



NEW YEAR LBF FAST

**MORE PRAISE. MORE PRAYER.
MORE POWER.**

Start 2025 off right by getting closer to God and
increasing spiritual growth with Live By Faith's
14-Day New Year Fast

Begins: 12:01am Sunday 01/05/2025

Ends: 12:01am Sunday 01/19/2025

First 24 hours, water only.

(If you have water fasted before, add one day to the longest
water only fast you have ever done.

Ex: If you have done a 3-day water fast, do 4 days)

After 24 hours, Daniel food only.

12:01am on Monday 01/06/2025

(See approved food lists.)

PRAYER SCHEDULE

WHEN YOU WAKE UP:

Pray the Lord's Prayer and then the prayer points and anything else you are led to pray.

THE LORD'S PRAYER - Matthew 6:9-13 NKJV

Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, As we forgive our debtors. And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory

12:00pm - Pray Prayer Points

9:00pm - Pray Prayer Points

If you cannot pray at noon and/or 9:00pm on a given day, pray immediately after the time missed.

PRAYER POINTS



LIVE BY FAITH CHURCH:

The Church
Pastor & Family
Protection
Provision
Spiritual Growth
Physical Growth

YOUR REQUESTS:

What are you looking God to do for you
& your family?

LBF FAST FOOD LIST



ALL FRUITS. These can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apples, apricots, bananas, black berries, blueberries, boysenberries, cantaloupe, cherries, cranberries, dates, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.

ALL VEGETABLES. These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, avocados, beets, bok choy, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, green beans, jicama, kale, leeks, lettuce, mushrooms, mustard greens, okra, olives, onions, parsley, parsnips, peppers, potatoes, radishes, rutabagas, scallions, shallots, spinach, sprouts, squashes, sweet potatoes, tomatoes, tomato paste, turnips, water chestnuts, watercress, yams, and zucchini.

Veggie burgers are an option if you are not allergic to soy.

ALL WHOLE GRAINS. These include but are not limited to barley, brown rice, corn flour, cornmeal, grits, millet, oat bran, oats, popcorn, quinoa, rice cakes, wheat germ, whole wheat, whole wheat pasta, and whole wheat tortilla.

ALL NUTS & SEEDS. These include but are not limited to almonds, cashews, coconut, flax seeds, pecans, peanuts, pine nuts, poppy seeds, sesame seeds, and walnuts. Nut butters such as peanut butter and tahini (sesame seed paste) may be included.

ALL LEGUMES. These can be canned or dried. Legumes include but are not limited to black beans, black-eyed peas, cannellini beans, chickpeas, dried beans, kidney beans, lentils, lima beans, navy beans, pinto beans, split peas, and white beans.

ALL QUALITY OILS. These include but are not limited to canola, coconut, grape seed, olive, peanut, and sesame.

WATER. Distilled water, filtered water, spring water, or other pure waters.

SOY FOODS. These include tofu (all kinds), TVP (textured vegetable protein), and other soy products.

CONDIMENTS/ COOKING INGREDIENTS. Adobo sauce, cilantro, herbs, mustard (unsweetened), salt, seasonings, soyonnaise, spices, TVP, vanilla, and vegetable broth. You can use small amounts of fruit juices as ingredients in dishes (apple juice, lemon juice, lime juice, orange juice, pineapple juice).

LBF FAST FOOD LIST



FOODS TO EXCLUDE

- Exclude all meat and animal products such as beef, lamb, pork, poultry, and fish.
- Exclude all dairy products such as milk, cheese, cream, butter, and eggs.
- Exclude all sweeteners such as sugar, raw sugar, honey, syrups, molasses, and cane juice.
- Exclude all leavened bread such as Ezekiel Bread (most of which contains yeast and honey), pretzels, pita bread, and other baked goods made with leavening agents.
- Exclude all refined and processed food products that contain such ingredients as artificial flavorings, food additives, chemicals, white rice, white flour, or artificial preservatives.
- Exclude all deep-fried foods such as potato chips, French fries, corn chips.
- Exclude all solid fats such as shortening, margarine, lard, and foods high in fat.
- Exclude all non water beverages such as coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS to know all the ingredients included in prepared foods!

STOCKING YOUR PANTRY

An important key to success for the Daniel Fast is having easy access to the foods you need to stay within the guidelines.

Here are some items to keep on hand:

Fresh fruit: Apples, bananas, blueberries, grapefruit, lemons, limes, oranges.

Fresh vegetables: Bell peppers (green and red), cucumber, green lettuce, scallions (aka green onions), yellow onions, tomatoes

Canned foods: Beans in various varieties (black, kidney, pinto, and chickpeas), jalapeno peppers, pineapple juice, tomato sauce, diced tomatoes.

Frozen foods: Corn, peas, mixed vegetables, stir fry vegetables, apple juice concentrate.

Whole grains and legumes: Brown rice, oatmeal, muesli, green peas, lentils.

Dried fruit: Raisins, apricots, dates.

Miscellaneous: Peanut butter, rice cakes, walnuts, almonds, soy milk.

Eat foods that work for you! Some fruits, vegetables, healthy fats, and grains are very good at speeding up your metabolism. Some of the best vegetables are asparagus, beets, broccoli, cabbage, carrots, spinach, and tomatoes.

Among the best fruits are apples, blueberries, citrus fruits, melons, and pears. Nuts and nut butters are good in moderation, and brown rice, barley, and oats are among the whole grains that rev up your metabolism.