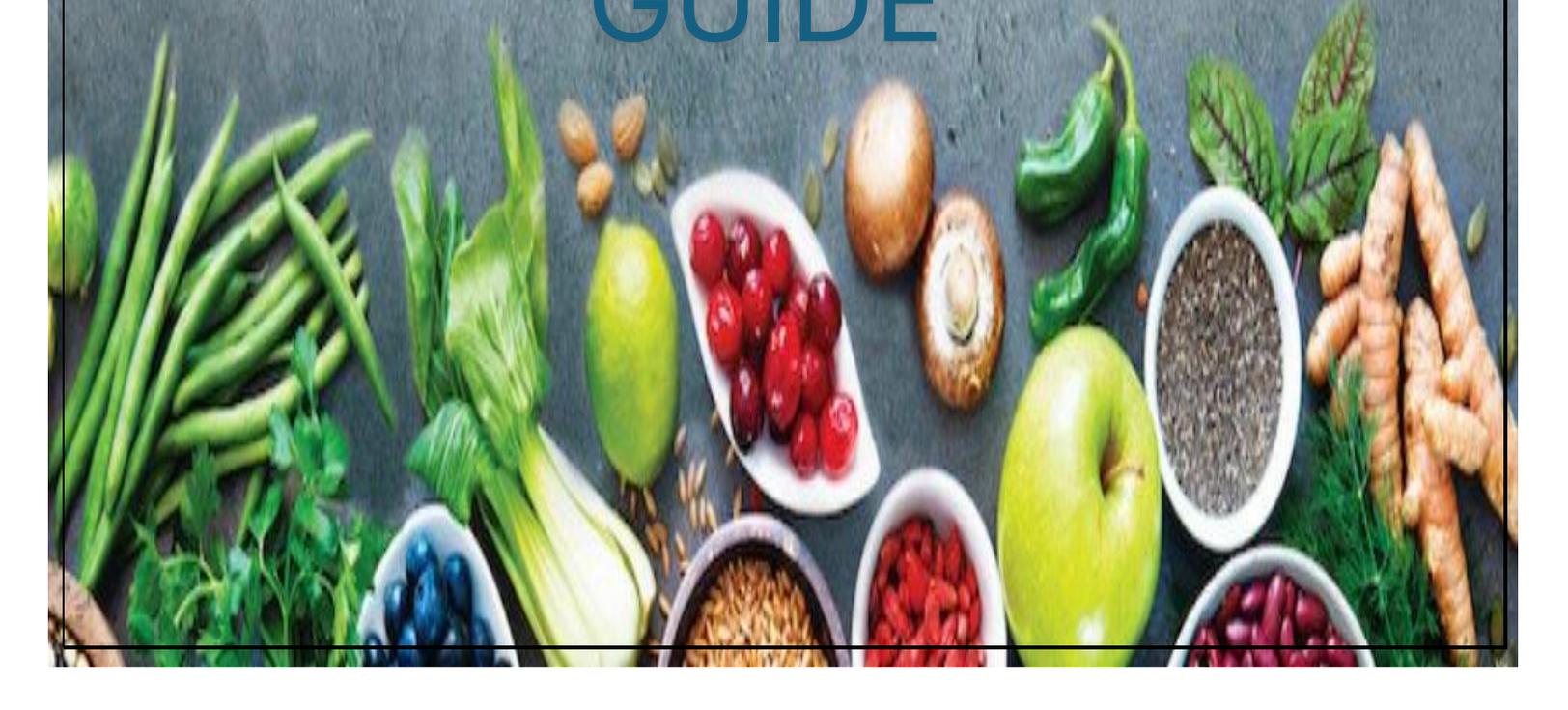




ALTA MESA PARK
CHURCH

DANIEL FAST
GUIDE



Grace and peace to you in the name of our Lord and Savior,
Jesus Christ!

As we embark on a season of spiritual renewal and consecration, I would like to invite each of you to join us in participating in the **Daniel Fast**. This fast is a time of dedicated prayer, reflection, and sacrifice, as we seek to draw closer to God and grow in our faith. It is based on the example set by the prophet Daniel, who, in the book of Daniel, chose to abstain from certain foods in order to seek God's wisdom and guidance (Daniel 1:8-17; Daniel 10:2-3).

Beginning Monday, February 16, we will begin our Daniel Fast. We are beginning slightly earlier than last year. The Daniel Fast is not just a physical discipline but also a spiritual one. It is a time to focus on prayer, worship, and the Word of God. During this fast, we will be consuming only fruits, vegetables, whole grains, nuts, and water. We will avoid all meats, dairy products, sweets, caffeine, and processed foods. This physical sacrifice allows us to humble ourselves before God and opens the door for deep spiritual growth and intimacy with Him.

This fast will begin on **February 16** and will conclude 28 days later on **March 19**. I encourage you to prayerfully consider joining this powerful time of prayer and fasting, as we seek to hear God's voice, experience His presence, and receive His direction for our lives and our church. If you feel you can't do the 28 days, a 15-

day option is available as well. 15 days will end on **March 4**. Sundays are a “off” day during the fast. Please take time to prepare your hearts and minds, and trust that God will meet you in a special way during this period.

As always, we will be praying for each of you, and I encourage you to support one another throughout this journey. Let us remember that this is a time not only of personal growth but also of corporate unity as we stand together in faith, expecting God to move mightily in our midst.

If you have medical concerns that may challenge your ability to participate in this fast, please consult your physician before engaging in this effort. We must employ wisdom even though we have zeal. Even if you can't fast, you can certainly pray, and I invite and encourage you to do so.

If you have any questions about the fast or need additional resources, please don't hesitate to reach out to me.

May God bless you abundantly as you seek Him with all your heart!

lingering at the Cross,
B.W. McClendon, Jr.
Senior Pastor/Servant
A M P Church Dallas!

Daily Meditation

Daniel Fast

(Modified from the Wheeler Avenue Baptist Church, Houston, Tx)

WEEK 1: REPENTANCE & PREPARATION

1. Joel 2:12-14 Return to the Lord with all your heart.
2. Psalm 51:1-17 David's prayer of repentance.
3. Isaiah 58:6-9 True fasting that pleases God.
4. Matthew 4:1-11 Jesus' 40 days of fasting and temptation.
5. Mark 1:14-15 Jesus calls for repentance and belief in the Gospel.
6. 2 Corinthians 7:9-10 Godly sorrow leads to repentance.
7. Romans 2:4 God's kindness leads to repentance.

WEEK 2: GOD'S MERCY & GRACE

8. Exodus 34:6-7 God is compassionate and slow to anger.
9. Psalm 103:8-14 God's mercy is greater than our sins.
10. Micah 7:18-19 God delights in showing mercy.
11. Isaiah 1:18 Sins made white as snow.
12. Luke 15:11-32 The Parable of the Prodigal Son.
13. Ephesians 2:4-10 Saved by grace, not works.
14. Romans 5:6-11 Christ died for us while we were still sinners.

Daily Meditation

Daniel Fast

(Modified from the Wheeler Avenue Baptist Church, Houston, Tx)

WEEK 3: FOLLOWING CHRIST

15. Luke 9:23-26 Take up your cross daily.
16. Matthew 6:16-18 Fasting with a sincere heart.
17. Philippians 3:7-11 Counting everything as loss for Christ.
18. John 15:1-8 Abide in Christ, the true vine.
19. Colossians 3:1-10 Setting our minds on things above.
20. James 1:22-27 Be Doers of the Word.
21. 1 Peter 2:21-25 Christ's example of suffering.

WEEK 4: LOVE & HUMILITY

22. Matthew 22:36-40 The greatest commandments: Love God and neighbor.
23. John 13:3-17 Jesus washes the disciples' feet.
24. Philippians 2:5-11 Christ's humility and exaltation.
25. 1 John 4:7-12 Love one another as God loves us.
26. Matthew 5:43-48 Love your enemies.
27. Galatians 5:13-26 Walk by the Spirit.
28. Romans 12:9-21 Love sincerely and overcome evil with good.

Daily Meditation

Daniel Fast

(Modified from the Wheeler Avenue Baptist Church, Houston, Tx)

WEEK 5: SUFFERING & THE CROSS

29. Isaiah 53:3-7 The suffering servant.
30. Mark 8:31-38 Jesus predicts His death and resurrection.
31. John 12:23-33 Jesus speaks of His coming crucifixion.
32. Matthew 26:36-46 Jesus prays in Gethsemane.
33. Luke 22:54-62 Peter denies Jesus.
34. Mark 15:16-39 The crucifixion of Jesus.
35. John 19:28-37 The death of Jesus.

HOLY WEEK: RESURRECTION & VICTORY

36. Matthew 27:57-66 Jesus is buried.
37. Psalm 22:1-31
38. Romans 6:3-11
39. 1 Corinthians 15:50-58
40. John 20:1-18 Prophecy of the Messiah's suffering. United with Christ in His death and resurrection. The victory over death. The resurrection of Jesus!

What to Eat

Daniel Fast

FOODS TO ENJOY

ALL VEGETABLES

fresh, frozen, dried* or juiced* (including potatoes)

ALL FRUITS

fresh, frozen, dried* or juiced*

ALL WHOLE GRAINS

amaranth, barley, brown rice, oats, quinoa, millet
whole wheat pasta, whole wheat tortillas, rice cakes
and popcorn

ALL NUTS & SEEDS

almonds, cashews, macadamia nuts, peanuts,
pecans, pine nuts, walnuts, pumpkin seeds, sesame
seeds, sunflower seeds and unsweetened nut
butters*

ALL LEGUMES

dried or canned*, 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

water only: distilled, filtered and spring water

OTHER*

unsweetened almond milk, coconut milk, rice milk, or
soy milk; herbs, spices, salt, pepper, vinegar,
seasonings, unsweetened coconut flakes, soy
products and tofu

*For packaged food, check the ingredients list to ensure there are no added sugars, chemicals or preservatives.

What to Eat

Daniel Fast

THINGS TO DO EVERY DAY

PRAY

The purpose of our Fast is to grow closer to our Lord and Savior, Jesus Christ. It is important to give up some of the tasty foods we like to eat, and to spend time talking to the Lord.

EAT ONE FAST MEAL

Choose at least one meal a day at which you will only eat Daniel Fast foods. A good choice might be family dinner. That way, you and your family can pray and sacrifice together.

EAT LOTS OF THIS FRUIT

Bananas, Oranges, Apples and More

VEGETABLES Carrots, Greens, Broccoli and More

WHOLE GRAINS Brown Rice, Quinoa and Whole Wheat Pasta

LEGUMES Beans and Peas

DRINK WATER!!!

DON'T EAT/DRINK THIS

SUGAR MEAT MILK EGGS BREAD WHITE FLOUR CRACKERS

COOKIES OIL JUICES SODA GUM MINTS CANDY

Guide for Diabetics | Daniel Fast

The Daniel Fast is an extremely healthy way of eating, and many people with diabetes have successfully completed the Fast. One of the benefits of the Daniel Fast, from a dietary perspective, is the regular intake of nutrient-dense foods rich in vitamins, minerals, and other nutrients important for health, which help to keep your blood sugar stable. The type of diabetes a person has is important to know because it will affect how one approaches the Daniel Fast while treating the diabetes. In type 1 diabetes, the pancreas produces little to no insulin. Insulin is a hormone needed to allow glucose (sugar) to enter our cells to make energy. Approximately 5-10% of adults in the US are type 1 diabetics. In type 2 diabetes, the most common, the pancreas produces insulin, but the body does not use it efficiently. Approximately 90% of adults with diabetes in the US are type 2. During the Daniel Fast, it is recommended to focus on low-glycemic index foods. The glycemic index ranks food on a scale from 0 to 100. The low end of the scale has foods that have little effect on blood sugar levels. A copy of the low-glycemic index is provided here for you.

During the Daniel Fast, you should continue taking your medication as prescribed. It is important to note that it is possible to eat large amounts of carbohydrates/sugars (potatoes, fruits) on the Daniel Fast, so be aware and regularly monitor your glucose, and make adjustments to your medications if and when needed. Consider consuming small but frequent meals. This means avoiding long gaps between meals by eating a small meal every two to three hours. Remember to consume nutrient-dense foods which have a high ratio of nutrients to calories. They contain the highest possible levels of quality protein, carbohydrate, fat, vitamins, and minerals for the least amount of calories. Another option is to use plant-based protein powder that does not contain whey (whey is an animal-based protein).

If you have any questions or concerns, consult your physician.

Guide for Diabetics

Daniel Fast

FOODS TO ENJOY

ALL VEGETABLES

fresh, frozen, dried or juiced

ALL WHOLE GRAINS amaranth, barley, brown rice, oats, quinoa, millet, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn

ALL NUTS & SEEDS

almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds and unsweetened nut butters

ALL LEGUMES

dried or canned; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas

ALL NATURAL OILS avocado, coconut, grapeseed, olive, peanut, sesame, and walnut

BEVERAGES

water only (distilled, filtered and spring water)

OTHER unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, vinegar, seasonings, unsweetened coconut flakes, soy products, and tofu

***Remember to select foods on the low end of the glycemic index (see chart below.) For prepackaged foods check the ingredients list to ensure there are no added sugars, chemicals or preservatives.**

Guide for Diabetics

Daniel Fast

FOODS TO AVOID

ALL MEAT & ANIMAL PRODUCTS

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 and Ezekiel bread (if it contains yeast and honey)

ALL REFINED & PROCESSED FOOD PRODUCTS

artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice

ALL DEEP-FRIED FOODS

ALL SOLID FATS

lard, margarine, and shortening

BEVERAGES

alcohol, carbonated drinks, coffee, energy drinks, herbal tea

Guide for Diabetics

Daniel Fast

LOW GI FOODS (20-49)

BREAKFAST CEREALS:

Oatmeal (not instant)

FRUITS

(Limit 1-2 Fruits/Day)

FRUITS:

Mango Raisins Apples Apple Juice Apricots Blackberries Blueberries Cherries Grapefruits
Grapefruit Juice Peaches Pears Prunes Plums Tangerines Tomato Juice Raspberries
Strawberries

BEANS AND LEGUMES:

black-eyed peas, butter beans, chickpeas, green beans, kidney beans, pinto beans, lentils,
lima beans, snow peas, hummus

NON-STARCHY VEGETABLES:

asparagus, artichoke, avocado, broccoli, cabbage, cauliflower, celery, cucumber, eggplant,
greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash,
zucchini, turnips

GRAINS:

barley, rye, bulgur, wild rice, wheat tortilla, wheat pasta

NUTS, OLIVES AND OILS:

almonds, peanuts, pecans, sunflower seeds, hazelnuts, olives walnuts, oils that are liquid
at room temperature

VEGETABLES:

Beets, Carrots, Sweet Potatoes, Yams, Corn on the Cob

GRAINS:

Cornmeal Brown and White Rice Couscous

Guide for Diabetics

Daniel Fast

MODERATE GI FOODS (50-69)

FRUITS

Banana (under ripe), Grapes, Mango, Raisins

Figs

Kiwi

Oranges

BEANS AND LEGUMES

Pinto, kidney or navy beans, green beans

navy beans

VEGETABLES:

Beets, Carrots, Sweet Potatoes, Yams, Corn on the Cob

GRAINS

Cornmeal, Brown and White Rice, Couscous

NUTS

Cashews

Macadamia

Consuming low GI foods + calculating carbohydrate intake = the most stable blood sugar levels!!!