21-DAY FAST
January 7-January 28, 2018
led by Pastor Michael Steve Brown

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

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 7, 2018 @ 6:00AM

Fast End Date January 28, 2018 @ 5:59:59AM

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

January 28, 2018 Celebration Sunday at All Three Services

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

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 to DENY Yourself of

NO Meat  NO Foods Containing Preservatives  NO Sugar
NO Seafood  NO White Flour and All Products  NO Salt
NO Eggs  NO Pasta made with enriched white flour  NO Sugar Substitutes
NO White Rice  Using It  NO Margarine, Shortening, High Fat Products
NO Fried Foods  NO Margarine, Shortening, High Fat Products  NO Soda Beverages

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, Mangos, 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

***NO FAST SHOULD BE DONE BY ANY INDIVIDUAL WITH MEDICAL PROBLEMS UNLESS UNDER A DOCTOR’S CARE AND WITH THEIR APPROVAL***

We will read & meditate daily on the devotionals, provided for you beginning on page 5.

We will pray every day at 12:00PM for God to strengthen us in all of these areas.
Monday, January 8, 2018

What is Fasting?

Fasting is the abstaining of food for a certain period of time. There are different types of fasting in the Bible. But the purpose of fasting is not to get God to respond as a genie in a bottle to grant our every wish and desire. Fasting, whether it is regular, partial, or absolute, is a seeking after God’s heart, all other blessings and benefits being secondary to God Himself. Fasting is designed to bring us closer to God. This is what sets apart biblical fasting from other religious and cultural practices around the world and this also sets biblical fasting apart from just a diet. Fasting helps us say no to our flesh, yes to the Holy Spirit and strengthens our faith.

During these 21 days of fasting, we should be focused on three things to bring us closer to our God; Prayer, Repentance and the Study of God’s Word.

The most basic definition of prayer is “talking to God.” Prayer is the primary way for the believer in Jesus Christ to communicate his or her emotions and desires with God, to fellowship with God and to seek His will for our lives.

In the Bible, the word repent means “to change one’s mind.” This also results in a change of actions, the true aim of repentance. The full biblical definition of repentance is a change of mind that results in a change of action.

If prayer is talking to God, then studying His Word is Him talking to us. The Bible is literally God’s very words to us. The important questions of life are answered in God’s Holy Word. The Bible is a road map or a GPS for our lives.

So as we begin our fast let’s God to God in prayer, confessing our sins, repent and seeks God guidance through His Word.
Faith; What is it?

You would be hard pressed to study or discuss biblical faith without spending time in the book of Hebrews chapter eleven particularly, verse one that says that “faith is the substance of things hoped for, the evidence of things not seen” (Hebrews 11:1).

This verse calls faith substance and evidence. Did you hear that. Faith does not look for substance but our faith is substance. This makes our faith solid. An interpretation of the word substance is title deed. A title deed is a deed or document containing or constituting evidence of ownership. Saints our faith is not wishful thinking, it is solid proof of ownership.

Secondly faith is called evidence. In the community or culture of law, evidence is data presented to a court or jury in proof of the facts in issue and which may include the testimony of witnesses, records, documents, or objects. As you know, evidence is also used to convict a person guilty of doing something. Our faith is the evidence that convicts God of being who He is. Let me tell you how I know that God is, my faith my ownership and proof based on God’s Word that, as the Bible says, that He is and is a rewarer of them that diligently seek Him (Hebrews 11:6).

Lastly let me explain two other phrases in the description of faith, “hoped for” and “not seen”. When the writer in Hebrews talks about things hoped for, he speaks not of wishful thinking, he is speaking of what we have been assured of. God has made many assurances in His Word to us, the greatest being our assurance of eternal life. Our faith is the ownership and evidence of our eternal life. It is not seen by our physical eyes but can you see it through faith? Remember this Saints, “we walk by faith and not by sight” (2 Corinthians 5:7).
Fight for the Family

Abortion, Sexual Immorality, Role Reversals, Dishonor and just plain Disobedience are a few of the many attackers and destroyers of the family. The family has been under attack from the beginning, ever since its conception. But the family is extremely important in the Bible, both in a physical sense and in a theological sense. The concept of family was introduced in the very beginning, as we see in Genesis 1:28, "God blessed them and said to them, ‘Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground.'" God's plan for creation was for men and women to marry and have children. A man and a woman would form a "one-flesh" union through marriage (Genesis 2:24), and they with their children become a family, the essential building block of human society.

Satan as launched an all-out attack on the family through television, music, literature the internet and our government, seeking to reorder and redefine the family. A family is not what we say it is. A family is what God says it is. God created and established the family. Before the church, before the government, God made the family. The family is important to God.

As the family is important to God, expressed in the Bible, the family should also be important to every God-fearing believer as well. The family is the cornerstone for the church and community and is worth fighting for. We should fight for the direction of the family. Joshua made this statement, “As for me and my house, we will serve the Lord” (Joshua 24:15-16). We should fight for the order of the family, God made them male and female, husband and wife, made them “one flesh” in marriage and told them to “be fruitful and multiply” (Genesis 1:27-28). We should fight for the value of the family, even the conceived, unborn child for even before the womb, God knows, sanctifies, and ordains (Jeremiah 1:5). We should fight for the care and preservation. God asked Cain about his brother, implying that we should care and take care of one another (Genesis 4:9-10). We should fight for the sexual morality of the family (I Corinthians 7:1-5). We should fight for the success of the family (Ephesians 5:22-31). We should fight for the witness of the family (Ephesians 5:32).

My Prayer is for us to continue to fight in prayer and the Word for our families.
Thursday, January 11, 2018

It’s His Plan Anyway.....

Text: Jeremiah 29:11 For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

Romans 8:28 And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

All too often, we go through situations in life that we wonder, “Lord why so much pain.” We turn on the news and we are greeted there with so much crime, wars, lying in government, and mess that makes you turn the TV back off. You call family, friends, and neighbors and hear of so much illness and death all over the land. Marriages are on the brink of destruction, children are becoming tougher to raise, siblings don’t get along as they used to, Lord why so much pain? It can make you get to the point that you want to throw in the towel, throw up your hands, throwback your head and say, “I give up.” Who would blame you, because Satan is busy trying to ruin our lives.

However, here is a bit of good news for you as you read this right now. The Devil is a lie! Yes, the devil would have you believe that you cannot make it, yes, the devil would have you believe that you are at the end of your rope; yes, the devil would have you believe that there is nothing good that can come out of you. Can I say it again? The Devil Is A Lie! You are a child of God, you are a chosen generation, and you are of a royal priesthood. You were not created by the hands of man. You were created by the hands of an Almighty God! Yes Sir, and that God that created you, can do exceedingly and abundantly above all that you can ask or think. Your God has the ability to change your situation right now. You kind of want to shout right now don’t you?

Slow down now, read this and read this well, when God envisioned you, when He created you, He also created the plan for your life. He knew every valley, every pit, every hole, and every obstacle that you would have to go through to this very day that you sit here reading this devotional right now. However, all of those situations were not the end for you. In fact, all of those things have worked together for good. No it may not feel like it, but trust this thought, your future and hope have been planned. Actually, they have been taken care of; the reason is because it’s not your plan anyway. It’s God’s plan and for His purpose. What an awesome thing that the almighty wants little ole me for His purpose. So the next time that you get in your whoa as me moment, sit back and remember that I’m
part of something that is bigger than me. Give God praise right where you’re at simply because He has allowed those of us that love Him to be part of His purpose and plan. Be blessed!!

Friday, January 12, 2018

Jesus: Our Example in Fasting

Jesus was criticized for “eating and drinking” (Matthew 11:19), but don’t get it twisted, I believe that fasting was part of His life. There is only one recorded instance in Scripture of Jesus fasting. This fast immediately followed His baptism (Matthew 3:13), and inauguration into public ministry. Matthew 4:1 says that Jesus was led by the Holy Spirit into the wilderness to be tempted by the devil and He fasted for forty days and nights. This testing time prepared Jesus for the three-year ministry that would change the world forever.

Jesus’ preparing for ministry by fasting is a great example for us as we prepare for this new year. And like Jesus was tempted to give into His flesh, during our fasting times we may also be tempted to fulfill the desires of our flesh.

Looking at how Jesus won the battle over Satan’s temptation is also a great example for us to follow in winning our own battles against temptation. Here is what Jesus did, He used the Word of God, not His own strength, to defeat those temptations and remain victorious over sin. He demonstrated for us that fasting can strengthen us spiritually when we use it to draw closer to God.

After Jesus’ fast, the devil left Him and Luke 4:14 concludes the account of this testing time by saying, “Jesus returned to Galilee in the power of the Spirit.” Let’s walk into this year in the power of the Spirit to accomplish what God desires for us.
Saturday, January 13, 2018

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 14-CORPORATE WORSHIP

Monday, January 15, 2018

Fasting: The Right Attitude

Scripture does not command Christians to fast. God does not require or demand it of us. 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). 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. The purpose of a biblical fast is not to lose fat but to gain spiritual muscle.

As we fast, Jesus reminds us in Matthew 6: 16-18 about the attitude we should display during our fasting. He says, “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.”

Do not cheat yourselves of the reward of fasting by trying to gain the approval and applause of men. 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. Even though we are fasting congregationally, please take this fast personally and as much as you
can do it privately. Now if people ask you what you are doing, don’t hesitate to
tell them and witness to them about your faith. Do this with a smile on your face,
praise on your lips and joy in your heart. We are not a cloak and dagger, secret
society people. Jesus called us the light of the world, a city on a hill that is not to
be hidden.

Tuesday, January 16, 2018

Faith, How do We get It?

Faith is the means God uses to bring salvation to His people. God gives faith to
us based on His love, grace and mercy toward us. Our faith comes from God in
the form of a gift (Ephesians 2:8).

A gift is not earned by some good deed or kind word, and it is not given because
the giver expects a gift in return—under any of those conditions, a gift would not
be a gift, it would really be a payment and or even a bribe. The Bible emphasizes
that faith is a gift, and when we praise Him or give Him the glory, we are not
paying Him because God deserves all of the glory for our salvation.

The question is asked; how then do we get this faith. We know it comes from
God, but how does He get it to us. Well, here is my playful answer, we get faith
from the faith store. And by the faith store, I mean the Bible.

The Bible specifies the way, or the means, that God gives faith to people. “So
then faith comes by hearing, and hearing by the word of God” (Romans 10:17).
The NIV version of the Bible says, “Faith comes from hearing the message, and
the message is heard through the word about Christ”. So how does God get this
faith to us? God gives us our faith through His Word. It is the Word of God that
produces faith. Someone could receive faith while hearing a sermon or teaching
of the gospel. Someone else can get faith from just reading the Bible. Faith
comes through the Word of God.

By the way, faith continues to come this very way. Living faith is not just something
you get one time. This is something you must continue to receive. Think of it as
fuel for an automobile. You can’t fuel up at the beginning of the year, continue
to drive and never fill up again. You have to refuel over and over again. This is
how faith works. The Bible tells us that we walk (live) by faith (2 Corinthians 5:7).

My prayer for you is that you continue to increase your faith by the Word of God.
Family Law

The Ten Commandments (also known as the Decalogue) are ten laws in the Bible that God gave to the nation of Israel shortly after the exodus from Egypt. The Ten Commandments are essentially a summary of the 613 commandments contained in the Old Testament Law. The first four commandments deal with our relationship with God. The last six commandments deal with our relationships with one another. The Ten Commandments are recorded in the Bible in Exodus 20:1-17 and Deuteronomy 5:6-21.

The importance of family can be seen in the Ten Commandments. God dedicated two of the commandments specifically for the family. Now don’t get me wrong, all ten apply to the family but commandments five and seven speak directly to the health of the family.

Commandment number five says, “Honor your father and your mother, so that you may live long in the land the LORD your God is giving you” (Exodus 20:12). This is a command to always treat one’s parents with honor and respect. Parents should live before their children in a respectable way, a way that deserves honor but children, regardless of how their parents live should honor and respect them. This is not a conditional but an unconditional command. I should say that even age does not change the weight of this command. As adults we should still honor and respect our parents for this is right in the sight of God.

Commandment number seven says, “You shall not commit adultery.” This is a command against having sexual relations with anyone other than one’s spouse (Exodus 20:14). Adultery chips away at the vows of marriage. It hurts the “one flesh” idea of marriage. Adultery is one of the leading causes of the demise of the marriage and family. Large portions of scripture are dedicated to the subject matter of divorce and this sin fits into a category of sins called sexual immorality that is unique of sins because this sin is against the body. The Bible says, “Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body” (I Corinthians 6:18).

My Prayer for us is to keep the sanctity of marriage and keep God’s commandments.
Thursday, January 18, 2018

Don’t Make Resolutions, Just Set Priorities In Order……..

Text: Genesis 1:1a In the beginning God created…………

It has always been popular around this time of the year to create what we would call resolutions. The word resolution according to the Oxford Dictionary is a firm decision to do or not to do something. I have never been a fan of New Year’s resolutions, because time after time I have discovered that New Year’s Resolutions have never really worked. Our resolutions end up becoming lies to ourselves. I for one cannot stand lying, especially to myself. Furthermore, I have never noticed “new year’s resolutions” in the Bible. In fact, we are told in the Bible that we should exam ourselves daily. Therefore, waiting until the beginning of each year to examine ourselves is not profitable and I dare say unbiblical. Help me somebody!!

Instead, this year let us focus on another principle that has been presented to us at the very opening of the Bible. That is the idea of prioritizing. Genesis 1:1a opens the text by stating to us “In the beginning God created…”, and then we are presented with the list of items that God created. Yes at surface it is just that simple, a list of created items. However, when you begin to go deeper you start realizing that there is a relationship between the created things. It becomes what some theologians have said, “most prevalent of God’s sense of order.” Everything that God created is necessary for the next one to follow. Can I go further? Sunlight and water are created before plants, and plants before animals, so that everything can work together for God’s creation to prosper. Look at it when you get a chance, this reveals god’s value of order and prioritization.

Now I want you to consider your life. There are things that we have been doing that are out of order. There are actions that we have been conducting that should be happening after something else happens. Some of us have been going right and we should have been going left. Some of us have been rushing ahead when we should have been waiting on God. During this Daniel Fast, take the opportunity to put things in your life back in order. It would be a great move for you to put God as the highest priority in your life. Hear me; if you truly put God, first everything in your life will start to fall into place. Trust me there are blessings that are going to happen in your life but because of God’s priorities for your life, there are certain things that have to happen first in order to pave the way for the blessing. So you just have to hang in there don’t rush things causing them to get
out of order just simply stick to the priorities set for you by God. So again, this year do not make resolutions, just set priorities in order. Be blessed.

Friday, January 19, 2018

What is the Daniel Fast?

January 19, 2018

Many people know Daniel to be a man of prayer for the Bible records him praying at least three times daily (Daniel 6:10). Daniel was also a fasting man. In the opening chapter of his book, Daniel 1:8-14, it is recorded that Daniel resolved to a limited diet for the purposes of God. Some call this a limited fast; some just call it “a form of self-denial”.

The concept of a Daniel fast comes from Daniel’s fasting recorded in Daniel 10:2-3, “2 In those days I, Daniel, was mourning three full weeks. 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.” Daniel entered this time of self-denial because of a message he heard that troubled him. There are a few thoughts as to why Daniel was troubled. Some think that Daniel was in mourning because so few Jews had returned with Ezra from exile. Others believe it was because Ezra faced severe opposition in rebuilding the temple. The great theologian Charles Spurgeon said, “I think too that Daniel’s sorrow was occasioned partly by the repetition of those words to him: ‘The vision is true, but the time appointed is long.’ “

Whatever the reason or reasons for Daniel being troubled, we know he addressed it by fasting and praying to God for 21 days. Here is what I see as the reward for his fasting, Daniel received a vision of visitation, a touch, strengthen, understanding and comfort from God.

Our world is in great turmoil and peril and I pray, as you fast and pray this season, that God will give you a vision, visit with you, touch you, help you to understand and comfort you.
Saturday, January 20, 2018

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 21—CORPORATE WORSHIP

Monday, January 22, 2018

Fasting and Prayer
January 22, 2018

There are just some things that go together in life; Peanut Butter and Jelly, Milk and Cookies, Popcorn and a Movie, and Prayer and Fasting. The link between prayer and fasting is not commanded in Scripture, but there seems to be a great chain connected between the two.

Prayer and fasting are combined in the Old Testament in times of mourning, repentance, and/or deep spiritual need. The first chapter of Nehemiah describes Nehemiah praying and fasting, because of his deep distress over the news that Jerusalem had been desolated. 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.”

In several instances in the Old Testament, fasting is linked with intercessory prayer. David prayed and fasted over his sick child (2 Samuel 12:16), weeping before the Lord in earnest intercession (vv. 21-22). Esther urged Mordecai and the Jews to fast for her as she planned to appear before her husband the king (Esther 4:16). Clearly, fasting and prayer are closely linked.
There are instances of prayer and fasting in the New Testament. The prophetess Anna “never left the temple but worshiped night and day, fasting and praying” (Luke 2:37). Also in the New Testament, the church at Antioch prayed and fasted, placed their hands on Saul and Barnabas to send them off to do ministry.

Jesus in His teachings about prayer (Matthew 6:5-15), quickly moves to the subject of fasting (Matthew 6:16-18), as greater approval and evidence of the link.

Lastly in Mark 9 Jesus did what the disciples could not do by casting a demon from a boy. The disciples asked Jesus why they failed in their attempts to free the boy from the demon, and Jesus said, “This kind can come out only by prayer” (Mark 9:29). Jesus seems to be saying that a determined foe must be met with an equally determined faith.

My prayer for us is that our fasting will be coupled, connected to, linked to our prayers.

**Tuesday, January 23, 2018**

**Keep Faith Alive!**

Dr. John McArthur, in his sermon entitled “Dead Faith”, quotes a Dr. of psychology, Dr. Alfred Adler on his theory of individual psychology. When dealing with people, Adler says, “Trust only in movement. Life happens at the level of action.” In fact, Adler goes on to say, “We are not what we say, but we are what we do. What we do,” he says, “is the real key to our intentions. Trust only in movement.”

Adler expresses a truth that the Bible applies to our faith. James 2:17 says “…faith by itself, if it does not have works, is dead.” James calls unmoving faith, dead faith in verse 17, in verse 20, and again, at the end of the same chapter 2, in verse 26. Dead faith. Many people have dead faith. Their faith is not moving. It is not breathing. Their faith is not growing.

What James is saying to us in practical terms is we should behave the way we say we believe. We should live out what we learn in Scripture. We should walk our testimonial talk. Our faith should move us in to action.
Often this teaching is taken out of context in an attempt to create a works-based system of righteousness, but that is contrary to many other passages of Scripture. James is not saying that our works make us righteous before God but that our righteous causes us to live right. Real saving faith is demonstrated by good works. Works are not the cause of salvation; works are the evidence of salvation. Faith in Christ always results in good works. The person who claims to be a Christian but lives in willful disobedience to Christ has a false or dead faith and may not be saved.

In verse 18 James emphasizes how faith and works go together. “But someone will say, “You have faith, and I have works.” Show me your faith without your works, and I will show you my faith by my works (James 1:18).

The list of negative effects of a sedentary lifestyle are too numerous to list in this devotional but here are a few; a bad mood, less sleep, forgetfulness, opening the door to cancer and you die sooner than expected. I believe this same list can be applied to a dead faith. Keep your faith alive be putting it in practice.

My prayer is for you to keep your faith alive by working it to the fullest.

**Wednesday, January 24, 2018**

**Family Priorities**

For this devotional, I want to share much of what is found on the Got Questions website regarding the priorities of families. The Bible does not give us the ones, twos or threes for family relationship priorities. However, we can look to the Scriptures and find general principles for prioritizing our family relationships. God obviously comes first: Deuteronomy 6:5, “Love the LORD your God with all your heart and with all your soul and with all your strength”, making Him the first priority.

If you are married, your spouse comes next. A married man is to love his wife as Christ loved the church (Ephesians 5:25). God first, then his wife. In the same way, wives are to submit to their husbands “as to the Lord” (Ephesians 5:22). The principle is that a woman’s husband is second only to God in her priorities.

If husbands and wives are second only to God in our priorities, and since a husband and wife are one flesh (Ephesians 5:31), it stands to reason that the fruit of the marriage relationship, should be the next priority. Parents are to raise godly
children who will be the next generation of those who love the Lord with all their hearts (Proverbs 22:6; Ephesians 6:4).

Deuteronomy 5:16 tells us to honor our parents so that we may live long and so things will go well with us. No age limit is specified, which leads us to believe that as long as our parents are alive, we should honor them. We can conclude from this that parents are next in the list of priorities after God, our spouses, and our children. After parents comes the rest of one's family (1 Timothy 5:8).

Following one’s extended family in the list of priorities are fellow believers. Romans 14 tells us not to judge or look down upon our brothers (v. 10) or do anything to cause a fellow Christian to “stumble” or fall spiritually. Much of the book of 1 Corinthians is Paul’s instructions on how the church should live together in harmony, loving one another.

In conclusion, the scriptural order of priorities is God, spouse, children, parents, extended family, brothers and sisters in Christ, and then the rest of the world. While sometimes decisions must be made to focus on one person over another, the goal is to not be neglecting any of our relationships.

My Prayer for us is to order and prioritize our relationships as the Bible teaches.

Thursday, January 25, 2018

Don’t Worry, Be Prayerful

Text: Philippians 4:6-7 “Don’t fret…”

Worry seems to be an inescapable fact of modern life. No doubt there is plenty to worry about: our kids, the economy, war, disease… the list could go on forever! Sometimes it might seem that worry has even replaced Jesus as the focal point of our lives. Jesus Himself admonished us several times not to worry. And the great apostle, Paul, tells us in the passage above that there is an antidote to worry…prayer.
When we worry about something, we are spending energy on it, wondering what might happen, rehearsing the “if only’s” and “what if’s” in our mind. Why not take that same energy and refocus it on prayer instead? When we worry, we are simply talking to ourselves about our fears, but when we pray, we are taking those fears to God. We can’t control the future, but we have to remember that God is already there! He knows exactly what is going to happen and he promises to be with us every step of the journey.

As we are nearing a close to this season of prayer and fasting, let’s make an effort to convert our worry into prayer. As Paul says in the verse above, “let petitions and praises shape your worries into prayers,” and you will find that the peace of God will guard your heart.

Are there things that you consistently worry about? As you go through your day today, recapture each worried thought and send it up to God as a prayer. See how dramatically your outlook improves when the peace of God is activated through prayer!

**Friday, January 26, 2018**

**The Fasting that God Accepts**

Contrary to popular thought, God is a God of unconditional love but He does have conditions and standards to how we approach and worship him. We can’t just give God anything and worship him in any kind of way. And this is no different when it comes to fasting. Recorded in the book of Isaiah chapter 58 is one of the clear reasons or purposes of fasting. This passage tells us clearly what our fasting should lead us to do.

God says to Isaiah, “Is this not the fast that I have chosen: To loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? 7 Is it not to share your bread with the hungry, and that you bring to your house the poor who are cast out; When you see the naked, that you cover him, and not hide yourself from your own flesh?

God expects us to fast, not just for our personal purposes. God expects us to fast for the purposes of others. This is so much like God to challenge us to be selfless. To think of others, to feed others, to clothe others, to help ease the pain and suffering of others.
We should fast in order to further the building up of God’s kingdom by seeking to minister to others. The last phrase in this text puts me in the mind of a marriage. One of the descriptions of a marriage is “One Flesh”. This indicates a great bond between that husband and wife. Well in this text, God tells us not to hide from our own flesh. The Lord is telling us we should see others as our own flesh. In other words, we should love our neighbors as ourselves.

My prayer for us is that we come away from these fast days with a renewed love for one another.

Saturday, January 27, 2018

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 28-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

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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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
1/2 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 1/2 teaspoons cinnamon
Pinch nutmeg
1/2 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).

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.

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 1/2 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
½ cup cooked chopped artichokes
½ chopped roasted red bell peppers
¼ cup tahini
¼ cup water
2 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice
2 cloves garlic, minced
¼ cup fresh parsley, packed
½ teaspoon Mrs. Dash Table Ground
¼ 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.

MEALS

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)
- 1/2 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, peeled and chopped into rounds (approximately 2 medium)
- 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
2 cups peeled and diced potatoes  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 cups celery leaves
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
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
- 2 tablespoons Mrs. Dash Table Ground
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried leaf oregano
- 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.

<table>
<thead>
<tr>
<th>Rice cakes, just plain old crunchy patties</th>
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<tbody>
<tr>
<td>Rice cakes with peanut butter and raisins</td>
<td>Fruit kabobs</td>
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<tr>
<td>Almonds</td>
<td>Whole wheat crackers* with nut butter</td>
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<tr>
<td>Dried fruit including apricots</td>
<td>Hummus with flat bread*</td>
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<td>Apples dipped in nut butter</td>
<td>Sliced Veggies</td>
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<td>Sliced fruit</td>
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- Frozen fruit including grapes, blueberries, strawberries and bananas
- Trail mix with nuts, raisins, sunflower seeds, coconut

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