A spiritual journey of feeding your soul, strengthening your spirit & renewing your body

January 3-January 24, 2016
led by Pastor Michael Steve Brown

www.truevisionchurch.org
A New Year, A Renewed Focus & A Refreshing Fast

Are You Ready to Begin Your Fast

You’ve made your commitment to fast. Thank you for joining us on this fast. Now what?

Let me mention two aspects to preparing for a fast.

1. Prepare Yourself Spiritually

   The basic foundation of fasting and prayer is repentance. Un-confessed sin hinders our prayers. There are several things we should do to prepare our hearts for a fast:

   - Ask the Holy Spirit to help you make a comprehensive list of your sins.
   - Confess every sin that the Holy Spirit calls to your mind.
   - Accept God’s forgiveness. (I John 1:9)
   - Ask forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4)
   - Ask God to fill you with His Holy Spirit according to Ephesians 5:18 (and expect Him to answer, according to His promise in 1 John 5:14-15).
   - Surrender fully to Jesus Christ as your Lord and Master, refusing to yield to your worldly nature.

2. Prepare Yourself Physically

   Fasting requires reasonable precautions. If you have a chronic illness, or take prescription medications, you should consult your physician before you fast. Some people should not fast without medical supervision.

   Prepare your body before you begin fasting. Otherwise, the drastic change in your eating may be so difficult that you cannot turn your full attention to God in prayer.

   - Ease into your fast by making changes the week prior. Do not rush into your fast all of a sudden.
   - Prepare your body by eating smaller meals before starting a fast.
   - Avoid high-fat and sugary foods.
   - Eat raw fruit and vegetables for two days before starting a fast.
   - Begin reducing your caffeine intake. This way you can avoid a caffeine withdrawal headache the first few days of your fast.

   Part of being prepared physically means making sure you have the appropriate food items in your house. Otherwise, you might reach for the Twinkie or the Doughnut! Being prepared leads to a successful fast.

   As you prepare, do so with an excited, expectant heart. God will reward your fasting and prayer!

   “Anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.”

   Hebrews 11:6

Your Fasting Partner,

Michael Steve Brown
True Vision Enters the Daniel Fast for 21 Days (or as long as you can)

Fast Start Date January 3, 2016 @ 6:00AM

Fast End Date January 24, 2016 @ 5:59:59AM

TVC's Daniel Fast Theme Song
Lord Remember Me
Lord Remember Me
As I Struggle from Day to Day
Lord Remember Me (2)

January 24, 2016 Celebration Sunday at All Three Services

Our Scripture Focus -- Daniel 1:8-14, 10:3-9

8 But Daniel purposed in his heart that he would not defile himself with the portion of the king’s
delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that
he might not defile himself. 9 Now God had brought Daniel into the favor and goodwill of the chief of
the eunuchs. 10 And the chief of the eunuchs said to Daniel, “I fear my lord the king, who has appointed
your food and drink. For why should he see your faces looking worse than the young men who are your
age? Then you would endanger my head before the king.”
11 So Daniel said to the steward[1] whom the chief of the eunuchs had set over Daniel, Hananiah,
Mishael, and Azariah, 12 “Please test your servants for ten days, and let them give us vegetables to eat
and water to drink. 13 Then let our appearance be examined before you, and the appearance of the
young men who eat the portion of the king’s delicacies; and as you see fit, so deal with your servants.”
14 So he consented with them in this matter, and tested them ten days.

3 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.
4 Now on the twenty-fourth day of the first month, as I was by the side of the great river, that is, the
Tigris, [2] 5 I lifted my eyes and looked, and behold, a certain man clothed in linen, whose waist was
girded with gold of Uphaz! 6 His body was like beryl, his face like the appearance of lightning, his eyes
like torches of fire, his arms and feet like burnished bronze in color, and the sound of his words like the
voice of a multitude.
7 And I, Daniel, alone saw the vision, for the men who were with me did not see the vision; but a great
terror fell upon them, so that they fled to hide themselves. 8 Therefore I was left alone when I saw this
great vision, and no strength remained in me; for my vigor was turned to frailty in me, and I retained
no strength. 9 Yet I heard the sound of his words; and while I heard the sound of his words I was in a
deep sleep on my face, with my face to the ground.
Guidelines for the Daniel Fast

STEP ONE: BE SPECIFIC
Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king’s food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king’s food had been offered up to idols/demons.

STEP TWO: FAST AS A SPIRITUAL COMMITMENT
The Daniel Fast involves a spiritual commitment to God. “Daniel proposed in his heart that he would not defile himself” (Dan. 1:8).

STEP THREE: REFLECT INNER DESIRE BY OUTER DISCIPLINE
Many people have an inner desire for better health, but they can’t discipline themselves to avoid junk food, and other foods that were not good for health. The physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following factors:

a. Your food choices.
b. The level of your spiritual commitment as reflected in constant prayer during the fast.
c. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don’t stop on Day 9.
d. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body.

Faith is foundational to the Daniel Fast.

STEP FOUR: PRAY TO PERCEIVE SIN’S ROLE IN POOR HEALTH
Notice James 5:13-16:

- Sin is something related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well
- The anointing oil could mean
  1. medicine for healing,
  2. symbolic of the Holy Spirit, or
  3. it could be baptism
- Prayer alone may not gain healing, faith is the major factor.
- In Greek there are several words for “sick”. James uses “Kanino”, which not only includes disease, but also means weak or weary.
- Attitude is important. James said, “are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.”
STEP FIVE: FAST AS A STATEMENT OF FAITH TO OTHERS
Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king’s food.

STEP SIX: LEARN THE EFFECTS OF THE FOOD YOU EAT
Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

STEP SEVEN: YIELD ALL RESULTS TO GOD
Daniel said, “as you see fit, deal with your servants” (Dan. 1:13).

REMEMBER:
• The Daniel Fast will lead to spiritual insight. “to those four young men God gave knowledge”.
• The Daniel Fast is longer than one day. These young men fasted for ten days.
• The Daniel Fast is a partial fast. They ate, but only vegetables and water.
• The Daniel Fast requires abstinence from party or junk foods.
• There is no indication that they ever began to eat the king’s food.

Foods We May Eat

Whole Grains: Brown Rice, Whole Wheat Pasta, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Spilt Peas, Lentils, Black Eyed Peas...

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon...

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini ...

Seeds, Nuts, Sprouts

Liquids: Water, 100% All Natural Fruit Juices, 100% All Natural Vegetable Juices

Foods To Avoid

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<thead>
<tr>
<th>Foods To Avoid</th>
<th>Foods Containing Preservatives or Additives</th>
<th>Refined Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat, Seafood, Eggs</td>
<td>White Flour and All Products Using It</td>
<td>All Kinds of Salt</td>
</tr>
<tr>
<td>White Rice</td>
<td>Pasta made with enriched white flour</td>
<td>Sugar Substitutes</td>
</tr>
<tr>
<td>Fried Foods</td>
<td>Margarine, Shortening, High Fat Products</td>
<td>Carbonated Beverages</td>
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***NO FAST SHOULD BE DONE BY ANY INDIVIDUAL WITH MEDICAL PROBLEMS UNLESS UNDER A DOCTOR’S CARE AND WITH THEIR APPROVAL***
When You Fast...

**Generally:**

Seek the advice of your physician before you fast.
Make your commitment and determine the length.
Have a clear vision for prayer focus.
Prepare physically.
Fast in secret.
Fast and pray in order to humble yourself and purify your worship
Prepare for opposition.
Make “Quiet Time” a priority when fasting.
Expect to hear God’s voice through and according to His Word.
If you fail, don’t give into condemnation.
Break the fast over several hours and days of light eating.
Breakthroughs often come after, not during, a fast

**Specifically:**

Our fast focuses on five major areas of our lives. We want to be completely blessed of God. We want to have all prosperity in all things.

The five areas of focus are:

- **Finances** - We want to honor God with our Money, save money, get out and stay out of debt and give to worshipful causes.
- **Fitness** - We want to honor God with our bodies. Realizing that our bodies are the temple of the Lord, we want to be good stewards of our bodies.
- **Family and Friends** - God uses the family as an analogy of the church. Family was the first institution of God. We want to order our families according to the Word of God. We want Joshua homes, “As for me and my house, we will serve the Lord”. We also seek God’s way for relating with people.
- **Faith** - We want to order every facet of our lives according to our faith. We strive to fully lean and depend on God’s Word only.

We will read & meditate daily on the devotionals, provided for you beginning on page 7.

We will pray every day at 12:00PM for God to strengthen us in all of these areas.
DEVOTIONALS—All scriptures printed are from the NKJV of the Bible unless otherwise indicated

SUNDAY, January 3, CORPORATE WORSHIP and Start of the 21 Day Daniel Fast, 6:00am

Monday, January 4, 2016 - Daily Devotion: PRAY FOR ME!

TEXT: Ephesians 6:19
19 “and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel,

Closing out the year of 2015, we (True Vision Church), were engaged in learning about prayer. In keeping with that, I want these devotionals to be focused on prayer. In October I shared a sermon called “The Pastor’s Personal Prayer Request”. I want to start our 2016 fasting devotionals with this same request. Please pray for me! I believe this year, as I believe every year, will have its highs and lows. We will have our successes and failures, but I also know, that our connection to our God through prayer, will help us to understand the sufficiency of God’s grace and help us to walk in it.

Pray for me to share the truth, the whole truth and nothing but the truth! As the Apostle Paul requested for himself in Ephesians 6:19, I request for myself as well “that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel”. Pray for me!

Tuesday, January 5, 2016 - Devotion: PARADIGM OF PRAYER

TEXT: Matthew 6:5a
5 “And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward."

A Paradigm is an example serving as a model, it is a pattern. In this verse, Jesus does not command us to pray, in this verse He is assuming that we are already praying. These words of Jesus precede the Model prayer that He gave to us. The “Our Father” prayer, is a model prayer for us. As it is a model for us, we should be a model of prayer for others. It should not take our family and friends long to figure out that we are people of prayer. Not that we are praying to be seen by men but at some point men ought to see us praying. We teach by doing. We teach others to pray by praying ourselves. We should model prayer when we wake up, before we go to bed, before we take a bite of our food, before and after assignments and events. We should be a model to the world of prayer.

Are you a faith model for prayer to your friends, relatives, associates and neighbors? If not, why don’t you spend time in prayer today and ask God for boldness and faithfulness to be a pattern for others in prayer.
Wednesday, January 6, 2016 - Devotion: PATERNITY OF PRAYER

TEXT: MATTHEW 6:9A

9a “In this manner, therefore, pray: Our Father in heaven,”

One of the key things we should know and understand about prayer is that it is about relationships. First it is about our relationship with God. Prayer is given to us by God because of our relationship with God and prayer helps to maintain the relationship we have with Him. In the model prayer Jesus opens with the words “Our Father”. The Bible contains literally hundreds of different names and titles for God but the one Jesus uses here in teaching about prayer is “Our Father”. The emphasis is on parent and child relationship. But you can’t stop there. Notice the word “Our”, this plural pronoun is to help us remember that we have other brothers and sisters in the Lord. So our relationship with God is also based on our relationship with our brothers and sisters, our spiritual siblings. One depends on the other. The better our relationship becomes with God and our spiritual siblings, the more powerful our prayer life will be and the more effective our prayers will be.

In your prayer time, pray to strengthen your relationship with God and with others.

Thursday, January 7, 2016 - Devotion: PRAISE OF PRAYER

TEXT: MATTHEW 6:9b

9b “Hallowed be Your name.”

One of the things we definitely should be doing in our prayer time with God is praising Him. In the prayer Jesus says these words, “Hallowed be Your Name”. When you hallow something, you sanctify it, you consecrate it, you set it apart. God deserves the highest praise because He has no equal. He is in a class all by himself. He is holy. Jesus says that God’s name is to be hallowed. This was not a new concept. The Lord gave Israel commandments and the third commandment said that God’s name was not to be used in vain. His name was to be special, not common. God’s name spoke of God’s character, His name spoke of His ability and His power. The Prophet Isaiah said that God’s name was Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace.

Think about what the name of God should mean to you and how you can honor God for His character, ability and power. Pray through the names of God, praise Him and thank Him for who He is.

Friday, January 8, 2016 - Devotion: PURPOSE OF PRAYER

TEXT: MATTHEW 6:10

10 “Your kingdom come. Your will be done on earth as it is in heaven.”

Prayer is more than just a simple talk with God; prayer has a distinct purpose. When we do not know the purpose of a thing, when we do not know the proper use of a thing, we abuse it. When we abuse a thing we are abnormally using it. This is what many do with the precious gift of prayer. We abuse prayer when we do not know the proper use of it. Many people think prayer is just a way to what they
want from God but nothing could be further from the truth. Jesus spells out the purpose of prayer when He said “Your Kingdom come, your will be done”. Prayer is about bringing the Kingdom of God and the Will of God to fruition on the earth in concert with the happenings of Heaven. Whenever and wherever God’s Will is being done, that is where His Kingdom is. Prayer is about seeking God’s will, not ours.

Pray selflessly to God, yielding to His Will and way, seeking His purpose for your life.

Saturday, January 9, 2016

REFOCUSING ON WHY WE FAST-Christian Fasting-What Does the Bible Say? Scripture does not command Christians to fast. God does not require or demand it of Christians. At the same time, the Bible presents fasting as something that is good, profitable, and beneficial. The book of Acts records believers fasting before they made important decisions (Acts 13:2; 14:23). Fasting and prayer are often linked together (Luke 2:37; 5:33). Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God. Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God.

SUNDAY, JANUARY 10-CORPORATE WORSHIP

Monday, January 11, 2016 - Devotion: PROVISION OF PRAYER

Text: Matthew 6:11

11 “Give us this day our daily bread.”

In the model prayer, Jesus taught us to pray for God to provide for us daily. This is God teaching us to depend on Him. Whether we know it or not, we do depend on God for everything. We cannot live without Him, we can’t breathe, we are nothing without Him. The problem is many don’t realize this important fact. God proved to Israel in the wilderness that even in those conditions, He could and would provide for them. He wanted them to trust Him for their everyday needs as He desires us to do the same. Sometimes we get blinded by our connections, our cash, our clothes, our cars and so many other creature comforts, that we think we can make it without God. But do not be fooled for one minute believing that you can make it without God. God is our source and resource for all that we have and will ever need. I believe that there are times when God will allow the bottom to fall out of certain things in our lives to remind us that He is the one we should always depend on.

Pray to God daily for daily provisions and thank Him for His goodness toward us!
Tuesday, January 12, 2016 - Devotion: PARDON OF PRAYER

TEXT: MATTHEW 6:12

12 “And forgive us our debts, as we forgive our debtors.”

As I said before, prayer is based on our relationship with God and one of the things that maintain that relationship with God is God’s unending ability to forgive us over and over again. God forgives. We should also pray for forgiveness. In Salvation, God has forgiven us for our position of sin that leads to Hell. But everyday God forgives us for our continued sin that hinders or hurts our relationship with Him. Once in a relationship with Him, it can never be broken but the joy and peace of that relationship can be hampered by our sin. We should pray to God, confess to Him, repent and ask for forgiveness. But we should also be willing to forgive others who have wronged us. We will at times be wronged just as we do wrong against God but just as God forgives us we must be willing to forgive others. Remember, God is our father but we also have brothers and sisters in the Lord. It is arrogant and prideful for us to have been forgiven and not to forgive others. Who do we think we are?

Pray to God honestly about your sin. Confess it to Him and ask for His forgiveness. Also, forgive others who have wronged you, even if they have not asked for it yet. Pray for God’s strength in this effort.

Wednesday, January 13, 2016 - Devotion: PROTECTION OF PRAYER

TEXT: MATTHEW 6:13

13 “And do not lead us into temptation, but deliver us from the evil one.”

The Bible teaches us in I Corinthians 10:13 that temptation is common to man: “but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.” We should pray for God to lead us away from temptation. Temptation is common. When we are tested in life, often times we are also tempted in life but it is good to know that God if faithful in providing a way for us to escape every temptation. So when we pray for God to lead us away from temptation, He will. But when we sometimes do not follow His leading He still delivers us by providing for us a way to escape from it. God’s protection for us is His leading us. He leads us according to His will for us. The safest place in the whole wide world is in the will of God.

Pray for God’s protection but remember His protection is in His leading and in our following Him.
Thursday, January 14, 2016 - Devotion: POWER OF PRAYER

TEXT: MATTHEW 6:13
13 “For Yours is the kingdom and the power and the glory forever. Amen.”

Prayer is powered by the ownership of God. The Kingdom is God’s. The idea of kingdom here is beyond us doing His Will, it is simply based on God’s ownership of everything. The Psalmist says that the earth is the Lords and the fullness thereof and they that dwell within. That’s everything! The power of God is His also. God has all power to do all things. What is impossible for man in possible for God. He can do all things but fail. The glory belongs to God as well. Even if we fail to give God the glory, it belongs to Him anyway. He allows us to participate in giving it to Him but it is already His. Prayer is powerful because of who God is and what He can do. It is also based on how long God will be God. Jesus says forever. The kingdom, the power, the glory is God’s forever. God will never cease to be God. He is always God and will be God forever.

Pray and praise God for who He is. Thank Him for His kingdom and He power and His glory.

Friday, January 15, 2016 - Devotion: PROVOCATION FOR PRAYER

TEXT: JAMES 1:6
6 “But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.”

This text, though it speaks of praying to God for wisdom, is also about praying to God for anything that God wants us to have that we may lack. It actually gives us great inspiration for prayer. It gives us good provocations for prayer and it is all based on how God gives to us. First of all, God gives to us graciously. James says He gives liberally. What God wants us to have and when He wants us to have it, He gives to us freely. Secondly God gives to us generously. God always gives us more than enough. Our cups run over with the grace of God. But lastly God does not give to us grudgingly. When James says that God gives without reproach, it means God does not hold our past against us. He does not discredit us. He could find all kinds of legit reasons for not blessing us but He gives to us without reproach. May the manner in which God gives to us provoke us to always seek Him.

Pray for a greater motivation to pray to God. Just ask God! He wants to give to you. He wants us to have the best.

Saturday, January 16, 2016

REFOCUSING ON WHY WE FAST - By taking our eyes off the things of this world, we can more successfully turn our attention to Christ. Fasting is not a way to get God to do what we want. Fasting changes us, not God. Fasting is not a way to appear more spiritual than others. Fasting is to be done in a spirit of humility and a joyful attitude. Matthew 6:16-18 declares, “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your
face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

SUNDAY, JANUARY 17 - CORPORATE WORSHIP

Monday, January 18, 2016 - Devotion: LACK OF PRAYER WILL HINDER YOUR PRAYERS

Text: James 4:2d

2d “…you do not have because you do not ask.”

I want to begin today talking about some of the things that hinder our prayer life. It goes without saying that if you do not pray, you cannot benefit from blessings that come from praying. For many people, the issue is not learning how to pray but learning to walk in the daily discipline of prayer. I have to say that there is more to praying than just talking with God. To be successful you have to pray in His name and in His will. In truth it is not, as they say, rocket science. Everyone has to start somewhere and the way to start is to just start. Just do it. Start praying. You may not be able to pray like the seasoned mother on the second row on the center isle of the church but if you start praying and keep praying and seeking the face and will and desire of God, you can’t lose. I remember an old hymn that says “Oh, what peace we often forfeit, Oh, what needless pain we bear, All because we do not carry everything to God in prayer!”. We suffer needlessly because we do not pray. We have not because we ask not.

Pray for the motivation to pray, for the passion to pray and for the endurance to keep praying.

Tuesday, January 19, 2016 - Devotion: LACK OF FAITH WILL HINDER YOUR PRAYERS

Text: James 1:6-8

6 “But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. 7 For let not that man suppose that he will receive anything from the Lord; 8 he is a double-minded man, unstable in all his ways.”

As a Christian, I know that faith without works is dead. I have also come to realize that prayer without faith is also dead. As we also know that we do not have because we do not ask, I also know that if we do not ask in faith we cannot expect to receive anything from the Lord. This is recorded in the book of James. Our interaction with God must be steeped in faith. The Bible says we must believe that He is and that He rewards those that diligently seek Him. The big requirement from God from us is that we believe in and on Him. Without faith we cannot please God. All that we do must be done in faith. And what that really means is that we must live, walk and work according to the Word of God because faith is founded on the Word of God. Our prayers are based on our believing on the Word of God. The more Word we have the more faith. The more faith we have the more we can please God. Now don’t you want to please God?
Pray to God for opportunities to increase your faith. Get in the Word to increase your faith. Pray in faith.

**Wednesday, January 20, 2016 - Devotion: IMPURE MOTIVES WILL HINDER YOUR PRAYERS**

**Text: James 4:3**

3 “You ask and do not receive, because you ask amiss, that you may spend it on your pleasures.”

It has to be frustrating to have asked God something but you do not get what you have asked for. I’m sure many have given up on prayer and have given up on God for this very reason. They have been disappointed in how things did or did not work out for them. But while they were disappointed with God, they should have investigated themselves. God is not just about us doing things, He is concerned about why we do what we do. He is interested in our motives. The book of James reminds us that when we ask with the wrong motives we are asking in an improper way. One of the first things our Lord Christ said in His sermon that He gave on a mountain was “Blessed are the pure in heart for they shall see God”. He was saying that only those who have their hearts in the right place will see and experience the wonders of God. It is important that we praise for the right reason, preach for the right reason, sing for the right reason, serve for the right reason and pray for the right reason. And someone might ask what the right reason is and I will tell you it is doing all that we do for the glory of God.

Pray for the right heart, the right motives in all that you do for God and for mankind.

**Thursday, January 21, 2016 - Devotion: LACK OF WORD WILL HINDER YOUR PRAYERS**

**Text: John 15:7**

7 “If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.”

There is no substitute for the Word of God. And there is no substitute for the Word of God in you. Our Lord desires that His Word would be in us and that His Word would continue in us. One of the keys to prayer to God is the Word of God. Actually, as much as possible, we should pray the Lord’s Word back to Him. When we pray His Word back to Him, we are literally praying Jesus, for Jesus is the Word. What happens when we abide or continue in the Word of God, His desires for us becomes our own desires for ourselves. You see, prayer is not to change God’s desires to our desires but to change our desires to His desires. And when our desires are the same as His desires for us, we can ask what we desire and it will be done for us.

Pray for a hunger and thirst for the Word of God. Pray for a passion to read and study the Word of God.
January 22, 2016 Devotion: Un-Confessed Sin Will Hinder Your Prayers

Text: Psalms 66:18

18 “If I regard iniquity in my heart, the Lord will not hear.”

Out of all of the things that get in the way and hinder our communication with God through prayer, sin is the biggest factor. Our sin separates us from God. It hurts our intimacy with God. Even though we know that God loves each and every one of us, He hates our sin. The Psalmist reminds us that the way we handle sin can make a great difference in getting a prayer through to God. Sin is to be acknowledged. It is to be confessed. We should repent of our sin. The promise from God is that He will cleanse us and forgive us of our sin if we handle it the way He desires. But if we cover our sin or ignore it or call it right when we know it is wrong, the Lord will not hear us. How good is it for us to pray when God will not hear us? The whole purpose of prayer is to get a hearing from God. We want God’s ear when we pray because His Word says that if He hears us we will be granted our petitions of Him.

Pray for the courage to deal with our sin in a right way by confessing and repenting so God can cleanse us.

Saturday, January 23, 2016

Refocusing on Why We Fast - What is the connection between Prayer & Fasting?

Although the connection between prayer and fasting is not specifically explained in Scripture, a common thread connecting the two seems to run through all the instances of prayer and fasting that are recorded in the Bible. The first chapter of Nehemiah describes Nehemiah praying and fasting, because of his deep distress over the news that Jerusalem had been desolated. His many days of prayer were characterized by tears, fasting, confession on behalf of his people, and pleas to God for mercy. So intense was the outpouring of his concerns that it’s almost inconceivable he could “take a break” in the middle of such prayer to eat and drink. The devastation that befell Jerusalem also prompted Daniel to adopt a similar posture: “So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes” (Daniel 9:3). Like Nehemiah, Daniel fasted and prayed that God would have mercy upon the people, saying, “We have been wicked and have rebelled; we have turned away from your commands and laws” (v. 5).

Sunday, January 24 - Fast Ends at 5:59:59AM
Plan Your Meals

Keep in mind that this is a spiritual fast, not just changing your eating habits. Simplicity and moderation are in order during the Daniel Fast, rather than “chowing down” on foods as long as they’re on the acceptable food list. You may experience some hunger, and that’s okay. You may be a little bored by the meals and again, that’s okay. Remember, this is a partial fast so there will be some “denying of the flesh” involved.

With that in mind, you will want to plan your meals at least a few days in advance as you prepare for a successful fast. Use the chart below as a guideline for how to plan out your meals. You can find many recipes for simple meals on The Daniel Fast Blog and other resources. Just keep the food list in mind, the purpose of your fast, and your fasting experience. You want to be successful . . . so don’t deny yourself of too much food for too long if you have never fasted before.

Share and receive recipes from others who are also taking this fast journey with us. If you would like more recipes, please send a request via email to info@truevisionchurch.org.

SAMPLE WEEKLY MEAL PLAN CHART

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**Breakfast**

**Nutty Fruit Cereal**
1 banana, peeled and sliced (about 1 cup)
1/3 cup fresh blueberries
1 tablespoon chopped almonds
1 tablespoon chopped walnuts
1 teaspoon unsweetened coconut flakes
½ cup unsweetened almond or rice milk

**Instructions:** Place banana slices in a bowl and top with blueberries, almonds, walnuts, and coconut flakes. Pour in almond milk.

**Apple-Cinnamon Hot Cereal**
1 (14.5-ounce) can coconut milk
2 cups cooked brown rice
1 apple, chopped, unpeeled (about 1 1/2 cups)
1 banana, mashed (about 1 cup)
1 cup roughly chopped dates
1 ½ teaspoons cinnamon
Pinch nutmeg
½ cup toasted pecans or walnuts

**Instructions:** Add coconut milk, brown rice, apple, banana, dates, cinnamon, and nutmeg to a medium saucepan. Cook over medium-low heat about 10 minutes or until heated through. Stir frequently to prevent burning on bottom of pan. Sprinkle 1 tablespoon pecans or walnuts over each serving.

**Strawberry-Banana Smoothie**
4 ounces extra-firm tofu
1/4 cup unsweetened almond milk or soy milk
1/4 cup unsweetened apple juice
2 tablespoons Honey or to taste
1 cup sliced strawberries
1 frozen banana, peeled, sliced (about 1 cup)

**Instructions:** Place all ingredients in a blender and process until smooth.
**Berry Blast Smoothie**

1 cup water  
1 cup frozen blackberries, blueberries, and raspberries  
1 banana, peeled

**Instructions:** Place all ingredients in a blender, and process until smooth.

**Recipe Notes:** Your smoothie will taste best if either the berries or the banana is frozen. To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen. To make this a "green" smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale).

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**Baked Oatmeal**

1 ½ cups old-fashioned rolled oats  
1 ½ cups unsweetened almond milk  
½ cup unsweetened applesauce  
¼ cup chopped dried apricots  
¼ cup chopped dates or raisins  
¼ cup chopped pecans or walnuts  
½ teaspoon cinnamon

**Instructions:** Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

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**Broiled Pineapple Slices**

6 fresh or canned pineapple slices  
1 tablespoon Honey (or to taste)  
1 tablespoon fresh lime juice  
1 tablespoon unsweetened coconut flakes

**Instructions:** Turn oven to broil setting. Place pineapple slices on a broiler pan lined with foil or an 11 x 17-inch baking sheet rubbed with olive oil. Mix Honey and lime juice in a small bowl. Spread on top side of pineapple. Place 3-4 inches below broiler for about 8 minutes. Remove from oven and sprinkle each slice with ½ teaspoon coconut flakes. Broil for 2 minutes and serve.
Salads

Blackberry, Avocado, and Mango Salad
4 cups mixed salad greens
1 cup blackberries
1 avocado, peeled, pitted, and cut into 1-inch cubes
1 cup mango, peeled, pitted, and cut into 1-inch cubes
1/2 cup pecan halves

Instructions: In a large bowl, combine salad greens, blackberries, avocado, mango, and pecan halves. Toss, and serve with Orange-Poppy Seed Salad Dressing (see below).

Ozarks Sunset Fruit Salad
4 cups fresh spinach, torn into bite-size pieces
4 cups romaine lettuce, torn into bite-size pieces
4 kiwifruit, peeled & cut into half moons
2 cups oranges, peeled and cut into 1-inch pieces
1 cup blueberries
1 cup sliced strawberries
1/2 cup sliced or slivered almonds, toasted

Instructions: Combine ingredients in a large bowl, and toss well. Serves 4. Serve with Orange-Poppy Seed Salad Dressing or Apple-Cinnamon Salad Dressing (see below).

Orange-Poppy Seed Salad Dressing
1/4 cup extra-virgin olive oil
1/4 cup 100% orange juice
2 tablespoons fresh lemon juice
1 tablespoon diced red onion
1/2 teaspoon poppy seeds
1/4 teaspoon orange zest
1/8 teaspoon dry mustard

Instructions: Combine all ingredients in a covered glass jar, and shake well. Refrigerate until ready to use.

Apple-Cinnamon Salad Dressing
1/4 cup extra-virgin olive oil
1/4 cup unsweetened apple juice
1 tablespoon fresh lemon juice
1 tablespoon diced red onion
1/4 teaspoon cinnamon

Instructions: Combine all ingredients in a covered glass jar, and shake well. Refrigerate until ready to use.
Roasted Potato Salad

1 lb red potatoes, unpeeled
1/2 lb Brussels sprouts, trimmed & halved
1 cup trimmed fresh green beans, cut into 1" pieces
1 1/2 TB extra-virgin olive oil, divided
1/2 tsp tarragon
1/2 tsp Mrs. Dash Table Ground
1/8 tsp pepper
1/4 cup chopped red onions
1/4 cup finely chopped pecans or walnuts
2 cups chopped Romaine lettuce

Instructions: Scrub potatoes well. Place in a large saucepan, and cover with water. Heat to boiling. Reduce heat slightly to a soft rolling boil, and cook 15 minutes. Drain, and allow to cool slightly.

Preheat oven to 425°F. Cut potatoes into quarters, and put in a large bowl, along with Brussels sprouts and green beans. Add 1 TB olive oil, tarragon, Mrs. Dash Table Ground, and pepper. Stir well to coat. Place vegetables on a baking sheet. Bake 10 minutes, and flip. Cook another 10 minutes, or until vegetables are slightly blackened. Place in a large bowl, and set aside.

Heat 1/2 TB olive oil in skillet over medium heat. Add onions and pecans, and cook until onions are soft and translucent. Mix in with potatoes and vegetables. To serve, place ½ cup lettuce on each plate, and top with roasted potato-vegetable mixture. Drizzle a little olive oil over each serving, if desired. Makes 4 (1 cup) servings.

Confetti Hummus

15-ounce of cooked chickpeas, rinsed and drained
1/2 cup cooked chopped artichokes
1/2 chopped roasted red bell peppers
1/4 cup tahini
1/4 cup water
2 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice
2 cloves garlic, minced
1/4 cup fresh parsley, packed
1/2 teaspoon Mrs. Dash Table Ground
1/4 teaspoon ground cumin

Instructions: Place all ingredients in a food processor or blender. Process, scraping sides of bowl often, until mixture is a smooth paste. Refrigerate or serve immediately.
Almond Butter Bites
½ cup almond butter
¼ cup raw sunflower seeds
¼ cup raisins
¼ cup chopped almonds
2 tablespoons unsweetened shredded coconut
¼ teaspoon cinnamon

Instructions: Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8 by 8-inch baking dish, and freeze until firm. Serve frozen or just slightly thawed. Makes about 18.

Bell Pepper Boats
4 bell peppers, halved, cored, seeded
1 cup Hummus
1 large tomato, seeded, chopped (about 1 cup)
1/2 cup sliced black olives
1 tablespoon diced avocado
1 teaspoon sunflower seeds

Slice off a very thin strip off the bottom of each pepper half so that the cut side is up (this will allow the pepper to lie flat while you stuff it; careful not to take too much off or the mixture will spill out). In a small bowl, mix Hummus, tomato, and olives. Place about 2 tablespoons of the Hummus mixture into each pepper half. Top with diced avocado and sunflower seeds. Serve.

Crunchy Kale Chips
6 cups kale, ribs removed and torn into bite-size pieces
1 tablespoon extra-virgin olive oil
1/2 teaspoon garlic powder
1/2 teaspoon Mrs. Dash Table Ground

Instructions
Preheat oven to 400 degrees. Lightly oil an 11 x 17-inch baking sheet. Place kale in a large bowl, and add olive oil, garlic powder, and Mrs. Dash Table Ground. Use your hands to incorporate into leaves so that they are well coated. Spread leaves on baking sheet. Bake 12-15 minutes or until crispy.
Antipasto Pizza Pie

Crust:
- 3 cups cooked brown rice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup oat flour (see Recipe Notes)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

Sauce:
- 8-ounce pureed tomatoes
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 1/4 teaspoon garlic powder

Toppings:
- 1/4 cup chopped cooked artichoke hearts
- 1/4 cup chopped black olives
- 1/4 cup chopped roasted red bell peppers
- 2 ounces extra-firm tofu, grated (about 1/2 cup)
- 1 tablespoon chopped fresh parsley

Instructions: Preheat oven to 400 degrees. Mix rice, olive oil, oat flour, garlic powder, and onion powder in a large bowl. Stir well. Rub bottom and sides of a 9 by 2-inch pie plate with olive oil. Press rice evenly over bottom and up about 1 inch along sides to make the crust. Bake 8-10 minutes or until rice is lightly browned. Combine tomato sauce, basil, oregano, parsley, and garlic powder in a small bowl. Spread over crust, and top with artichokes, olives, and peppers. Sprinkle grated tofu and parsley over all. Bake 10 minutes. Let pie rest 5 minutes so slices stay intact when you serve them.

Recipe Notes:
Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (1 cup oats will yield about 3/4 cup ground oats).

Spaghetti Squash with Basil-Walnut Cream Sauce
2 pounds spaghetti squash (you can substitute whole grain pasta for the spaghetti squash)

Sauce:
- 1 cup unsweetened almond milk
- 1 cup walnuts
- 1 cup fresh basil leaves, lightly packed (about 10-12 large leaves)
- ½ cup fresh parsley, lightly packed
- 2 cloves garlic, minced
- 1/8 teaspoon pepper

Instructions: Preheat oven to 375 degrees. With a fork, prick squash all over and place in baking dish. Cook 1 hour.

During last 10 minutes of baking time, put sauce ingredients in a food processor or blender. Process 15-20 seconds or until smooth (less time if you prefer a chunkier texture). Heat in a small saucepan over medium to low heat; do not boil. Cook 10-15 minutes, stirring occasionally.
While sauce is cooking, remove squash from oven, and let cool 10-15 minutes before cutting in half and removing the seeds. Discard seeds. Pull a fork lengthwise through the flesh to separate it into long strands. Place strands in a large bowl.

Pour sauce over spaghetti squash, and stir well to coat. Serve immediately.

**Bean Curry and Rice**
This is an easy recipe and you can adjust the spices to your liking. You might also consider adding mushroom, carrots or other vegetables.

**Ingredients:**
- 2 tablespoons olive oil
- 1 large white onion, chopped
- 1/2 cup dry lentils
- 2 cloves garlic, minced
- 3 tablespoons curry powder
- 1 teaspoon ground cumin
- 1 pinch cayenne pepper
- 1 can crushed tomatoes (28 ounce)
- 1 can garbanzo beans, drained and rinsed (15 ounce)
- 1 can kidney beans, drained and rinsed (8 ounce)
- 1/2 cup raisins
- Mrs. Dash Table Ground to taste
- 8 cups cooked brown rice

**Preparation:**
1. Prepare the brown rice according to package directions so you have enough for 8 servings.
2. Heat the oil in a large pot over medium heat, and cook the onion until tender.
3. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.
4. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with Mrs. Dash Table Ground.
5. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

**Garden Vegetable Soup**
This recipe calls for fresh vegetables, but substitute with frozen varieties if they are not available. By the way, tests show that frozen vegetables actually retain more of their vitamins and minerals because they are frozen so soon after harvesting.

**Ingredients:**
- 4 tablespoons olive oil
- 2 cups chopped leeks, white part only (from approximately 3 medium leeks)
- 2 tablespoons finely minced garlic
- Mrs. Dash Table Ground
- 2 cups carrots, peelled and chopped into rounds (approximately 2 medium)
- 2 cups peeled and diced potatoes
- 2 cups fresh green beans, broken or cut into 3/4-inch pieces
- 2 quarts vegetable broth
- 4 cups peeled, seeded, and chopped tomatoes
- 2 ears corn, kernels removed
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup packed, chopped fresh parsley leaves
- 1 - 2 teaspoons freshly squeezed lemon juice

**Instructions:**
1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of Mrs. Dash Table Ground and sweat until they begin to soften, approximately 7 to 8 minutes.
2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
3. Add the stock, increase the heat to high, and bring to a simmer.
4. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
5. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher Mrs. Dash Table Ground. Serve immediately.

Greek Vegetable Stew

**Ingredients:**
- 2 tablespoons oil
- 2 onions, chopped
- 1 pound green string beans, broken in half
- 1 package frozen or fresh spinach
- 4 cups water
- 6 zucchini, chunked
- 4 yellow squash, chunked
- 2 cups celery leaves
- 4 tomatoes, quartered
- 1 teaspoon Mrs. Dash Table Ground
- 8 slices lemon
- 1 tablespoon dried oregano
- 3 tablespoons fresh basil
- 2 cloves chopped garlic
- 2 tablespoons lemon juice

**Instructions:**
1. Lightly brown onions in a hot dry skillet in 2 tablespoons oil.
2. Add oregano and garlic, cook 1 minute.
3. Add 4 cups water and tomatoes. Cook 10 minutes.
4. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally.
5. Serve with a lemon slice in each bowl.

Red Bean Soup

Beans are so rich in vitamins and protein. Plus they are excellent for our digestive systems! Serve this soup with a fresh vegetable plate and bean dip or a nice green salad.

**Ingredients:**
- 1 tablespoon olive oil
- 1 ½ cups chopped yellow onions
- ¼ cup chopped green bell peppers
- 1 tablespoon minced garlic
- 4 bay leaves
- 2 cups dried red kidney beans, soaked overnight
- 1 tablespoon Special Seasoning (see page 25)
- 2 quarts vegetable stock
- 1 teaspoon Mrs. Dash Table Ground
- 3 tablespoons chopped parsley
- 1 cup diced carrots
- 1 ½ cups cooked long-grain brown rice, warm
- 6 tablespoons chopped green onions

**Instructions:**
1. Heat the oil in a large heavy pot over high heat. Add the onions, bell peppers, garlic, and bay leaves, and cook, stirring, for 2 minutes.
2. Add the beans and cook for 2 minutes.
3. Add the Special Seasoning and stock, stir well, and bring to a boil. Reduce the heat to medium and cook for 1 1/2 hours, until beans are tender, stirring occasionally.
4. Add the Mrs. Dash Table Ground and parsley cover the pot, and cook for 15 minutes. Discard the bay leaves. Remove 1 cup of beans from the pot and reserve.
5. With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans, and stir well.
6. To serve, ladle a generous cup of the soup into each of 6 bowls.
7. Top each serving with 1/4 cup of the rice and 1 tablespoon of green onions.

**SPECIAL SEASONING**

This seasoning is great for soups and to sprinkle over salads. You can also whisk the seasoning with extra virgin olive oil to spice up a simple green salad.

**Ingredients:**

| 2 ½ tablespoons paprika | 1 tablespoon onion powder |
| 2 tablespoons Mrs. Dash Table Ground | 1 tablespoon cayenne pepper |
| 2 tablespoons garlic powder | 1 tablespoon dried leaf oregano |
| 1 tablespoon black pepper | 1 tablespoon dried thyme |

**Preparation:**

1. Place all ingredients into a small bowl.
2. Thoroughly mix with a whisk.
3. Store your Special Seasoning in an airtight jar or container.

**Snacks for the Daniel Fast**

To have a successful Daniel Fast, it’s a good idea to have several snack foods available for those times when you “need a little something.” I suggest you still take snacks in “servings,” so you don’t over eat on these sometimes high-calorie foods.

| Rice cakes, just plain old crunchy patties | Popped popcorn (no butter/no salt) |
| Rice cakes with peanut butter and raisins | Fruit kabobs |
| Almonds | Whole wheat crackers* with nut butter |
| Dried fruit including apricots | Hummus with flat bread* |
| Apples dipped in nut butter | Sliced Veggies |

| Frozen fruit including grapes, blueberries, strawberries and bananas | Sliced fruit |
| Trail mix with nuts, raisins, sunflower seeds, coconut |

*These recipes are all from the Daniel Fast Cookbooks available for purchase at Daniel-Fast.com