

SOUL HOUSE CHRISTIAN FELLOWSHIP FAST

WE ARE FASTING DURING THE SEASON OF LENT,
FEBRUARY 17TH – APRIL 3RD, 2021

CHOOSE WHICH TYPE OF FAST YOU WILL DO OPTIONS ONE,
TWO, OR THREE

FEEL FREE TO MAKE ADJUSTMENTS FOR YOUR HEALTH AND
ABILITY TO FAST. THE MOST IMPORTANT THING IS TO BE
MINDFUL OF THE SACRIFICE JESUS CHRIST MADE BY GIVING
UP HIMSELF TO SUFFER FOR OUR SINS.

Please take time to stop and pray three times daily, morning, noon,
night.

Prayer targets and focus:

- **Pray for God to give vision, guidance, power, protection, and provision to our Pastor, his family and our Soul House Family.**
- **Pray for God to give you and your family vision, guidance, power, protection, and provision.**

OPTION # 1 *(see other options below)*

The Daniel Fast Food List When you consider a food item, take a look at the ingredient list included on the label. It's usually near or under the

nutritional information. The acceptable foods must be sweetener-free, chemical-free, and consistent with the food lists below.

FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL

FAST All fruits. These can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apples, apricots, bananas, 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.

FOODS TO INCLUDE

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 and 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 and cooking ingredients. Adobo sauce, cilantro, herbs, mustard (unsweetened), salt, seasonings, soynnaise, 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).

FOOD TO EXCLUDE AND AVOID • 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 include and 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.

Option #2

Media Fast

Includes refraining from television, or news shows, social media, such as, Face-book, twitter, Instagram, any other form of social media, and video games. Replacing this time with personal/family Bible study, prayer and worship.

Example: Using the scripture of the day for personal bible study or, as a family discussion and close out with prayer nightly.

Option #3

Fast of your choice

We are encouraging for every member to participate in sacrificing something during this fast. An example of this choice, can consist of a modified version of the Daniel fast, where you will refrain from red meat, and eat poultry & vegetables.

The biblical practice of fasting dates back to the Old Testament as a spiritual discipline to deepen our communion with God. Today, fasting is still practiced by many Christian denominations and annually observed during the time of Lent in preparation for Easter Sunday. Discover the Christian

significance of fasting for Lent and practical guidance for your fast in the Lenten season of 2021.

What is Christian Fasting?

Christian fasting can be explained as refraining from food for spiritual purposes and edification. Merely abstaining from food because it is not available or for medical causes does not equate to Christian fasting. There must be a spiritual motive and purpose for fasting as a Christian, especially the fasting of Lent.

In his book "[A Hunger for God](#)," John Piper writes, "Christian fasting, at its root, is the hunger of a homesickness for God. Christian fasting is not only the spontaneous effect of a superior satisfaction in God, it is also a chosen weapon against every force in the world that would take that satisfaction away."

Why do Christians Fast for Lent?

Christians have observed Lent for roughly 2,000 years as a way to praise and memorialize Jesus's death and burial before glorifying His resurrection. One of the central traditions of Lent is fasting, the discipline of abstaining from specific foods or something you enjoy for a set amount of time. The [Newspring Church](#) describes the purpose of fasting stating:

"Fasting helps us practice saying "no" to our desires and saying "yes" to Jesus."

In scripture, fasting is a spiritual discipline to develop a closer communion with God. It's a practice of devotion in which we show our obedience to Jesus and repent for sin. In the Book of Joel, fasting is described as a "return to the Lord"

saying "Yet even now," declares the LORD, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments." Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster" ([Joel 2:12-13](#)).

Fasting is joined with prayer as spiritual practice and disciplines to deepen our trust and reliance on God for all things. As faithful Christians, we must train our hearts and minds to know that all good things come from God.

"And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed" ([Acts 14:23](#)).

"Consecrate a fast; call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the Lord your God, and cry out to the Lord" ([Joel 1:14](#)).

Spiritual and Physical Benefits of Fasting

The spiritual edification of fasting is to encourage our reliance on God and repentance for the lack thereof. Fasting for Lent is primarily a spiritual discipline to orient our full dependence on God. We repent for not always acknowledging God's presence and grace in providing our every need. Our God is a loving God, and fasting is one way to refocus our lives upon seeking first His kingdom of heaven.

"And my God will supply every need of yours according to his riches in glory in Christ Jesus" ([Philippians 4:19](#)).

Fasting has gained popularity for its health benefits in the last decade as many have questioned the diets and lifestyles of modernity. The physical health benefits of fasting have

been studied to show promising biological advantages from ancient spiritual practice. Healthline reported a [collection of health benefits](#) from fasting, some that are mentioned include:

- Promotes Blood Sugar Control by Reducing Insulin Resistance
- Promotes Better Health by Fighting Inflammation
- May Boost Brain Function and Prevent Neurodegenerative Disorders
- Aids Weight Loss by Limiting Calorie Intake and Boosting Metabolism
- Increases Growth Hormone Secretion, Which Is Vital for Growth, Metabolism, Weight Loss and Muscle Strength

Encouraging Bible Verses when Fasting for Lent

[Matthew 6:16-18](#)

"And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you."

[Isaiah 58:3-7](#)

'Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it?' Behold, in the day of your fast you seek your own pleasure, and oppress all your workers. Behold, you fast only to quarrel and to fight and to hit with a wicked fist. Fasting like

yours this day will not make your voice to be heard on high. Is such the fast that I choose, a day for a person to humble himself? Is it to bow down his head like a reed, and to spread sackcloth and ashes under him? Will you call this a fast, and a day acceptable to the Lord? "Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?"

Joel 2:12-13

"Yet even now," declares the LORD, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments." Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.

Luke 4:1-4

And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry. The devil said to him, "If you are the Son of God, command this stone to become bread." And Jesus answered him, "It is written, 'Man shall not live by bread alone.'"