

DANIEL FAST

INFORMATION PACK

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CAUTION:

The Daniel Fast Diet, like any other fast, can create problems for people with medical conditions, pregnant, nursing and/or taking medicine. Consult your doctors and/or pharmacist before starting any fast. Ask them about instructions for your medication while fasting.



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Daniel Fast Overview

The Daniel Fast is a spiritual discipline designed to better connect us with God. As a part of Northway Church, we will take 21 days, three weeks of Love Never Fails, to deepen our relationship with God and center ourselves around what God is going to do in our church and in our lives in 2010. We are praying that hundreds of people will come to faith in Christ this year as we invite our friends.

This will be a challenging process, but we look forward to seeing what God does in our church and experiencing him with intensity during the 21 days of the fast.

Who:

The entire Northway Church staff will be participating in the fast and we are asking anyone who attends Northway Church to join us as we seek God during this exciting season.

When:

Sunday, January 17th, 6 pm: Begin the Fast.

Sunday February 7th at 6 pm: Break the Fast!

What:

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

CAUTION: *The Daniel Fast Diet, like any other fast, can create problems for people with medical conditions, pregnant, nursing and/or taking medicine. Consult your doctors and/or pharmacist before starting any fast. Ask them about instructions for your medication while fasting.*

How:

There are multiple online resources available on the Daniel Fast. One thing you'll notice is that there are many ways to do the fast. This is, in part, due to the lack of clarity in the bible as to exactly what Daniel did during his fast. However, to keep it simple, we have included in this packet what the staff of Northway Church will be doing during the fast and some of the resources we will be using. This fast will require preparation as most meals will be made from many ingredients. There are some recipes starting on page 12, as well as some at the websites below.

Online Resources:

www.NorthwayChurch.tv/DanielFast

www.BuddyCremeans.com/Fasting-resources

www.christ-web.com/missions/farho/daniel-fast

How To Prepare

First, have the right kinds of foods in the house that you can eat for the Daniel Fast. Also, plan your menus and prepare the foods so they are available to you.

Second, you might want to get rid of or at least put away foods that are tempting. There are biblical accounts of Jewish women as they prepared for the Passover by cleaning their houses from top to bottom and removing all yeast from their homes. This tradition is still practiced by some of the Jewish community.

Third, plan time to prepare meals as they will likely take a little longer than when you are not fasting. Most of the meals you prepare will be from many ingredients since there are so few prepared products that don't have chemicals in them. So you will want to set aside enough time to

prepare your meals, not only for those you will have at home, but also those you will have at work or when you are traveling.

1. You will probably need to cook a vast majority of your meals "from scratch." That's because so many of the prepared foods include sugar and chemicals, which are both items to avoid during the Daniel Fast.
2. **READ THE LABELS.** You will likely be amazed, and maybe even a bit discouraged, as you try to find prepared foods that are sugar-free and chemical-free.

3. Use frozen vegetables. You will find that you will greatly increase your use of vegetables on the Daniel Fast. The good news is that the vegetables found in the frozen food cases are usually totally free from any chemicals and they are more nutritious than most vegetables found in the produce section (That is because fruits and vegetables lose their vitamins and minerals the longer they are separated from their vine or branch, and when the foods are flash frozen within only a few hours from harvesting, they retain more of their nutritional value). Frozen fruits and vegetables are also “ready to go.” They are washed, trimmed, sliced and diced and ready for you to do your creative work on them to make them even better!
4. Generally, if a food is a fruit or vegetable and free from sugar or chemicals, it is okay for the Daniel Fast. Make sure you review the Daniel Fast Food List on page six.
5. Beans, rice and tofu are great sources of protein. The Daniel Fast is a great time to find new recipes that may become family favorites. There are millions of people in the world who eat foods consistent with the Daniel Fast as their core diet. Look for Asian, Latin, and East Indian recipes and you will find many are appropriate for the Daniel Fast with just a few variations.

Foods To Eat

All fruits: These can be fresh, frozen, dried, juiced or canned.

Apples	Figs	Olives
Apricots	Grapefruit	Oranges
Avocados	Grapes	Papayas
Bananas	Grenadine	Peaches
Berries	Guava	Pears
Blackberries	Honeydew melons	Pineapples
Blueberries	Kiwi	Plums
Boysenberries	Lemons	Prunes
Breadfruit	Limes	Raisins
Cantaloupe	Mangoes	Raspberries
Cherries	Melons	Strawberries
Coconuts	Mulberry	Tangelos
Cranberries	Nectarines	Tangerines
Dates	Oats	Watermelon

Vegetables: These can be fresh, frozen, dried, juiced or canned.

Artichokes	Garlic	Scallions
Asparagus	Ginger root	Spinach
Beets	Kale	Sprouts
Broccoli	Leeks	Squashes
Brussel sprouts	Lettuce	Sweet potatoes
Cabbage	Mushrooms	Tomatoes
Carrots	Mustard greens	Turnips
Cauliflower	Okra	Watercress
Celery	Onions	Yams
Chili peppers	Parsley	Zucchini
Collard greens	Peppers	
Corn	Potatoes	
Cucumbers	Radishes	
Eggplant	Rutabagas	

Legumes:

Dried beans	Green beans	Lentils
Black beans	Green peas	Lupins
Cannellini	Kidney beans	White
Pinto beans	Peanuts (includes	Peas
Split peas	natural peanut	
Lentils	butter)	
Black eyed peas	Beans	

Seeds:

All nuts (raw, un-salted)	Ground flax	Sunflower
Sprouts	Cashews	Sesame
	Walnuts	Almonds

Whole Grains:

Whole wheat	Rolled Oats	Whole wheat tortil-
Brown rice	Oatmeal	las
Millet	Barley	Rice cakes
Quinoa	Grits	Popcorn
Oats	Whole wheat pasta	

Liquids:

Water (spring, dis-	Herbal (caffeine	100% Natural Fruit/
tilled, filtered)	free) Tea	Vegetable Juice
Unsweetened Soy		(no added sugar)
Milk		

Other:

Tofu	Little Sea Salt
Soy products	Little Ezekiel Bread
Herbs	Little Olive Oil
Little Honey	

Foods To Avoid

All animal products including all meat, poultry, fish...
White rice
White bread
All deep fried foods
Caffeine
Coffee (including decaf b/c contains small amount of caffeine)
Carbonated beverages
Energy drinks
Foods containing preservatives, additives
Refined foods
Processed foods
Food additives
Refined sugar
Sugar substitutes
Raw sugar
Syrups
Molasses
Cane juice
White flour
Margarine
Shortening
High fat products
Butter
All leavened breads
Baked goods

All dairy
Milk
Cheese
Yogurt
Cream
Eggs
Alcohol
Mayonnaise

FAQ's

What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware of the ingredients.

What about pasta?

Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I know it says raw, unsalted nuts, but what about roasted nuts?

The goal would be to stick to raw, unsalted nuts. Just make sure you get plain roasted, unsalted nuts with no preservatives.

How do I get enough protein in my diet while on the fast?

The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

What kind of peanut butter is allowed?

A natural peanut butter with no additives...watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

(FAQ's Continued on next page...)

FAQ's Cont...

What about popcorn?

Corn is listed in the vegetables to eat list. You can use a pot on the stove...here is a recipe.

- 1) Put two tbsp. of olive oil in the bottom of a large pot.
- 2) Add enough popcorn to cover the bottom of the pan.
- 3) Turn heat to medium high. Look for the first popcorn kernel to pop.
- 4) Put the lid on the pot. Using potholders shake the pot over the burner.
- 5) Continue shaking until you no longer hear kernels popping. Remove from heat.

How can I identify whole grain foods?

Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

What about salad dressing?

Olive oil and lemon or lime are an option.

Do I need to eat organic foods while on the fast?

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

Where can I go out to eat?

You can probably go anywhere and order cautiously, asking lots of questions to the wait staff, knowing ahead of time that you may be ordering a salad with olive oil and a baked potato with no extras. Mmmmmmm!

What about bread?

Ezekiel bread found in the freezer section of your grocery store is the recommended bread during the fast.

What if I have circumstances that don't allow this kind of diet?

See page 60 for levels of participation.

Recipes To Get Started

Breakfast Recipes

Easy High-protein Breakfast Stir-fry

1 tablespoon olive oil
1 medium onion, sliced
1/2 green pepper, chopped
1 cup firm tofu, diced in bite-sized pieces
Fresh Italian herbs to taste

Heat a skillet over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft. Makes two servings.

Muesli

1/2 cup muesli (Bob's Red Mill Old Country Style)
1/2 cup water
Bring water to a boil and add the muesli.
Simmer for 2-5 minutes.

Granola

4 cups rolled oats
1cup crushed almonds
1/2 cup whole grain flour
1 tsp. cinnamon
1/4 cup shredded coconut
1 cup sunflower seeds
1/2 cup wheat germ or other whole grain bran
3/4 - 1 cup honey
1 cup pumpkin seeds

Mix all together and spread out on a non-stick cookie sheet. Bake 20 min. in a 250 degree preheated oven. Stir and continue to bake another 20 min., stirring periodically to prevent burning. The granola should be lightly browned. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags. Option: After the granola is cooled, add raisins or other organic, unsulphured dehydrated fruit.

Apple Blueberry Oatmeal Cereal

2 sweet apples
¾ cup rolled oats
1 cup blueberries
½ cup almonds
1 cup apple juice

Cook the oats as directed on box. Chop or grind the almonds, chop the apples and combine. Add the blueberries. Top with a sprinkle of nutmeg, cinnamon and apple juice.

Recipes Cont...

Meals and Sides

Quick Tomato Sauce

This is an easy recipe for homemade tomato sauce that you can use as a base for vegetable casseroles, over 100% whole wheat pasta, or over brown rice.

2 tablespoons olive oil
1 medium yellow onion (chopped)
2 cans diced tomatoes (14.5 oz) (or fresh)
Salt to taste
1/4 cup cilantro, finely chopped

Saute onions in heated oil over medium heat, cooking until soft. Add tomatoes (including juice) and salt. Simmer until slightly thickened, about 10 minutes. Add cilantro and simmer for 5 or 10 more minutes. Serve over pasta, rice or cooked vegetables.

Spicy Green Beans

2 tablespoons vegetable oil
1 pound green beans, trimmed
1/4 teaspoon salt
3 cloves garlic, minced
1/4 - 1/2 teaspoon red pepper flakes

Heat oil in frying pan or wok over medium high heat. Add trimmed green beans and salt. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

Minestrone Soup

8 cups vegetable stock	1 cup cabbage
1 ½ cups of garbanzo beans	¼ tsp. oregano
2 cups red kidney beans	¾ tsp. basil
½ cups carrots	¼ tsp. thyme
3 medium tomatoes (or 1-14 oz can of unsweetened, unsalted Italian tomatoes)	½ cup celery
½ cup fresh parsley	½ cup onion
Sea salt	1 clove garlic
	1 pkg. spinach noodles cooked

Soak garbanzo and kidney beans overnight, drain and rinse. Peel and dice tomatoes. Cook and drain kidney and garbanzo beans as per directions on pkg. Mince garlic and parsley. Chop carrots, onion, celery, cabbage and garlic and sauté in water or soup stock over medium heat 5-7 min. Stir in cooked and drained kidney beans, garbanzo beans, diced tomatoes, and minced herbs. Bring to a simmer, then turn heat down and simmer 10 min. Stir in cabbage and parsley with lid partially on for about 15 min. or until cabbage is tender. Add more soup stock or tomatoes as needed. Serve over noodles.

Stir Fry Vegetables

1 red onion, sliced	½ cup cauliflower, chopped
3 stalks celery, thinly sliced	1 cup zucchini, thinly sliced
½ cup broccoli, chopped	1 cup yellow squash, thinly sliced
1 bell pepper, sliced	1 Tbsp. Oriental seasoning
1 tsp. sea salt	
3 carrots, peeled and sliced	

Stir-fry all vegetables in 1-2 Tbsp. olive oil until tender. Add salt and seasoning. Serve alone or over brown rice.

Recipes Cont...

Meals and Sides

Stuffed Peppers

2 Tbs. olive oil	1/2 cup yellow raisins
2 stalks celery, minced (1/2 cup)	1/2 cup vegetable broth
1 medium onion, minced	5 oz tofu, mashed
1 tsp. salt	3 red bell peppers, laved lengthwise
1 clove garlic, minced (1 tsp.)	2 Tbs. fresh flat leaf parsley
2 cups cooked brown rice	

Preheat oven to 400 degrees

Heat oil in pan over medium heat. Add celery, onion, 1/2 tsp. salt, and garlic. Saute until soft (about 7 minutes). Add rice, raisins and broth; cook for about 5 minutes. This should be the consistency of stuffing.

Meanwhile, mash tofu, 1/2 tsp. salt, and the parsley. Divide the tofu among the pepper halves then top with rice mixture.

Place peppers in 9" x 12" casserole dish. Add water until it comes 1/2" up sides of peppers.

Bake for 30 minutes or until peppers are soft and the stuffing is hot.

Yield: 6 servings

Rice and Chick Peas

1 cup rice	1 cup water
1 can chick peas drained and rinsed	1 tsp salt
	1 TBSP raisins

Cook rice in a rice cooker. Put rest of ingredients in crock pot and cook four hours at medium.

Vegetarian Chili

2 medium-sized green peppers, chopped	2 cups corn kernels (fresh or frozen)
1 medium-sized yellow onion, chopped	2 16 oz. cans tomatoes (juice and all)
1 zucchini, sliced	2 16 oz. cans pinto beans (juice and all)
1 yellow squash, sliced	2 16 oz. cans black beans (juice and all)
2 tablespoons olive oil	1 4 oz. can mild green chilies
2 tablespoons chili powder	1 4 oz. can of tomato paste
$\frac{3}{4}$ teaspoon salt	
$\frac{1}{4}$ teaspoon ground red peppers	

Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

Yield: 6 generous servings

**Check out
www.NorthwayChurch.tv/DanielFast
for more recipes!!**

**(Includes recipes for meals, snacks,
salads, even salad dressing!)**

DAY 1 - Physical

NOTE: Don't forget to start the Daniel Fast by doing a complete fast for 24 hours (Liquids only).

**If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.*

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks



DAY 1 - Spiritual

Memorize

If I could speak all the languages of earth and of angels, but didn't love others, I would only be a noisy gong or a clanging cymbal. - 1 Corinthians 13:1

Read

Proverbs Chapter 1

1 Corinthians 13:1-7 (NLT)

1 If I could speak all the languages of earth and of angels, but didn't love others, I would only be a noisy gong or a clanging cymbal. 2 If I had the gift of prophecy, and if I understood all of God's secret plans and possessed all knowledge, and if I had such faith that I could move mountains, but didn't love others, I would be nothing. 3 If I gave everything I have to the poor and even sacrificed my body, I could boast about it; but if I didn't love others, I would have gained nothing. 4 Love is patient and kind. Love is not jealous or boastful or proud 5 or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. 6 It does not rejoice about injustice but rejoices whenever the truth wins out. 7 Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

Prayer

Pray for God's blessing and protection over everyone that is participating in the Daniel fast.

Journal

DAY 2 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 2 - Spiritual

Memorize

If I had the gift of prophecy, and if I understood all of God's secret plans and possessed all knowledge, and if I had such faith that I could move mountains, but didn't love others, I would be nothing. . - 1 Corinthians 13:2

Read

Proverbs Chapter 2

1 Corinthians 13:8-13 (NLT)

8 Prophecy and speaking in unknown languages and special knowledge will become useless. But love will last forever! 9 Now our knowledge is partial and incomplete, and even the gift of prophecy reveals only part of the whole picture! 10 But when full understanding comes, these partial things will become useless. 11 When I was a child, I spoke and thought and reasoned as a child. But when I grew up, I put away childish things. 12 Now we see things imperfectly as in a cloudy mirror, but then we will see everything with perfect clarity. All that I know now is partial and incomplete, but then I will know everything completely, just as God now knows me completely.

13 Three things will last forever—faith, hope, and love—and the greatest of these is love.

Pray

Pray for strength, wisdom, and protection for our pastor's family; Pastor Buddy, his wife Debbie, and their children.

Journal

DAY 3 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 4 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 5 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 5 - Spiritual

Memorize

It does not demand its own way. It is not irritable, and it keeps no record of being wronged. - 1 Corinthians 13:5

Read

Proverbs Chapter 5

Colossians 3:12-15 (NLT)

12 Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. 13 Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. 14 Above all, clothe yourselves with love, which binds us all together in perfect harmony. 15 And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

Pray

Pray for Northway Church - Colonie and that God will continue to see it grow and impact the thousands of people that live around Colonie and the surrounding area.

Journal

DAY 6 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 7 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 7 - Spiritual

Memorize

Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. - 1 Corinthians 13:7

Read

Proverbs Chapter 7

John 15:13-17 (NLT)

12 This is my commandment: Love each other in the same way I have loved you. 13 There is no greater love than to lay down one's life for one's friends. 14 You are my friends if you do what I command. 15 I no longer call you slaves, because a master doesn't confide in his slaves. Now you are my friends, since I have told you everything the Father told me. 16 You didn't choose me. I chose you. I appointed you to go and produce lasting fruit, so that the Father will give you whatever you ask for, using my name. 17 This is my command: Love each other.

Pray

Pray for our TV ministry that we launched in 2009. Pray that God will continue to use this as a tool to spread the gospel to the thousands of people that would not consider coming to church.

Journal

DAY 8 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 8 - Spiritual

Memorize

Prophecy and speaking in unknown languages and special knowledge will become useless. But love will last forever! - 1 Corinthians 13:8

Read

Proverbs Chapter 8

Deuteronomy 6:4-7 (NLT)

4 “Listen, O Israel! The Lord is our God, the Lord alone 5 And you must love the Lord your God with all your heart, all your soul, and all your strength. 6 And you must commit yourselves wholeheartedly to these commands that I am giving you today. 7 Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up.

Pray

Pray for the many ministries of Northway Church as we strive to meet the spiritual needs of people that attend.

Journal

DAY 9 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 9 - Spiritual

Memorize

Now our knowledge is partial and incomplete, and even the gift of prophecy reveals only part of the whole picture! - 1 Corinthians 13:9

Read

Proverbs Chapter 9

John 3:16-21 (NLT)

16 “For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. 17 God sent his Son into the world not to judge the world, but to save the world through him. 18 “There is no judgment against anyone who believes in him. But anyone who does not believe in him has already been judged for not believing in God’s one and only Son. 19 And the judgment is based on this fact: God’s light came into the world, but people loved the darkness more than the light, for their actions were evil. 20 All who do evil hate the light and refuse to go near it for fear their sins will be exposed. 21 But those who do what is right come to the light so others can see that they are doing what God wants.

Pray

Pray for God’s favor over the building project of our future headquarters in Malta. Pray that God will provide financing, and that all of the on-going planning and construction will go smoothly.

Journal

DAY 10 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 11 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 11 - Spiritual

Memorize

When I was a child, I spoke and thought and reasoned as a child. But when I grew up, I put away childish things.

- 1 Corinthians 13:11

Read

Proverbs Chapter 11

1 Corinthians 2:9-12 (NLT)

9 “No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.” 10 But it was to us that God revealed these things by his Spirit. For his Spirit searches out everything and shows us God’s deep secrets. 11 No one can know a person’s thoughts except that person’s own spirit, and no one can know God’s thoughts except God’s own Spirit. 12 And we have received God’s Spirit (not the world’s spirit), so we can know the wonderful things God has freely given us.

Pray

Pray for all of the children of Northway Church. Pray that God will continue to use Northway Church to partner with their parents in teaching them more about God’s love for them and His plan for their lives.

Journal

DAY 12 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 12 - Spiritual

Memorize

Now we see things imperfectly as in a cloudy mirror, but then we will see everything with perfect clarity. All that I know now is partial and incomplete, but then I will know everything completely, just as God now knows me completely. - 1 Corinthians 13:12

Read

Proverbs Chapter 12

Philippians 2:5-11 (NLT)

5 You must have the same attitude that Christ Jesus had.

6 Though he was God, he did not think of equality with God as something to cling to. 7 Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, 8 he humbled himself in obedience to God and died a criminal's death on a cross.

9 Therefore, God elevated him to the place of highest honor and gave him the name above all other names, 10 that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, 11 and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Pray

Pray for the middle school and high school students that attend Northway Church. Pray that God will continue to use Northway UNITED to challenge them to be the greatest generation of faith!

Journal

DAY 13 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 13 - Spiritual

Memorize

Three things will last forever—faith, hope, and love—and the greatest of these is love. - 1 Corinthians 13:13

Read

Proverbs Chapter 13

Philippians 4:4-9 (NLT)

4 Always be full of joy in the Lord. I say it again—rejoice! 5 Let everyone see that you are considerate in all you do.

Remember, the Lord is coming soon.

6 Don't worry about anything; instead, pray about everything.

Tell God what you need, and thank him for all he has done. 7

Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. 9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Pray

Pray that the thousands of people in the Capital Region that are searching for peace in their lives will find God.

Journal

DAY 14 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 14 - Spiritual

Memorize

Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love. - 1 John 4:7b,8

Read

Proverbs Chapter 14

1 John 4:7-12 (NLT)

7 Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. 8 But anyone who does not love does not know God, for God is love. 9 God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. 10 This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins. 11 Dear friends, since God loved us that much, we surely ought to love each other. 12 No one has ever seen God. But if we love each other, God lives in us, and his love is brought to full expression in us.

Pray

Pray for the many people that have accepted Christ into their lives recently. Pray that they will continue to grow in their relationship with God.

Journal

DAY 15 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 15 - Spiritual

Memorize

Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. - 1 John 4:18

Read

Proverbs Chapter 15

1 John 4:15-21 (NLT)

15 All who confess that Jesus is the Son of God have God living in them, and they live in God. 16 We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them. 17 And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. 18 Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. 19 We love each other because he loved us first. 20 If someone says, "I love God," but hates a Christian brother or sister, that person is a liar; for if we don't love people we can see, how can we love God, whom we cannot see? 21 And he has given us this command: Those who love God must also love their Christian brothers and sisters.

Pray

Pray for peace, guidance, and direction for the many people that have lost their jobs this past year.

Journal

DAY 16 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 16 - Spiritual

Memorize

Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection, and take delight in honoring each other.

- Romans 12:9-10

Read

Proverbs Chapter 16

Romans 12:9-16 (NLT)

9 Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. 10 Love each other with genuine affection, and take delight in honoring each other. 11 Never be lazy, but work hard and serve the Lord enthusiastically. 12 Rejoice in our confident hope. Be patient in trouble, and keep on praying. 13 When God's people are in need, be ready to help them. Always be eager to practice hospitality.

14 Bless those who persecute you. Don't curse them; pray that God will bless them. 15 Be happy with those who are happy, and weep with those who weep. 16 Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all!

Pray

Pray for peace, strength, and healing for those that are struggling with health problems.

Journal

DAY 17 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 17 - Spiritual

Memorize

“Love your enemies! Do good to them. Lend to them without expecting to be repaid. Then your reward from heaven will be very great, and you will truly be acting as children of the Most High,- Luke 6:35

Read

Proverbs Chapter 17

Luke 6:27-36 (NLT)

27 “But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. 28 Bless those who curse you. Pray for those who hurt you. 29 If someone slaps you on one cheek, offer the other cheek also. If someone demands your coat, offer your shirt also. 30 Give to anyone who asks; and when things are taken away from you, don’t try to get them back. 31 Do to others as you would like them to do to you. 32 “If you love only those who love you, why should you get credit for that? Even sinners love those who love them! 33 And if you do good only to those who do good to you, why should you get credit? Even sinners do that much! 34 And if you lend money only to those who can repay you, why should you get credit? Even sinners will lend to other sinners for a full return. 35 “Love your enemies! Do good to them. Lend to them without expecting to be repaid. Then your reward from heaven will be very great, and you will truly be acting as children of the Most High, for he is kind to those who are unthankful and wicked. 36 You must be compassionate, just as your Father is compassionate.

Pray

Pray for protection and blessings for all of the Military troops both home and overseas that risk their lives for our freedom.

Journal

DAY 18 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 18 - Spiritual

Memorize

And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.’ 31 The second is equally important: ‘Love your neighbor as yourself.’ No other commandment is greater than these.”
- Mark 12:30-31

Read

Proverbs Chapter 18

Mark 12:28-33 (NLT)

28 One of the teachers of religious law was standing there listening to the debate. He realized that Jesus had answered well, so he asked, “Of all the commandments, which is the most important?” 29 Jesus replied, “The most important commandment is this: ‘Listen, O Israel! The Lord our God is the one and only Lord. 30 And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.’ 31 The second is equally important: ‘Love your neighbor as yourself.’ No other commandment is greater than these.” 32 The teacher of religious law replied, “Well said, Teacher. You have spoken the truth by saying that there is only one God and no other. 33 And I know it is important to love him with all my heart and all my understanding and all my strength, and to love my neighbor as myself.

Pray

Pray for God’s favor over the many pastors and leaders across the Northeast. Pray that God will continue to use them to take back the Northeast for Jesus Christ.

Journal

DAY 19 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 19 - Spiritual

Memorize

Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will bless you for it. - 1 Peter 3:9

Read

Proverbs Chapter 19

1 Peter 3:8-12 (NLT)

8 Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude. 9 Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will bless you for it. 10 For the Scriptures say,

"If you want to enjoy life and see many happy days, keep your tongue from speaking evil and your lips from telling lies. 11 Turn away from evil and do good. Search for peace, and work to maintain it. 12 The eyes of the Lord watch over those who do right, and his ears are open to their prayers. But the Lord turns his face against those who do evil."

Pray

Pray that the people of Northway Church will love God more in 2010 than in any past year of their lives!

Journal

DAY 20 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 20 - Spiritual

Memorize

But I trust in your unfailing love. I will rejoice because you have rescued me.- Psalms 13:5

Read

Proverbs Chapter 20

Psalms 5:7 Because of your unfailing love, I can enter your house; with deepest awe I will worship at your Temple.

Psalms 6:4 Return, O LORD, and rescue me. Save me because of your unfailing love.

Psalms 13:5 But I trust in your unfailing love. I will rejoice because you have rescued me.

Psalms 17:7 Show me your unfailing love in wonderful ways. You save with your strength those who seek refuge from their enemies.

Psalms 23:6 Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever.

Psalms 25:10 The LORD leads with unfailing love and faithfulness all those who keep his covenant and obey his decrees.

Psalms 31:7 I am overcome with joy because of your unfailing love, for you have seen my troubles, and you care about the anguish of my soul.

Pray

Pray that the people of Northway Church will never lose God's values that He has given us... FAITH, HOPE, and LOVE!

Journal

DAY 21 - Physical

(Use this section below to plan your diet, or journal about it.)

Breakfast

Lunch

Dinner

Snacks

DAY 21 - Spiritual

Memorize

Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will bless you for it. - 1 Peter 3:9

Read

Proverbs Chapter 21

Psalms 31:21 Praise the LORD, for he has shown me his unfailing love. He kept me safe when my city was under attack.

Psalms 32:10 Many sorrows come to the wicked, but unfailing love surrounds those who trust the LORD.

Psalms 33:5 He loves whatever is just and good, and his unfailing love fills the earth.

Psalms 33:18 But the LORD watches over those who fear him, those who rely on his unfailing love.

Psalms 33:22 Let your unfailing love surround us, LORD, for our hope is in you alone.

Psalms 40:10-11 I have not kept this good news hidden in my heart; I have talked about your faithfulness and saving power. I have told everyone in the great assembly of your unfailing love and faithfulness. LORD, don't hold back your tender mercies from me. My only hope is in your unfailing love and faithfulness.

Pray

Pray that God will use Northway Church to take the gospel farther than ever before in 2010. Pray that Northway Church will continue do whatever it takes to meet people where they are in 2010.

Journal

DANIEL FAST

LEVELS OF PARTICIPATION:

We are asking for participation in the full 21 day fast (See *fast overview on page 2*), but understand that circumstance may not allow everyone to fully participate.

We ask that everyone participates in the prayer and Bible reading. If you cannot participate in the full food fast, then perhaps you can do a partial fast and/or eliminate some common things in your life for 21 days other than food (Entertainment, activities etc...).

CAUTION:

The Daniel Fast Diet, like any other fast, can create problems for people with medical conditions, pregnant, nursing and/or taking medicine. Consult your doctors and/or pharmacist before starting any fast. Ask them about instructions for your medication while fasting.



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Meeting you where you are