

BETHEL BAPTIST CHURCH OF BARNESVILLE

January 3, 2022

January 24, 2022



Fasting is not something which we are offering up to God, but, instead, it assists in offering ourselves up to God (Rom. 12:1-2).

2022 Theme: A Year of Revelation and Realization

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FASTING SCRIPTURES

I King 21:9	Isaiah 58:4	Matthew 6:16
Nehemiah 9:1	Isaiah 58:6	Matthew 6:1
Esther 4:3	Jeremiah 36:6	Mark 2:18
Esther 9:3	Jeremiah 36:9	Mark 9:29
Psalms 35:13	Daniel 10:2-3	Luke 2:37
Psalms 109:24	Joel 2:12	Acts 13:2
Isaiah 58:3	Daniel 9:3	Matthew 6:18

PREPARING FOR THE FAST

You'll want to prepare your spirit, your soul, and your physical body for the Daniel Fast beginning about a week before your start date.

Prepare your spirit by seeking God and His direction for your fast. Seek the Lord's input to decide your purpose and special focus for the fast. Perhaps there is a habit to break or a new discipline to embrace. Are there relationships that need healing or financial pressures that need fixing? Start preparing your spirit now, so when you begin your fast you are primed and ready.

Prepare your soul by clearing as many distractions as you can. Distractions can come in many forms including busyness, attitudes, fears and other emotions that are not consistent with God's ways.

Prepare your body by tapering off caffeine (coffee, tea, soda, etc.) so that you are totally free of the substance when you begin your fast. For most people it takes about seven days to withdraw from caffeine. This step is essential if you want to avoid painful and debilitating withdrawal symptoms. You'll also want to cut back on foods that contain a lot of sugar including candy, sweets, and desserts.

THE PLAN...

Beginning 7:00 a.m. on January 3rd and ending at 7:00 a.m. January 24th the following plan will be used:

WHAT TO EAT...

ALL FRUITS: These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.

ALL VEGETABLES: These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, and zucchini. Veggie burgers are an option if you are not allergic to soy.

ALL WHOLE GRAINS: Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.

ALL NUTS AND SEEDS: Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also, nut butters including peanut butter.

ALL LEGUMES: These can be fresh, frozen, canned, or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, and white beans.

ALL QUALITY OILS: Including but not limited to olive, canola, grape seed, peanut, and sesame.

BEVERAGES: Spring water, distilled water or other pure waters, 100% All natural fruit juices, and 100% all natural vegetable juices.

OTHER: Tofu, soy products, vinegar, seasonings, salt, herbs and spices.



YOUTH RESTRICTIONS...

January 3– 13, 2022

No Sweets

No Sodas

No SOCIAL MEDIA

January 14-24, 2022

No Sweets

No Sodas

(Can use SOCIAL MEDIA)

FOODS TO AVOID ON THE DANIEL FAST...

ALL MEAT AND ANIMAL PRODUCTS including but not limited to beef, lamb, pork, poultry, and fish.

ALL DAIRY PRODUCTS including but not limited to milk, cheese, cream, butter, and eggs.

ALL SWEETENERS including but not limited to sugar, raw sugar, syrups, molasses, and cane juice.

ALL LEAVENED BREAD including Ezekiel Bread (it contains yeast and honey) and baked goods.

ALL REFINED AND PROCESSED FOOD PRODUCTS including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

ALL DEEP-FRIED FOODS including but not limited to potato chips, French fries, corn chips.

ALL SOLID FATS including shortening, margarine, lard and foods high in fat.

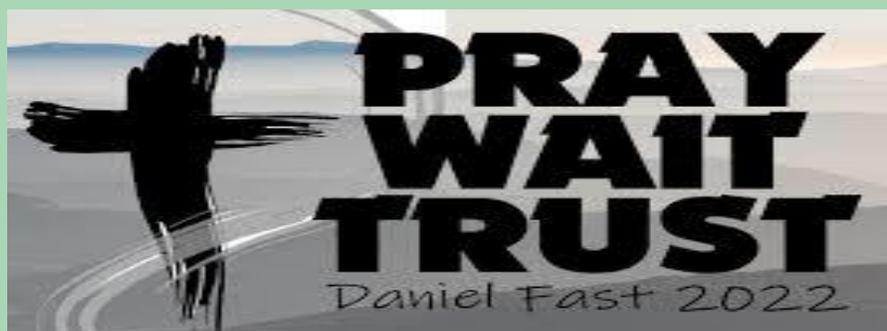
BEVERAGES including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

THE PRAYER...

MANIFESTATION MONDAYS... January 3rd, 10th, 17th, and 24th we will hold our corporate prayer beginning at 7:00 a.m. Dial-in Number: **425-436-6386**, Access Code: **671538**. Let's believe God for breakthrough, healing, deliverance, and victory in every area of our lives.

DAILY PRAYER FOCUS

Days	Focus
1	I will position myself for a year of REVELATION AND REALIZATION.
2	I am giving more of myself to God.
3	My Commitment to Discipleship
4	Renewed Worship and Prayer
5	I will persevere until I see total victory.
6	I believe God for great strength.
7	I will trust God's Word to give me direction and guidance.
8	I am believing God for good things to happen in my family.
9	I will walk in God's Promises.
10	I will seek God's will until I know it and then declare it daily.
11	I will seek to live by God's principles for Divine health.
12	I will not worry – I will trust that God is in control.
13	God will not hold any good thing from me.
14	I will speak words of peace in every problem in my life.
15	I will voice God's planted desires in my heart unto Him.
16	I will embrace Biblical principles of giving.
17	I will experience Divine favor in my finances.
18	I am special and beloved in God's Eyes.
19	I will walk in God's mercy and rejoice.
20	I will be bold for God.
21	I will walk in grace, goodness, and the glory of God.



Daily Journal

Days	God thank you for...
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GIVING OPPORTUNITIES...

· GIVELIFY

· PAYPAL (LINK ON WEBSITE)

· MAIL YOUR SEED TO BETHEL BAPTIST CHURCH POST OFFICE BOX 586,
BARNESVILLE, GA 30204

· BRING YOUR SEED TO THE CHURCH OFFICE

"Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver." – 2 Corinthians 9:7

ENRICHMENT OPPORTUNITIES...

WEDNESDAYS

Virtual Bible Study... 7:00 p.m.

(FACEBOOK LIVE)

SUNDAYS

Corporate Intercession... 9:45 a.m.

Worship Celebration... 10:00 a. m.

(IN PERSON or VIRTUAL depending on COVID-19 Conditions.)



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