**WELCOME TO SPIRITUAL PRAYER & FASTING**

We would like to welcome you to learn more about the **SPIRITUAL PRAYER AND FASTING** information and guidelines which is shared with all of the members of the First Baptist World Changers International Ministries. Our goal is ***to make a mark in a man's life that will never, ever be erased*** through the sharing this information on consecrating yourself through **SPIRITUAL PRAYER AND FASTING.**

Apostle Lennell and Pastor Carol Caldwell along with our entire congregation are excited that you chose to visit this section of our website on learning how to personally consecrate yourself through prayer and fasting. Fasting can be beneficial spiritually and physically, but at its best fasting helps only the person doing it. God says He wants our fasting to go beyond our own personal growth to acts of kindness, charity, justice, and generosity. This truly is pleasing to God. We extend our love and prayers that your heart will be filled with joy and your life will be changed! You will never be the same when you diligently seek God through prayer and fasting!

Please click on [**TOPICS**](#TOPICS)to begin your journey through the **SPIRITUAL PRAYER AND FASTING** information provided from First Baptist World Changers International Ministries.

**Apostle Lennell D. Caldwell, Senior Pastor**

**Pastor Carol D. Caldwell, Assistant Pastor**

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**First Baptist World Changers International Ministries**

**INSTRUCTIONS FOR SPIRITUAL PRAYER AND FASTING**

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*Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.*

-- **Matthew 6:16-18 (KJV)**

**DISCLAIMER**

Apostle Caldwell and the First Baptist World Changers International Ministries advises all members to consider their personal health needs and confer with their personal physician prior to starting this fast. Please earnestly seek God’s guidance. Therefore, we specially disclaim any responsibility from any adverse physical reaction to this fast.

***Thank you for your obedience***.

[**[NEXT]**](#NEXT_INTRODUCTION) or [**MAIN\_MENU**](#MAIN_MENU)

**INTRODUCTION**

The entire First Baptist World Changers International Ministries church family will be going on a **FAST for the time period specified by the Senior Pastor!** Apostle Caldwell has designated the **STARTING DATE** of **JANUARY 2, 2024** for the January consecration for 30 days by fasting and prayer. The church family will be following the **FAST as a UNIT until JANUARY 31, 2024**.

This fast is for **those who have NO medical problems**, therefore, **before starting this fast**; please see your personal physician. ***We specifically disclaim any responsibility from any adverse physical reactions to this fast.*** (Thank you for your obedience.)

**You must give this time of FASTING to prayer, studying, and reading.**

Now those persons who work afternoons or midnight shifts, the FAST begins when you wake up each day at a set time.

Persons with physically strenuous jobs should use discretion in fasting and may need to eat in moderation during the fast having such foods as salads and fruits plus dry roasted unsalted nuts. Children should also eat during the fast period. Abstinence from all sweets is recommended.

**NOTE: You cannot do strenuous things while on the FAST.**

**PLEASE!!!**

**PRAY, STUDY, READ** – Seek God for more power, wisdom, knowledge, and understanding to see what God wants you to do for Him (You should be looking to grow!)

**DO NOT --**

* Watch any worldly or secular television
* Listen to any worldly or secular music
* Engage in any foolish talking

**DO –**

* Watch religious television programs
* Watch Family and educational television programs
* Listen to religious and Christian music
* Review the CDs/DVDs lessons of Apostle Caldwell

**Ephesians 5:19 -***Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;*

[**NEXT\_PURPOSE**](#NEXT_PURPOSE) **or** [**MAIN\_MENU**](#MAIN_MENU)

**PURPOSE FOR THE FAST**

**FASTING** is the refraining from eating food. The Bible describes three main forms of fasting: 1) The **Normal Fast**, involving the total abstinence of food. [Luke 4:2](http://www.crossbooks.com/verse.asp?ref=Lk+4%3A2) reveals that Jesus “did eat nothing.” Afterwards “He was hungered.” Jesus abstained from food but not from water. 2) In [Acts 9:9](http://www.crossbooks.com/verse.asp?ref=Ac+9%3A9) we read of an **Absolute Fast** where for three days He “neither did eat nor drink.” The abstinence from both food and water seems to have lasted no more than three days ([Ezra 10:6](http://www.crossbooks.com/verse.asp?ref=Ezr+10%3A6); [Esther 4:16](http://www.crossbooks.com/verse.asp?ref=Est+4%3A16)). 3) The **Partial or Daniel Fast**—in [Daniel 10:3](http://www.crossbooks.com/verse.asp?ref=Da+10%3A3) the emphasis is upon the restriction of diet rather than complete abstinence. The context implies that there were physical benefits resulting from this partial fast. However, this verse indicates that there was a revelation given to Daniel as a result of this time of fasting.

Fasting is the laying aside of food for a period of time when the believer is seeking to know God in a deeper experience. It is to be done as an act before God in the privacy of one’s own pursuit of God ([Ex. 34:28](http://www.crossbooks.com/verse.asp?ref=Ex+34%3A28); [1 Sam. 7:6](http://www.crossbooks.com/verse.asp?ref=1Sa+7%3A6); [1 Kings 19:8](http://www.crossbooks.com/verse.asp?ref=1Ki+19%3A8); [Matt. 6:17](http://www.crossbooks.com/verse.asp?ref=Mt+6%3A17)).

Fasting is to be done with the object of seeking to know God in a deeper experience ([Isa. 58](http://www.crossbooks.com/verse.asp?ref=Isa+58); [Zech. 7:5](http://www.crossbooks.com/verse.asp?ref=Zec+7%3A5)). Fasting relates to a time of confession ([Ps. 69:10](http://www.crossbooks.com/verse.asp?ref=Ps+69%3A10)). Fasting can be a time of seeking a deeper prayer experience and drawing near to God in prevailing prayer ([Ezra 8:23](http://www.crossbooks.com/verse.asp?ref=Ezr+8%3A23); [Joel 2:12](http://www.crossbooks.com/verse.asp?ref=Joel+2%3A12)). The early church often fasted in seeking God’s will for leadership in the local church ([Acts 13:2](http://www.crossbooks.com/verse.asp?ref=Ac+13%3A2)). When the early church wanted to know the mind of God, there was a time of prayer and fasting.

**Some of the biblical reasons for fasting are:**

• Jesus set an example by spending 40 days fasting in the desert. ([Matthew 4:2](http://www.crossbooks.com/verse.asp?ref=Mt+4%3A2); [Luke 4:2](http://www.crossbooks.com/verse.asp?ref=Lk+4%3A2).)

• As a freewill offering to the Father, it pleases Him. (See [1 Samuel 7:5, 6](http://www.crossbooks.com/verse.asp?ref=1Sa+7%3A5-6); [Acts 14:23](http://www.crossbooks.com/verse.asp?ref=Ac+14%3A23).)

• It produces a spiritual and physical discipline. (See [Luke 2:36, 37](http://www.crossbooks.com/verse.asp?ref=Lk+2%3A36-37); [1 Cor. 9:26](http://www.crossbooks.com/verse.asp?ref=1Co+9%3A26), [27](http://www.crossbooks.com/verse.asp?ref=1Co+9%3A27).)

• It keeps you from God's judgments. (See [Joel 2:12-14](http://www.crossbooks.com/verse.asp?ref=Joel+2%3A12-14); [Jonah 3:5-10](http://www.crossbooks.com/verse.asp?ref=Jnh+3%3A5-10).)

• It manifests concern for family, church, community and country. (See [2 Samuel 1:12](http://www.crossbooks.com/verse.asp?ref=2Sa+1%3A12); [2 Samuel 12:16](http://www.crossbooks.com/verse.asp?ref=2Sa+12%3A16); [Ezra 8:21](http://www.crossbooks.com/verse.asp?ref=Ezr+8%3A21); [Esther 4:3](http://www.crossbooks.com/verse.asp?ref=Est+4%3A3), [16](http://www.crossbooks.com/verse.asp?ref=Est+4%3A16); [Daniel 9:3](http://www.crossbooks.com/verse.asp?ref=Da+9%3A3); [Matthew 9:15](http://www.crossbooks.com/verse.asp?ref=Mt+9%3A15); [Mark 2:18-20](http://www.crossbooks.com/verse.asp?ref=Mk+2%3A18-20); [Luke 5:33-35](http://www.crossbooks.com/verse.asp?ref=Lk+5%3A33-35).)

**Fasting has the following benefits:**

• It strengthens and implements prayer. (See [Acts 10:30](http://www.crossbooks.com/verse.asp?ref=Ac+10%3A30), [31](http://www.crossbooks.com/verse.asp?ref=Ac+10%3A31).)

• It brings blessings of obedience. (See [Matthew 6:6](http://www.crossbooks.com/verse.asp?ref=Mt+6%3A6), [16](http://www.crossbooks.com/verse.asp?ref=Mt+6%3A16).)

• It brings humility through repentance. (See [Neh. 9:1-3](http://www.crossbooks.com/verse.asp?ref=Ne+9%3A1-3).)

• It gives revelation of God's way and will for your future. (See [Daniel 9](http://www.crossbooks.com/verse.asp?ref=Da+9).)

• It establishes authority and power in prayer and spiritual warfare. (See [Matthew 4:1-11](http://www.crossbooks.com/verse.asp?ref=Mt+4%3A1-11).)

**Fasting brings great victories**. For example, King Jehoshaphat called for a national fast against invading armies. As a result of the fast, the enemies killed each other (see [2 Chron. 20:1-30](http://www.crossbooks.com/verse.asp?ref=2Ch+20%3A1-30)).

**Fasting gives you a proper mental attitude:** Don't view fasting as punishment, even though your body may rebel at first. Instead, view it as a precious opportunity to get closer to the Lord. When you fast, you are not distracted by the daily focus of eating. And the time that you would normally spend at the kitchen table can be set aside to feast from the spiritual food that God will serve you as you spend time in His presence at His table. God responds to your sincerity when you willingly humble yourself.

**See** **fasting as a means for creating greater prayer focus**. You can compare the effects of fasting with laser surgery, where the laser beam concentrates light to cut and correct physical problems. Similarly, fasting is a concentration of spiritual light on a problem to cut away the ideas of the flesh so God's answers can heal the situation. Fast with a definite goal to break the bondage and opposition of Satan. Fasting that glorifies God is birthed out of humility. It is more than just refraining from food; it is a mind-set that says, ***"I can't; Jesus can."***

**The following are** **some ways to fast:**

• **Twenty-four-hour fast**: From sunset to sunset. Abstain from solids.

• **Partial fast/Daniel Fast**: Abstain from pleasant foods. Partake only of clear soups, fruit juices, cereals or grains, OR give up one meal a day for prayer. (See [Daniel 1:8-16](http://www.crossbooks.com/verse.asp?ref=Da+1%3A8-16); [Daniel 10:2](http://www.crossbooks.com/verse.asp?ref=Da+10%3A2), [3](http://www.crossbooks.com/verse.asp?ref=Da+10%3A3).)

• **Three-day fast**: Total abstinence of food for three days. (See example in [Esther 4:16](http://www.crossbooks.com/verse.asp?ref=Est+4%3A16).)

• **Extended fast**: Has two methods; both require preparation. Before an extended fast, it is recommended you omit caffeine and rich foods from your diet.

• **Total fast/Extreme Fast**: Excludes all food but does include water. Fast should be broken slowly. Only diluted juices for a day or two. Next gradually proceed to fruits, vegetables and grains, adding meats last.

• **Non-total fast**: No food intake; only diluted fruit juices, water and hot herbal teas are taken.

**Note:** *If you are on medication, consult your physician before commencing an extended fast.* You may need to consider a partial fast. Fast when directed by the Holy Spirit and according to your disciplined prayer life (see [Isaiah 58:6](http://www.crossbooks.com/verse.asp?ref=Isa+58%3A6); [1 Cor. 9:26, 27](http://www.crossbooks.com/verse.asp?ref=1Co+9%3A26-27)).

**Use your fast as an opportunity to pray more.** During this time your spirit is much more sensitive to the Holy Spirit, and you often will receive keener revelation from God's Word. ***Fasting is not an endurance test nor a religious ritual. It is a privilege and blessing to approach the Lord in humility and wholehearted faith.***

Fasting should be used in combination with prayer and faith. This is a biblical doctrine. To fast means to abstain from food. Fasting humbles the soul before God (Psalm 35:13); chastens the soul (Psalm 69:10); and crucifies the appetites and denies them so as to give entire time to prayer (2 Samuel 12:16-23; Matthew 4:1-11). It manifests earnestness before God to the exclusion of all else (1 Corinthians 7:5); shows obedience; give digestive system a rest (Matthew 6:16-18; 9:15; Luke 5:33); demonstrates the mastery of man over appetites, aids in resisting temptation; helps to attain power over demons; develops faith; crucifies unbelief; and aids in prayer (Matthew 4:1-11; 17:14-21).

**No fasting should go beyond the point of impairing health. One can fast up to 40 days before starvation begins if the individual is a healthy person. HOWEVER, people who are not healthy or on certain medications, their fasting must be done with care and under proper supervision.**

***Next GO TO*** [***SCRIPTURES***](#SCRIPTURES) **or** [**MAIN\_MENU**](#MAIN_MENU)

**SCRIPTURES TO STUDY DURING FASTING**

**Matthew 4:4**  *But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.*

**John 6:35** *And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.*

**(Read the complete chapter of St. John 4)**

**John 4:10** *Jesus answered and said unto her, If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water.*

**Isaiah 10:27** *And it shall come to pass in that day, that his burden shall be taken away from off thy shoulder, and his yoke from off thy neck, and the yoke shall be destroyed because of the anointing.*

**Isaiah 58:6**  *Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?*

**1 Corinthians 7:5-6 SEX**

*Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency. But I speak this by permission, and not of commandment*

**Daniel 1:5-20**

**Isaiah 58**

**Numbers 6:1-4**

**1 Corinthians 10:21**

**Acts 13:1-4**

**Psalms 35**

**Psalms 69**

**Matthew 17:21**

**Mark 9:29**

**NEXT GO TO** [**DANIEL\_FAST**](#DANIEL_FAST) **or** [**MAIN\_MENU**](#MAIN_MENU)

DANIEL FAST:  What You Can Eat for 21-Days

**Prayer Scripture: Daniel 10:2, 3 “**In those days, I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled."

**DANIEL FAST** (NO MEATS and NO SWEETS) **FOODS TO EAT**

**Special Note:**

If you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast.

**FRUITS (For example):**

Cherries - most potent, blood strengthener

Grapes - blood builder

Apples - body cleanser

Oranges - quick energy

Bananas - builds potassium for milk in the breast

Apricots - prevents constipation

Prunes, figs, raisins - allows regular daily bowel movements

**VEGETABLES (For Example):**

Celery (raw) - settles nerves

Lettuce (raw) - pacifier

Carrots (raw) - for eyes and skin

**VEGETABLES (continued)**

Beets - blood

Spinach - Iron in blood

Ripe olives, okra, parsley, mushrooms

Green Bell Pepper, chili peppers

Potassium broth and mashed potatoes

Artichokes, asparagus, bell pepper

Brussel sprouts, cabbage, cauliflower

Corn, cucumbers, eggplant

Garlic, gingerroot kale, mustard greens

Collards, rutabagas, turnips

Potatoes, tomatoes, Scallion, zucchini

Veggie burgers, sweet potatoes

**PASTRIES AND BREADS:**

NO cookies, cakes, donuts, coffee cakes, sweet rolls, pies.

NO white flour, white bread, corn bread, biscuits

**WHOLE GRAINS –** Brown rice, oats, barley, oatmeal, wheat

**LEGUMES** – Dried beans, pinto beans, split peas, lentils, black-eyed peas, green beans, green peas

**OTHER:** Seeds, Nuts, Sprouts

**LIQUIDS [DRINK PLENTY OF WATER DURING FAST:**

Daily: 6-8 glasses of water (Absopure or Spring)

Unsweetened fruit juices, Orange, apple, prune, carrot, and/or celery juice

HERBAL TEAS

**CONDIMENT AND SWEETS:**

**NO** white sugar or candy, catsup, sauces, heavy seasoning, salad dressings, (bad for the kidneys) or mustard. **NO** spices or other condiments. [MAY **HAVE** natural honey]

**Beverages to Avoid:**

**COFFEE, TEA, CARBONATED BEVERAGES, ENERGY DRINKS, AND ALCOHOL**

**MEATS, NO FRIED FOODS** *(Limited amount for certain health reasons)*

Fish, broiled or baked

Chicken – broiled, baked, or stewed

Turkey – broiled, baked, or stewed

**STAY AWAY FROM AS MUCH MEAT AS POSSIBLE**, as it can carry bacteria and poison. NUTS can be substituted for meat, so they are a form of protein: walnuts, pecans, etc.

**NEXT GO TO** [**KINGDOM\_CHURCH**](#KINGDOM_CHURCH) or [**MAIN\_MENU**](#MAIN_MENU)

**KINGDOM CHURCH (****Children ages 2 to 12)**

**and**

**GATEKEEPERS (****Youth ages 13 to 18)**

**INSTRUCTIONS FOR THE PARENTS or GUARDIANS**

*Dear Parents,*

*January is our month of Consecration; and during this month, we will be fasting for twenty-one (21) days. It is the Kingdom Church and Youth Ministry prayer that every parent will be joining us on this fast and is in constant prayer that ALL receive parenting instructions from God.*

*The children are being instructed by their Kingdom Church teachers and Youth ministers to fast by means of denial of those things which will hinder their spiritual growth. We urge you to encourage your child/children to be a part of this consecration. They too must know that they have the* ***burden removing, yoke destroying power of God.*** *[Read Isaiah 10:27]*

**Isaiah 58:6** *Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?*)

*As parents, we must raise up a standard to produce disciplined, anointed saints rooted in God’s Word. (***Proverbs 22:6** *Train up a child in the way he should go: and when he is old, he will not depart from it*.*)*

**\*\*\*\* SUGGESTED DENIALS \*\*\*\***

**Fast Foods**

**Worldly Music (Only Gospel or Family Oriented)**

**Only Christian or education programs/videos on TV**

**No Candy or sweets (sugar-free candy only)**

**Video Games & Social Media (Facebook, twitter, etc.)**

**Pop/Kool-aid**

**Limited Telephone Usage**

**NEXT GO TO** [**SUGGESTED\_ACTIVITIES**](#SUGGESTED_ACTIVITIES)

**SUGGESTED ACTIVITIES**

Family prayer time (*Allow children to lead prayer)*

Story time *(If child can read, please allow the child to read*

*Christian stories to parents and explain what was read.)*

Bible Study in Areas that need to make improvement

**(*e.g., self-control, lying, disobedience, etc.)***

Family Rap Sessions

Bible Games

Christian Videos

Bible Activity Books (Available at most Dollar Stores)

Gospel Music

*Next to SEE WHAT\_CHILD\_CAN\_EAT* ***GO TO***[**DANIEL\_FOOD\_TO\_EAT\_FOR\_FAST**](#DANIEL_FOOD_TO_EAT_FOR_FAST)

DANIEL FAST:  What You Can Eat for 21-Days

**Prayer Scripture: Daniel 10:2, 3 “**In those days, I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled."

**DANIEL FAST FOODS TO EAT** (NO MEATS and NO SWEETS)

**Special Note:**

If you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast.

**FRUITS (For example):**

Cherries - most potent, blood strengthener

Grapes - blood builder

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**VEGETABLES (For Example):**

Celery (raw) - settles nerves

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**VEGETABLES (continued)**

Beets - blood

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Ripe olives, okra, parsley, mushrooms

Green Bell Pepper, chili peppers

Potassium broth and mashed potatoes

Artichokes, asparagus, bell pepper

Brussel sprouts, cabbage, cauliflower

Corn, cucumbers, eggplant,

Garlic, gingerroot, kale, mustard greens

Collards. rutabagas, turnips

Potatoes, tomatoes, Scallion, zucchini

Veggie burgers, sweet potatoes

**PASTRIES AND BREADS:**

NO cookies, cakes, donuts, coffee cakes, sweet rolls, pies.

NO white flour, white bread, corn bread, biscuits.

**WHOLE GRAINS –** Brown rice, oats, barley, oatmeal, wheat

**LEGUMES** – Dried beans, pinto beans, split peas, lentils, black-eyed peas, green beans, green peas

**OTHER:** Seeds, Nuts, Sprouts

**LIQUIDS [DRINK PLENTY OF WATER DURING FAST:**

Daily: 6-8 glasses of water (Absopure of spring)

Unsweetened fruit juices, Orange, apple, prune, carrot, and/or celery juice

HERBAL TEAS

**CONDIMENT AND SWEETS:**

**NO** white sugar or candy, catsup, sauces, heavy seasoning, salad dressings, (bad for the kidneys) or mustard. **NO** spices or other condiments. [MAY **HAVE** natural honey]

**Beverages to Avoid:**

**COFFEE, TEA, CARBONATED BEVERAGES, ENERGY DRINKS, AND ALCOHOL**

**MEATS, NO FRIED FOODS** *(Limited amount for certain health reasons –* ***ONLY IF NECESSARY)***

*Some FASTS may permit meat if so, below are the choices.*

***HOWEVER, THE DANIEL FAST DOES NOT ALLOW MEAT.)***

Fish, broiled or baked

Chicken – broiled, baked, or stewed

Turkey – broiled, baked, or stewed

**STAY AWAY FROM AS MUCH MEAT AS POSSIBLE**, as it can carry bacteria and poison. NUTS can be substituted for meat, so they are a form of protein: walnuts, pecans, etc.

***Learn more Go to*** [***HOW\_TO\_BREAK\_THE\_FASTING***](#HOW_TO_BREAK_THE_FASTING)

**HOW TO BREAK THE FASTING**

One could, if necessary, break a fast on almost any kind of food, but obviously, some foods are much more suitable than others. The two determining factors are what the body can best digest and what will be most suitable and speedily build up the body generally at any given stage.

Almost all are agreed that a normal fast on water only (of some length) is best broken with fruit or vegetable juices. If possible, the juices should be freshly squeezed or extracted, rather than canned or bottled. Many affirm that citrus fruits are the best.

**USE WISDOM WHEN YOUR FAST HAS ENDED**

**When your fast has ended and you begin to eat normally again, use wisdom. If you are one of those people who save up food during the fast to eat later, do not immediately gorge yourself and thus destroy the benefits you would have derived from the fast.**

**Begin to eat slowly, not all at one time. And use the opportunity to develop better, healthier eating habits. Now that you have flesh under control, this will be easier to do.**

**\*\*\*\*\***

**NEXT GO BACK TO** [**MAIN\_MENU**](#MAIN_MENU)

**OR**

**GO TO** [**CLOSING**](#CLOSING)

**CLOSING**

*Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours.*

*Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.*

*Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?*

*Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?*

*Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?*

*Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward.*

**THOUGHT TO REMEMBER --** *We cannot be saved without faith in Christ, but our faith lacks sincerity if it doesn't reach out to others. Fasting can be beneficial spiritually and physically, but at its best fasting helps only the person doing it. God says he wants our fasting to go beyond our own personal growth to acts of kindness, charity, justice, and generosity. This truly is pleasing to God.*

**-- Isaiah 58:3-8**

*It is the prayers of First Baptist World Changers Senior Pastor, Co-Pastor, and the members that this information on FASTING and SPIRITUAL PRAYER has made a mark in your life that shall never, ever be erased!!*

***NEXT GO BACK TO*** [***MAIN\_MENU***](#MAIN_MENU)