



Cornerstone

MISSIONARY BAPTIST CHURCH

**WHAT YOU NEED TO KNOW...
PREPARING FOR**



**21 DAYS OF PRAYING & FASTING
BEGINNING MONDAY,
JANUARY 4, 2020**

**AND WHAT TO DO TO
PRERARE!**

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So, being that I really wanted to dig into it, and one of my Jewish readers brought that to my attention, I reached to someone who might know something on the topic. One of my friends spent many years of her life in Israel, knowing bit information than we do about fasting practices. She concurred-there is no reference to not having leavened bread during the fast, and unleavened bread was normally consumed during the Passover feast. As such, the lesson here is, if you find leavened bread to be "pleasant food", or something you think you cannot live without, then you can avoid leavened bread during the fast; if not, you can use bread recipe found at the end of this eBook to make some at home, for your family, to ensure you avoid any additives and chemicals.

*while full fasts exclude all foods, and at times even water, partial fasts permit a restricted food intake.

Why the Daniel Fast?

Fasting is not a diet! Fasting is not done for weight loss! Fasting is ALWAYS done for spiritual purposes. Fasting should be done with a PURPOSE! Before you begin the fast you should decide on the purpose of your fast. Without a purpose, you will be simply dieting. Take the time to prayerfully consider the reason of your fast.

What is your greatest need at this time? Can your marriage grow stronger? Are you facing financial difficulties? Do you want to learn to trust God and develop a deeper relationship with Him?

Take the time in prayer to decide on the purpose of your fast. When you are fasting, set time aside for prayer, worship, meditation and Bible study.

Keep a journal of your revelations, of what God is speaking to you. Invite the Holy Spirit to guide you and to reveal areas in your life that need purification.

Pray and read Ezra 8:23

Everything you need to Know about The Daniel Fast

In the beginning of each year thousands of believers in God (Jesus) are going on a Daniel Fast. While some fully understand what it is and how to do it, others are new to the idea of fasting and need more help than others. In the next few paragraphs I will talk about the What, Why and the How of the Daniel Fast.

What is Fasting?

Fasting ALWAYS involves FOOD! You might have heard some say: "I am fasting my friends," or "I am fasting television," etc. However these people misunderstand what fasting is and isn't. The Hebrew word for fast means "to cover the mouth." The Greek word for fast means "to abstain from food." While we do need to get away from every day distractions of our lives and spend time alone with God, away from people, fasting is always about restricting food! Everything else is self-discipline and dying to our flesh. So, to truly benefit from the fast one would have to restrict/change their normal food intake. Fasting is a spiritual discipline. It is done not so we can change God's mind, but rather to get quiet before Him, so we can hear what He is speaking. When we satisfy our flesh with everything that it demands we tend to drown out God's voice because we become very preoccupied with self-gratification. During fasting we take charge of our flesh, making it a servant to our spirit, and thus we are able to get in tune with what the Holy Spirit is speaking to us. A couple of programs I offer, Vegalicious Boot Camp and Personal Coaching, designed to help people transition into a plant-based diet successfully. When I work with those who believe in Christ, most report the same thing—they begin to hear from the Lord more clearly, and they are more disciplined in their Christian walk.

Fasting is NEVER to be done to show off what one might perceive as spirituality. Jesus was very clear on the subject.

"Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly." (Matthew 6:16-18)

So, when you fast, don't toot your own horn, don't brag about what you are doing and how you are "sacrificing" something for God—let the Lord be your Rewarder, not men! However, if you are taking part in a congregational fast, feel free to invite others to join, with humility. You might find that having outside support will help you be more diligent about your efforts as well.

The Daniel Fast is a Biblically based partial fast* based on two instances of Daniel's fasting experiences.

"Please test your servants for ten days, and let them give us vegetables to eat and water to drink." (Daniel 1:12)

"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." (Daniel 10:1-2)



Based on the information that we glean from these references we understand that the Daniel Fast eating plan is vegan in nature, with additional restrictions. In the first Scripture we see that Daniel ate only:

- Fruits and Vegetables
- And ONLY water

Which would also mean that he ate no processed, artificial, or chemically altered foods. From the second Scripture we learn that Daniel's diet did not allow:

*Animal products

Pleasant/precious food, which would include all sweeteners, including honey, agave syrup, maples syrup, etc.

*Alcohol

It has become a tradition that during the Daniel Fast people abstain from

Any kind of leavened bread (anything made with yeast, baking powder, baking soda, etc.)

However, digging into the Scriptures, you could not find a reference indicating that it should be the case. If we did the 21 fast, which is referred to in Daniel 10, then what Daniel said was as follows:

"I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over." (v 3).

I know that some translations say: "I ate no pleasant bread," while others say: "I ate no desirable bread" and yet others say: "I didn't eat any good-tasting food."

I know some refer to Daniel 1 for food guidelines: fruit, veggies only. However, the chapter never says how long Daniel and his friends ate that way, neither does the Bible call it a fast.