



2024 - ALL IN FOR MORE...OF HIM!

Praying and Fasting to be COMMITTED to giving to the Lord, ALL, for MORE of Him!

What is a fast?

Abstaining from food, for some time, for the sole purpose of confessing and repentance (turning away from sins), earnestly seeking God, spiritual growth, and fortification.

The teaching and tradition of refraining from food and/or drink (fasting) may sound bizarre to most men, but it is an acceptable means to reach God. The miracles accomplished in Scripture were often directly related to fasting. (see 2 Chronicles 20, Ezra 8:21-23, Esther 4:16).

Fasting is commanded in the Scriptures (See Joel 1:14, 2:12, Matthew 6:17, 18).

How long is our fast?

14 days.

What type of fasting are we utilizing?

14 Day - Total Fast and Daniel Fast

Total Fast - Every Day

Drink water, tea, vegetable juices, and natural clear juices only.

Every day from 12 midnight until 3 pm or 6 pm.

Daniel Fast - every day, when coming off the Total Fast at 3p or 6p, please do the Daniel Fast.

*See "Daniel's Fast Guidelines."

Whenever you are not eating, please continue to drink plenty of water, tea, vegetable juices, or natural clear juices only. Orange and cranberry juices can be watered down for less acidity and milder on an empty stomach.

***PLEASE TAKE ALL NECESSARY MEDICATIONS AS PRESCRIBED. IF, FOR MEDICAL REASONS, YOU ARE NOT SURE OF PARTICIPATING IN THESE FASTS, PLEASE CONSULT WITH YOUR DOCTOR.

Natural Preparation

No matter what you eat before starting, you will see many benefits from fasting. But you can make things easier on yourself and achieve even more significant benefits by eating certain foods and avoiding others BEFORE your fast.

The food choices recommended BEFORE your fast (this week) are anti-inflammatory, easy on the digestive tract, and have a low glycemic index. These rev up your metabolism, which will help you make it through the fast.

A food's glycemic index (GI) measures how a specific food causes blood sugar to rise.

- Choose mostly broth-based vegetable soups and stews
- Wild-caught, low-mercury fish (mackerel, sardines, cod, salmon)
- Healthy fats like olives, almond butter, pasture-raised eggs, avocados, grass-fed butter, coconut oil, and olive oil
- Green leafy vegetables such as spinach, chard, and romaine lettuce
- Vegetables such as squash, zucchini, sweet potatoes, and broccoli
- Fruits, including blueberries, strawberries, raspberries, blackberries, apples, and cherries.
- Small quantities of meats and dairy

- Small quantities of fresh-squeezed juices
- Small quantities of whole grains, such as brown rice and oatmeal

Whenever possible, purchase organic foods so that your liver and kidneys aren't working overtime during your fasts to process pesticides and other harmful chemicals. These are very stressful to the body and will make a fast more difficult. If you cannot purchase organic foods, eat less non-organic or processed foods.

Spiritual Preparation

1. You will prepare spiritually for each day of the fast by reading the Biblical example, the purpose of fasting, scripture reference, and declaration.
2. PRAY for a steadfast (loyal, faithful, committed, devoted) heart.
 - a. For a steadfast spirit/heart to be made new within you. Psalm 51:10
 - b. Give God praise for a steadfast heart. Psalm 57:7, 108:1
 - c. Have a steadfast heart and trust the Lord. Psalm 112:7
 - d. Stand steadfast in heart and declare power over your will. 1 Corinthians 7:37
3. PRAY for a made-up mind.
 - a. Purpose to have your mind STAYED (leaning, laying, resting) on God because you trust that HE will bring you through this fast. Isaiah 26:3
 - b. Concentrate on completing the fast because you love the Lord your God with all your mind and strength. Mark 12:30
 - c. As your stomach rumbles, rebuke an anxious mind. Trust that the Lord will provide you with strength. Luke 12:29, Philippians 4:13, 2 Timothy 1:7
 - d. Make your mind serve the law of God, which prescribes fasting. Romans 7:25
 - e. Let us all together complete this fast to demonstrate that we are of the same/one mind. Romans 15:6, 1 Corinthians 1:10, 2 Corinthians 13:11, Philippians 2:2, 3:16, 1 Peter 3:8
 - f. Have the same mind which was also in Christ Jesus. He also fasted. Philippians 2:5, 1 Peter 4:1, Matthew 4:2
 - g. Fix your mind on the spiritual benefits of fasting. Colossians 3:2
 - h. Take control of your mind. 1 Peter 1:13

Not all are on the same level when it comes to fasting and spiritual maturity. This 14 day fast provides options. However, I advise you not to take the easy way out. Use prayer, the presented information, and the daily outline for each day to challenge your faith!

In addition, when at all possible: 1. Place the daily outline next to your bed. When you awake, let it be the first thing your eyes see. 2. Try to be in a place where you can make the declaration out loud. 3. Meditate on what you have read during the day. 4. Pray, pray, pray. Pray throughout your day. Prayer is communication with God. Talk to God all day. Invite Him and His Spirit to strengthen you, work in you, and give you the desire and the power to do what pleases Him. Philippians 2:13. 5. End your evening with a time of reflection.

How did you do?

How do you feel?

What will you do differently for tomorrow's fast?

Food is one of the basic needs of life. Physical hunger is not a pleasant experience. It can be challenging to endure, but God's grace is sufficient, and His strength is made perfect in our weakness. When we fast, it forces us to seek God and lean into Him for help and strength. He will meet us in a powerful way when we are desperate for Him. Fasting shows God that our hunger for Him has surpassed our hunger for anything else.

It takes time to build your spiritual fasting muscles. Do not be discouraged if you fail to make it through your first fast. You may have tried too fast, for too long for the first time. You may need to strengthen your understanding and your resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness!

Natural Benefits of Fasting For all of the information listed here, ***PLEASE SEE BELOW.**

1. Fasting rids the body of all the unwanted poisonous filth of auto-intoxication and food contamination.
2. Fasting purifies the bloodstream.
3. Fasting improves circulation.
4. Fasting rests the heart.
5. Fasting gives the overworked stomach a vacation and other parts of the body.
6. Fasting has quickly healed simple diseases such as skin blemishes, indigestion, dyspepsia, auto-intoxication, constipation (although at first, the fast seems to aggravate this condition), rheumatism, fever, anemia, poor blood, and asthma.
7. Fasting (short-term) could benefit people with risk factors for the following diseases: heart disease, HBP, high cholesterol, diabetes, being overweight, decreasing your biological age. The habit of fasting reduces your biological age

via the process of autophagy, which rejuvenates your cells and repairs damaged DNA.

8. Fasting aids in a better sleeping pattern. Fasting puts your body back to its natural circadian rhythm, which leads to better sleep.
9. Fasting will also purify the skin, and often the complexion becomes like a child's.
10. Fasting usually makes an individual stronger day by day, after 10 or 15 days of fasting.
11. Fasting develops patience and aids temperance.
12. After the fast is broken properly, fasting restores a natural, normal appetite. The stomach being smaller requires less food.

*** A professional medical doctor has not verified this information as presented. Please do not use THIS fast as a sole means to heal or correct these conditions without the express consent of your doctor.**

Spiritual Benefits of Fasting

1. Fasting removes pride and humbles the soul. Psalm 35:13
2. Fasting intensifies and amplifies the power of prayer. Psalm 35:13, Daniel 9:3, Matthew 17:21, Mark 9:29
3. Fasting reaches and obtains what prayer cannot alone. Matthew 17:17-21
4. Fasting tackles unbelief.
5. Fasting mortifies the deeds of the body. Colossians 3:5
6. Fasting, when properly entered into, is the surest method of consecration and sanctification.
7. Fasting develops the fruit of the Spirit.
8. Fasting consumes and burns out the roots of fleshly lusts.
9. Fasting gives us spiritual manifestations. God rewards fasting openly.
10. Fasting enlarges our spiritual capacity.

What if you have health issues?

Fasting should NEVER bring harm to the body. If you have concerns, be sure to consult your doctor/health professional before going on a fast!

Additional Helpful Information

You may only realize once you begin a fast how vital a factor food is; to your mental frame of mind, as well as your physical and spiritual being. As long as the body is continually nourished, you do not think of food to any great extent. However, as soon as it is withheld, it begins to occupy an essential part of your mind. You will have a

constant tendency to think of food. You will find yourself anticipating even at the beginning of the fast, the moment it will end, and eating will again become possible. This body craving can be overcome by immediate distraction and keeping in the spirit of prayer. A glass of water alleviates the primary symptoms, usually in the stomach. These sensations are produced by the rhythmic activity of the muscles in and about the stomach and are present when food is first withheld and when the thought of food enters the mind. Shut out the thought by praying, concentrating on the purpose and Scripture of the day, and a glass of water, tea, vegetable, or fruit juice. The muscular contractions will soon subside. After a bit of time, these acute sensations of hunger will pass away, possibly re-occurring later, perhaps at your next regular mealtime. Repeating the water drinking and quick attention distraction (with prayer and the Word) will help with these symptoms again. After three or four days, you will find that real hunger will not return until the conclusion of the fast.

Our Heavenly Father is A REWARDER, and He certainly rewards fasting! Hebrews 11:6, Matthew 6:17, 18.

LET'S GET READY TO PRAY, READ, DECLARE, AND GET THROUGH OUR 14 DAY FAST!

What is OUR EXPECTATION?

1. To affirm our commitment to go ALL IN for God! And that, as a result, we will receive more of and from Him! And also::
2. God will change and transform our lives. Romans 12:1, 2
3. God will draw near to us as we, through this fast, draw near Him. James 4:8
4. God will shift our church so that we operate in the supernatural. Ephesians 3:20
5. God will, through us, manifest His miracles, signs, wonders, healings, deliverance, break bondages, and give us a breakthrough! Daniel 4:3, 6:27, Acts 4:30, 5:12, 7:36, 14:3, 15:12, 2 Corinthians 12:12, Hebrews 2:4.

As you commit to this fast, what is YOUR EXPECTATION?

Daniel's Fast Information and Recipes

***For those eating salad, check out www.veganessentials.com for vegan-friendly dressings.**

YouTube

Melody Alisa

<https://youtu.be/AE8O9npf0N8>

Daniel's Fast Smoothies

<https://youtu.be/gyihlOZjg-Y>

4 Quick and Easy Daniel Fast Recipes 2019!! Vegan Meals!! with Cindy Flores

<https://youtu.be/gqVdR2f34YE>

Internet

30 Delicious Daniel Fast Recipes

thegracemade.com/blogs/news/daniel-fast

<https://danielfastjourney.com/blog/stir-fry-bowl>

<https://www.nogettingoffthistrain.com/frugal/daniel-fast-on-a-budget/>

<https://www.daniel-fast.com/stir-fry-vegetables-with-brown-rice/>

SEE MORE INTERNET RECIPES AFTER THE MEAL PLAN EXAMPLES!

5-Day Menu Daniel Fast



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Banana Bread Overnight Oats (make 2)	Banana Bread Overnight Oats	Mango Smoothie Bowl	Peanut Butter Banana Oatmeal (make 2)	Peanut Butter Banana Oatmeal
LUNCH	Blueberry Quinoa Power Bowl	Cold Rice Salad (leftovers) on Greens + oil/vinegar	Blueberry Quinoa Power Bowl (leftovers)	Mexican Quinoa (leftovers) on Greens + oil (leftovers)	Avocado Chickpea Salad Wraps
DINNER	Cold Rice Salad + fruit of choice	One pan Mexican Quinoa	Savory Spinach Cauliflower Oats	Thai Red Curry with vegetables over rice	Thai Red Curry with Vegetables over rice (leftovers)

5-Day Menu Daniel Fast



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Larabar + handful of cashews	Strawberry infused Quinoa Cereal (make 2)	Strawberry infused Quinoa Cereal (leftovers)	Potato & Pepper Scramble	Potato & Pepper Scramble (leftovers)
LUNCH	Farro Cherry Walnut Salad	Farro Cherry Walnuts Salad (leftovers)	Roasted Potato Veggie Salad (leftovers) on Greens	Loaded Lentil Salad	Green Goddess Vegan Bowl (leftovers)
DINNER	Sweet Potato Noodle Stir Fry	Roasted Potato Veggie Salad + black beans	Sweet Potato Noodle Stir Fry (leftovers)	Green Goddess Vegan Bowl	Loaded Lentil Salad (leftovers) on greens

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[More Recipes from Internet](#)

[Cold Rice Salad for Fall](#) with This Grandma Is Fun

[One Pan Mexican Quinoa](#) with Damn Delicious

[Mango Smoothie Bowl](#) with Downshiftology

[Savory Spinach Cauliflower Oats](#) with The Every Kitchen

[Early Morning Peanut Butter Banana Oatmeal](#) with Oh She Glows

[Thai Red Curry with Vegetables](#) with Cookie + Kate

[Avocado Chickpea Salad Collard Wraps](#) with Emilie Eats

Farro Cherry Walnut Salad from Ruth Cousineau and Cooking Light

Vegetarian Sweet Potato Noodles Stir Fry with Whole and Heavenly Oven {Find pre-spiralized sweet potatoes at Ruby's Market}

Strawberry Infused Quinoa Breakfast Cereal with Simply Quinoa

Southwest Roasted Potato Salad with Aberdeen's Kitchen. {Add some black beans to the recipe for some added protein}

Potato and Pepper Scramble with Avocado with Kale Me Maybe

Loaded Lentil Salad with Hummusapien

Green Goddess Bowl with Spinach for Breakfast