

January



Prayer every Tuesday, Wednesday, and Thursday at 7 to 8 PM
Zoom meeting: 817 5445 8488

2024

Sunday	Monday	Tuesday	Wednesday 3	Thursday 4	Friday 5	Saturday 6
			Declare Your Year James 3:1-18	Answered Prayers Jeremiah 33:3	Fasting Purpose Isaiah 58:6	Journal and reflect on this week's scriptures
⁷ Church Service 10 am	⁸ Return to Me Joel 2:12	⁹ Tune In John 10:27	¹⁰ Fasting removes unbelief Matthew 7:20	¹¹ Agreement with the Will of God Amos 3:3	¹² When Grace Comes Down John 1:17	¹³ Journal and reflect on this week's scriptures
¹⁴ Church service 10 am	¹⁵ The Spirit is willing. Romans 7:18-20	¹⁶ Fervent Prayer James 5:16	¹⁷ Hear Him Matthew 17:5, 8,	¹⁸ Clean House Romans 8:5-6	¹⁹ Unwavering Faith James 1:6	²⁰ Journal and reflect on this week's scriptures
²¹ Church service at 10 am	²² Self-Control Proverbs 25:28	²³ Attitude Determines Altitude 2 Corinthians 10:5	²⁴ The Secret Place Matthew 6:16-18	²⁵ Restoration and Reconciliation Ephesians 4:32	²⁶ Keep Going Matthew 4:1-11	²⁷ Journal and Reflect on this week's scriptures
²⁸ Church service 10 am	²⁹ Time to Rebuild Jeremiah 30:17	³⁰ Move of God in your family Ephesians 1:5	³¹ Strength for 2024 Matthew 4:1-11 *In person night of prayer 7 PM*	The Now Faith January Consecration is voluntary and this guide consists of suggested principles for you to follow. PLEASE CONSULT YOUR PHYSICIAN before engaging in any radical dietary changes.		

Fasting Guidelines

We are so glad you have decided to participate in an extended time of prayer, fasting, and personal devotion.

There is no better way to reset our spiritual compass and bring about refreshment in every area of our lives, than through prayer and fasting.

This calendar is intentionally designed to be flexible so that you can participate at any level. Whether you have completed a season of prayer and fasting before, or this is your first time, you can start where you are and experience what God has in store for you in a powerful way.

The tools provided in this guide are a practical guideline to help you navigate through your personal journey. As you read over the information, please consider how it applies to you and your personal circumstances and convictions.

We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him.

May God continue to bless you and enlarge your faith as you seek Him first! But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. -Matthew 6:33

Food Restrictions: READ THE LABEL when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **as natural as possible**. Keep this in mind as you review this list of **acceptable** foods. Foods to include in your diet during the Daniel Fast:

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, honey dew melon, kiwi, lemons, limes, mangoes, nectarines, oranges

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, corn, cucumbers, eggplant, garlic, ginger root, kale.

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, 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 quality oils

Including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages

spring water, distilled water, or other pure waters.

Other

tofu, soy products, vinegar, seasonings, salt, herbs and spices, honey, stevia.

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 foods 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, and corn chips.

All solid fats: Including shortening, margarine, lard and foods high in fat.

Beverages: Including but not limited to coffee, caffeinated herbal teas, carbonated beverages, energy drinks, juice not from concentrate, and alcohol. Remember, READ THE LABELS!