



FIRST
BAPTIST
CHURCH
OF SOUTH ORANGE



2024

DANIEL FAST

"Moreover, when ye fast, be not, as the hypocrites."

-Matthew 6:16

UNLIMITED POSSIBILITIES

"Consecrate a fast; call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the LORD your God, and cry out to the LORD."

Joel 1:14

"Yet even now," declares the LORD, "return to me with all your heart, with fasting, with weeping, and with mourning."

Joel 2:12

"And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you."

Matthew 6:16-18

"While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.'"

Acts 13:2

Our world craves examples of real Christians. Too often we witness persons attempting to "Do" church, or act out what they feel it means to be a good Christian. The ruthless truth however, is persons deciding to seek and serve God on their own terms are not persons of faith, but pretenders. Hebrews 11:6 tells us, *"But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him."* Friend, it's impossible to seek God diligently while pretending to operate under His will and authority. You have to "Be" under God's authority.

As we set out to enter a New Year, I hope as *"be-lievers"* and not *doers*, each family of FBCSO stands united as we diligently seek God together, for an increase of spiritual anointing and empowerment in our ministry throughout the upcoming year. We are thankful for the new sanctuary, offices, and nursery. However, more awaits us in our commitment to living out our faith and values in *"be-ing"* that church that *Points the Way to Jesus*. Please read through our 2024 Daniel Fast Booklet. If you are a new believer, new to biblical fasting, or this is your first time joining us in the fast, we welcome you and look forward to hearing the many ways God is building your faith throughout the FBCSO Daniel Fast 2024!

Sincerely,
Rev. Dr. Terry Richardson

GETTING STARTED

WHAT IS FASTING?

Fasting is the willful act to abstain from food altogether for a specified amount of time. In the New Testament, "fasting" literally means one who has not eaten, *one who is empty*, and centers around our relationship with God.

The **Daniel Fast** is a model of the biblical account of Jewish fasting principles and the fasting experiences of the prophet Daniel found in Daniel, chapters 1 and 10. In Daniel 1:12, we read Daniel's request to the steward, "Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink." *Pulse*, is food that grows from seeds, including legumes (beans) and fruit. Daniel also requested that they drink only water.

TWO COMPONENTS OF FASTING

- Connect prayer with faith in order to assure God would answer prayer(s).
- An act designed to soothe God's wrath and move Him to act graciously on one's behalf.

THREE TYPES OF FAST

- Normal - no food intake for a specified period of time.
- Partial - limited in take to only some foods.
- Absolute - total abstinence from food and liquids in all forms.

THE LENGTH OF FAST

- One day (morning til' evening) - Judges 20:26
- Three days - Ester 4:16
- Special Fasts lasted Forty days - Exodus 34:28

HOW TO PREPARE

It's like going on vacation! You make plans to go on vacation--everything from where to stay to what to pack. The Daniel Fast is the same way. Prepare by praying and seeking God's will discerning the fast. Prepare by reading the Daniel Fast book by Susan Gregory, and looking at the website (www.daniel-fast.com). Prepare by weaning yourself off caffeine, fast food, and sugar - NOW. Prepare by practicing a few of the recipes. As you enjoy the food from the fast, enjoy the freshness of each day with God and the spiritual food He provides from His Loving Hands. You may find that you need more sleep than usual, so go to bed a little earlier.

Prepare by stocking your fridge and cabinets with lovely fresh food!

TIPS FOR SUCCESS

- Develop a daily routine that you can stick to. Schedule your meals, prayers and devotional readings on your calendar so it is easier to stick to it.
- Meal & snack prepping is recommended. When you try to figure it out on the fly it usually leads to skipped meals/snacks or bad choices. *Proper Preparation Prevents Poor Performance.*
- While on "The Daniel Fast," read the FBCSO devotional, "The Word For You Today." Use the devotionals to help focus your mind and still your heart on how God is speaking to you daily during the fast as you focus on and celebrate Christ in your life, looking forward to the advancement of the Kingdom of God.

- Sleep is just as important as good nutrition and exercise. 7-9 hours of sleep is recommended for all adults. Note that your body goes through important recovery while you sleep.
- Spend the 1st hour of your day feeding your mind and body.
- Participate in our BONUS 2024 Spiritual Goals challenge (pg. 12).
- Join the FBCSO Daniel Fast group for daily encouragement and inspiration. Feel free to post your meals, scriptures, quotes or anything you think might be beneficial to your fellow FBCSO family.



VEGETABLE OPTIONS

Most vegetables are low in calories but high in vitamins, minerals and fiber. However, some vegetables stand out from the rest with additional nutrients that help to reduce the risk of diseases. Let's check some of them out below!

SPINACH	KALE	BROCCOLI	PEAS	BEETS
Carrots	Tomatoes	Garlic	Onions	Alfalfa Sprouts
Bell Peppers	Cauliflower	Seaweed	Brussels Sprouts	Swiss Chard
Ginger	Asparagus	Red Cabbage	Collard	Eggplant
Bok Choy	Zucchini	Arugula	Cucumber	Fermented Vegetables

CARB OPTIONS

In order to achieve the benefits of eating more complex carbohydrates, it might be necessary to make some switches. Some easy substitutions include opting for whole grain bread and pasta instead of white bread and pasta, munching on raw vegetables instead of chips and eating more beans as a base for dishes instead of rice.

SWEET POTATOES	LEGUMES-BEANS	QUINOA	FARRO	OATMEAL
Butternut Squash	Brown Rice	Whole Grain Pasta	Lentils	Whole Rye
Whole Wheat Pasta	Wild Rice	Peas	Plain Popcorn	All Vegetables
Most Fruits	Whole Grain Barley	Nuts/Seeds	Buckwheat	Millet

SNACK OPTIONS

Your snacks should always start with a sugar/chemical-free protein base and then pair it with a fruit (morning snack only), veggie or complex carb. Below are some common options for protein snacks!

NUT BUTTERS	NUTS/SEEDS	CHICKPEAS	EDAMAME	HUMMUS
Fruit	Guacamole	Trail Mix	Avocado & Rice Cakes	Veggies
Small Oatmeal	Small Protein Shake	Salsa	Plain Popcorn	Baked Veggie Chips

SPIRITUAL GOAL CHALLENGE

The New Year is a perfect time to set goals. Generally when thinking of goal setting, we set personal goals like losing weight, paying off debt or improving healthy eating habits. Certainly there is nothing wrong with improving your health, reducing debt, or eating healthy but this year let us set and prioritize spiritual goals rather than personal goals.

Joseph, son of Jacob, came up with a plan that could save Egypt and the rest of the world from famine. For years he set goals and worked towards them so that there would be more than enough storehouses and grain for food. Need I tell you how much spiritual goal setting was needed to build an Ark? The bible is full of plenty of examples of those who focused and achieved spiritual goals.

Achieving spiritual goals ignite the disciplines required to point the way to Christ. We reap what we sow.

Every day over the next 21 days we will provide samples of spiritual goals you can set for 2024 via our facebook page. Choose one, two or five and commit to growing spiritually.





JOURNAL

*Thoughts
Prayers
Recipes
Goals*



Day 1

Handwriting practice lines consisting of 20 horizontal dashed lines.

Day 2



Day 3

Day 4

Handwriting practice lines consisting of 20 horizontal dashed lines.

Day 6

Day 7

Handwriting practice lines for Day 7. The page contains 20 sets of horizontal dashed lines for tracing and writing practice.



Handwriting practice lines consisting of 20 horizontal dashed lines.



Day 9



Day 10



Handwriting practice lines consisting of 20 horizontal dashed lines.

Day 12

Day 13

Day 14



Day 15

Day 16

Day 17



Day 18



Day 19

Day 20



Day 21

