

BETHEL NATION CHURCH OF BARNESVILLE

January 6, 2025
January 27, 2025



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).

2025 Theme: *"The Year of Grace and Growth"*

(2 Peter 3:18)

James C. Marable, M. Div., Lead Pastor

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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 6th and ending at 7:00 a.m. January 27th 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 watermelons.

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 6– 16, 2025

No Sweets

No Sodas

No SOCIAL MEDIA

January 17-27, 2025

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 6th, 13th, 20th, and 27th, 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
1-3	GRATITUDE AND SURRENDER <ul style="list-style-type: none"> • Express gratitude for the blessings of God flowing in your life. • Thank God for His presence and willingness to hear you when you pray. • Reflect and thank Him for family, friends, and fresh opportunities that will come your way this year. • Pray for the strength to surrender your desires and to align your will with God's.
4-5	SPIRITUAL AND PHYSICAL CLEANSING <ul style="list-style-type: none"> • Pray for spiritual and physical detoxification. • Pray for discipline to maintain the FAST and build spiritual habits during and after the Fast. • Seek renewal in spirit, mind, and body; ask God for spiritual, mental, and physical healing.
7-9	INTIMACY WITH GOD <ul style="list-style-type: none"> • Ask God for a clear and focused mind. • Ask for guidance and discernment in understanding God's will for your life. • Pray for a closer relationship and a heightened sense of God's voice. • Pray that your praise, worship, and prayer life grows and pushes you to a deeper relationship with God.
10-12	FAITHFUL STEWARDSHIP <ul style="list-style-type: none"> • Pray for power to give of yourself to the work of ministry. • Pray for the spirit of generosity- that you would selflessly give your time, skill sets, ideas, and financial resources to the work God desires to do within the Bethel Nation. • Pray that God would use you to encourage others to serve and engage in good works.
13-15	WISDOM AND COVERAGE FOR THE JOURNEY <ul style="list-style-type: none"> • Ask God for wisdom and courage to face challenges. • That God would give you the patience needed to trust His timing in orchestrating the events of your life.

	<ul style="list-style-type: none"> • That God would grant you the wisdom needed to successfully navigate the workplace, business, and opportunities for increase
16-18	<p>HUMILITY AND COMPASSION</p> <ul style="list-style-type: none"> • Ask God to nurture a humbled heart within that you may live dependent upon Him. • Pray for humility that will acknowledge your need for personal growth and improvement. • Make kindness toward others a priority in your life; ask God to give you a strong love and care for others
19-21	<p>THE VISION FOR THE BETHEL NATION</p> <ul style="list-style-type: none"> • That 2025 will be <i>A Year of Grace and Growth</i>. That the increased grace in our lives will result in our fervent and intentional commitment to spiritual and overall life growth. • That the Bethel Nation will walk in an unprecedented measure of God’s unmerited favor; empowering us to overcome challenges and embrace new opportunities. • That our prayers will produce favor, power, healing, breakthrough, and the manifestation of Divine promises like never before. • That the Bethel Nation disciples will experience supernatural growth in all areas: spiritually, scripturally, in stewardship, financially, and personally. • That God will open new avenues for ministry influence and impact. • That the Bethel Church will know and experience a deeper bond of love and unity that will lead to greater collaborative ministry work. • That 2025 will be a year of an incredible outpouring of the Holy Spirit- that will ignite our hearts, transform our lives, and increase our passion for worship, the Word, prayer, as well as the work of ministry. • That God will use our Pastor James C. Marable to teach, preach, and lead the Bethel Nation according to His will. • That we will support and seed into our Burn the Mortgage Project (BMP); declaring that the Bethel Nation will be a debt free ministry.

Daily Journal

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

· GIVELIFY

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

· **BRING YOUR SEED TO CHURCH**

***“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.

(Bethel Baptist Church FACEBOOK LIVE)

SUNDAYS

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

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

Holy Communion... Every 1st Sunday

(IN PERSON and VIRTUAL)



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