz. of filtered water a day.
 - *By increasing the fluid consumption, you will help your body to flush out toxins and train it not to store extra water. You can drink warm/hot water throughout the day with a wedge of lemon to help reduce fluid retention. However, make sure that the water you drink is without chemicals as much as possible.

Church Prayer List

- *Our Nation, President, Leaders in all government levels
- *Dr. and Mrs. Johnny L. York & family, Associate Pastors & families,
- *Praise Assembly Church Leaders and Volunteers, All Praise Assembly Church Members & families
- *Continued spiritual growth within the church and individually
- *Increase in personal evangelism
- *For Praise Assembly Church Ministries to function in the Next Dimension

Your Personal Prayer List

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