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*2017 New Year's Fast*

*Monday, January 2<sup>d</sup> - Sunday, January 22<sup>d</sup>*

*"Oh, revive us! Then your people can rejoice in you again." Ps. 85:6 TLB*

*"But seek ye first the kingdom of God, and his righteousness;  
and all these things shall be added unto you." Matthew 6:33 KJV*

### **Christian Fasting - What is it?**

What is Christian fasting? Biblically, fasting is abstaining from food (or other things) to focus on a period of spiritual growth. Specifically, we humbly deny something of the flesh to glorify God, enhance our spirit, and go deeper in our prayer life.

### **Christian Fasting - Focus Deeper on God**

Christian fasting isn't a "work" that's commanded by Christ or required by Scripture. It is a spiritual discipline which means that fasting is recommended as a part of our spiritual growth. The Book of Acts records believers fasting before they made important decisions (Acts 13:4; 14:23). Fasting and prayer are often linked together (Luke 2:37; 5:33). Too often, the focus of fasting is on the lack of food. However, the purpose of fasting is to take our eyes off the things of this world and instead focus on God. Fasting is a way to demonstrate to God and to ourselves that we are serious about our relationship with Him. Although fasting in Scripture is almost always a fasting from food, there are other ways to fast. Anything you can temporarily give up in order to better focus on God can be considered a fast (1 Corinthians 7:1-5). Fasting should be limited to a set time, especially when the fasting is from food. Extended periods of time without eating are harmful to the body. Fasting is not intended to punish our flesh, but to focus on God.

Fasting should not be considered a "dieting method" either. We shouldn't fast to lose weight, but rather to gain deeper fellowship with God. Yes, anyone can fast. Some may not be able to fast from food (diabetics, for example), but everyone can temporarily give up something in order to focus on God. Even unplugging the television for a period of time can be an effective fast.

Christian fasting is more than denying ourselves food or something else of the flesh - it's a sacrificial lifestyle before God. In Isaiah 58; we learn what a "true fast" is. It's not just a one-time act of humility and denial before God, it's a lifestyle of servant ministry to others. As Isaiah tells us, fasting encourages humility, loosens the chains of injustice, unties the chords of the yoke, frees the oppressed, feeds the hungry, provides for the poor, and clothes the naked. This concept of fasting isn't a one day thing - it's a lifestyle of servant living for God and others.

*"Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry, and He will say, 'Here I am' (Isaiah 58:8-9). Reference: <http://www.allaboutgod.com/christian-fasting.htm>*

- ✓ What DO YOU NEED FROM GOD IN 2017? *(You may use the back of this paper or an additional sheet if necessary.)*

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- \_\_\_\_\_

- ✓ What do you want from God I 2017? *(You may use the back of this paper or an additional sheet if necessary.)*

- \_\_\_\_\_
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- \_\_\_\_\_

- ✓ Are you willing to fast for 21 days to receive more from God Spiritually and allow him to supernaturally move on your behalf?

**Please keep in mind these key points regarding fasting:**

- **View fasting from God's perspective** as outlined in Isaiah 58 and other related passages.
- **Sense God's voice more clearly.** Take time to pray every day.
- **Apply Scripture to your everyday circumstances** Read through the 21 daily devotions and make a daily declaration.
- **Be mindful of your attitude.** When the flesh cannot be appeased, we tend to not be as pleasant. Make a conscious effort to live at peace with people
- **Use breathmints.** When there is a change in your diet, your mouth may become dry and lead to unpleasant breath.
- **Recognize God's work in your life** so you're ready to step out in faith when he prompts you to act.
- **Move beyond self-centered praying** into powerful intercession on behalf of others.
- **Do what you are medically able to do.** Please consult your doctor about what is needed to maintain your health. Mount Calvary Holy Church, nor the leadership, is legally responsible for health risks.

## Food:

### *January 2<sup>nd</sup> - January 8<sup>th</sup> (24 hours): The Daniel Fast*

- **All fruit** - fresh, frozen, dried, juiced, or canned.
- **All vegetables** - fresh, frozen, dried, juiced, or canned.
- **All whole grains** - amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- **All nuts & seeds** - almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- **All legumes** - canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **All quality oils** - avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- **Beverages**- distilled water, filtered water, and spring water, 100% Juice
- **Other** - unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, soy products, and tofu.

### *Foods to Avoid on the Daniel Fast*

- **All meat & animal products** - bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork, etc.
- **All dairy products** - butter, cheese, cream, milk, and yogurt.
- **All sweeteners** - agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- **All leavened bread & yeast** - baked goods
- **All refined & processed food products** - artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **All deep-fried foods** - corn chips, French fries, and potato chips.
- **All solid fats** - lard, margarine, and shortening.
- **Beverages** - alcohol, carbonated drinks, coffee, energy drinks, tea

*January 9<sup>th</sup> - 15<sup>th</sup> : Daniel Fast with some additions.*

- Food Addition: Add Poultry (Not Fried) - Baked, broiled, stewed, steamed, etc..
- Drink Addition: Decaffeinated Tea, Decaffeinated Coffee
- And-
- We can continue to eat items included on the Daniel Fast.

*January 16<sup>th</sup> - 22<sup>nd</sup> : Daniel Fast with some additions.*

- Food Addition: Add Fish (Not Fried) - Baked, broiled, stewed, steamed, etc...
- Drink Addition: 1 cup of caffeinated tea OR 1 cup of caffeinated coffee
- And
- We can continue to eat poultry (Not Fried) and all items included on the Daniel Fast.

On the next 2 pages are your devotions and a space for your declarations.

## Daily Devotion and Declarations.

Read the outlined devotion and make a declaration!

For example: *Proverbs 8:34 & 35 -<sup>34</sup> Blessed is the man that heareth me, watching daily at my gates, waiting at the posts of my doors. <sup>35</sup> For whoso findeth me findeth life, and shall obtain favour of the LORD.*

*Declaration: I declare that I am blessed and favored in the Lord!*

1) Day 1 - *Monday, January 2<sup>d</sup>* - Devotion: Proverbs 9

*Declaration:*

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2) Day 2 - *Tuesday, January 3<sup>d</sup>* - Devotion: Philippians 1:1-11

*Declaration:*

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3) Day 3 - *Wednesday, January 4<sup>th</sup>* - Devotion: Proverbs 3:1-17

*Declaration:*

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4) Day 4 - *Thursday, January 5<sup>th</sup>* - Devotion: Jeremiah 29:10-14

*Declaration:*

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5) Day 5 - *Friday, January 6<sup>th</sup>* - Devotion: Hebrews 11:1-6

*Declaration:*

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6) Day 6 - *Saturday, January 7<sup>th</sup>* - Devotion: 1 John 4:11-17

a. *Declaration:*

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7) Day 7 - *Sunday, January 8<sup>th</sup>* - Devotion: Proverbs 19:20-29

a. *Declaration:*

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8) Day 8 - *Monday, January 9<sup>th</sup>* - Devotion: Romans 8:26-30

a. *Declaration:*

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9) Day 9 - *Tuesday, January 10<sup>th</sup>* - Devotion: Psalms 1

a. *Declaration:*

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10) Day 10 - *Wednesday, January 11<sup>th</sup>* - Devotion: Philippians 4: 4-13

a. *Declaration:*

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11) Day 11 - *Thursday, January 12<sup>th</sup>* - Devotion: John 15:16-21

a. *Declaration:*

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12) Day 12 - *Friday, January 13<sup>th</sup>* - Devotion: Proverbs 22:9-19

a. *Declaration:*

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13) Day 13 - *Saturday, January 14<sup>th</sup>* - Devotion: Malachi 3:10-12

a. *Declaration:*

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14) Day 14 - *Sunday, January 15<sup>th</sup>* - Devotion: Psalms 37:4-9

a. *Declaration:*

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15) Day 15 - *Monday, January 16<sup>th</sup>* - Devotion: Proverbs 16:3-9

a. *Declaration:*

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16) Day 16 - *Tuesday, January 17<sup>th</sup>* - Devotion: Isaiah 49:1-12

a. *Declaration:*

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17) Day 17 - *Wednesday, January 18<sup>th</sup>* - Devotion: Deuteronomy 8:11-18

a. *Declaration:*

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18) Day 18 - *Thursday, January 19<sup>th</sup>* - Devotion: Psalms 127

a. *Declaration:*

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19) Day 19 - *Friday, January 20<sup>th</sup>* - Devotion: Joshua 1:7-9

a. *Declaration:*

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20) Day 20 - *Saturday, January 21<sup>st</sup>* - Devotion: 1 Kings 2:2-4

a. *Declaration:*

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21) Day 21 - *Sunday, January 22<sup>nd</sup>* - Devotion: Psalms 90:13-17

a. *Declaration:*

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