

KEEP LOOKING AND LISTENING FOR CHRIST

I CORINTHIANS 2:9

**21 DAYS OF PRAYER & FASTING
JANUARY 11TH- 31ST**

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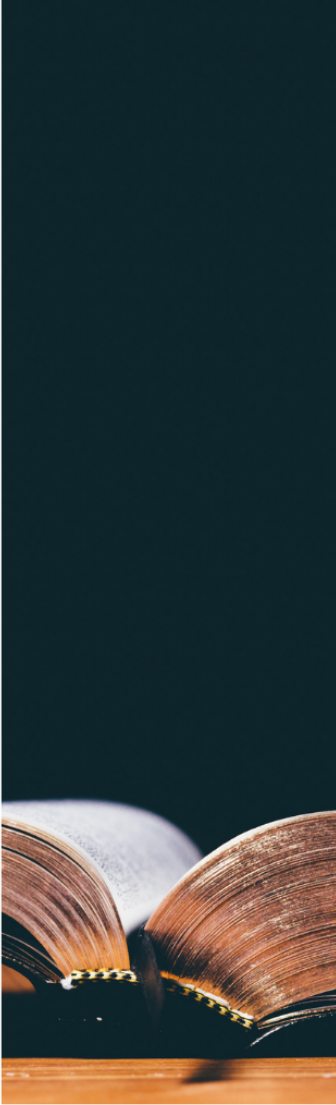


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Dear NBC Family,

What a great time to be a part of New Beginnings Church! As we consecrate ourselves to God, let's prepare our hearts to hear from God and see His will revealed in our lives individually *and* corporately. For the next three weeks, let's seize this opportunity to realign our priorities & perspectives with God's word. If you haven't already started preparing, examine your heart and ask the Lord to reveal to you the areas that need to be surrendered to Him. Step away from distractions, deny your flesh, and fervently seek His face for purpose, guidance, peace, perseverance, and renewal.

This year's focus is **Keep Looking & Listening for Christ.**

But as it is written:

*"Eye has not seen, nor ear heard,
Nor have entered into the heart of man
The things which God has prepared for those who love
Him."*

I Corinthians 2:9.

We are living in times characterized by uncertainty and anxiety. Believers can rest in the blessed assurance that God has prepared amazing things for His children. As we set aside the beginning of this year to spiritually recalibrate, we must give ourselves to prayer and spending time in the Word of God, not just for this fast, but as part of a lifestyle of worship.

Let's seek the Lord together for the revelation and manifestation of His will, His Word, and His way for us.

In His Service,

Min. Simone Milton

Prayer Minister

New Beginnings Church

Biblical Fasting

Biblical fasting is a spiritual discipline requiring strength we can only receive from God. The purpose is not to make an outward show of religious obligation, but rather to make a personal commitment to God. Like any spiritual discipline, you will encounter resistance and opposition. Prepare yourself with full understanding of what you are doing and why you're doing it (Isaiah 58). Your private discipline will bring you rewards in heaven (Matthew 6:16-18).

What is it?

Fasting is abstaining from food...period. Once you've eaten, you've broken your fast. Think of your first meal after sleeping...it's called **breakfast** for this very reason because you are breaking your fast.

When deciding to fast, determine how long and what type of fast you will observe. There is more than one way to fast. A fast can be individual or it can be corporate. They can last for four hours or forty days. There are four basic types of fasts.

- 1) **Traditional fasting** - no food, only liquids (water or juice, not coffee and soda).
- 2) **Absolute fasting** - no food or liquids at all.
- 3) **Partial fasting**, - only fruit, vegetables, and whole grains (like the Daniel Fast)
- 4) **Intermittent fasting** - eating is restricted to certain hours of the day, for example a 16:8 fast is the absolute fast for sixteen hours with a reasonable meal eaten within the eight hour window.

The different types of fast are classified according to the level of abstinence from food and drink. For all types of fasting, the sacrifice

goes beyond food. Any activities that please the flesh should be postponed until **after** your fast.

The purpose of fasting

Again, the purpose of fasting is not an outward show, but cultivating the spirit to grow. It opens the door for us to divest of self and delve deeper into knowing God's heart and His desires for us.

Isaiah 58:6-7 shows us it's not just ritual or tradition to impress men. We seek God's will instead of our own and our lives reflect His character.

"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?"

Fasting is the discipline that...

- ❖ checks our motives - Isaiah 58
- ❖ chastens the soul- Psalm 69:10
- ❖ humbles the soul - Ezra 8:21
- ❖ crucifies the appetites - II Samuel 12:16-23, Matthew 4:1-11
- ❖ shows earnestness in seeking God - II Chronicles 20:3-4
- ❖ prepares us for spiritual warfare - Matthew 17:21, and
- ❖ develops faith, crucifies unbelief, and aids in prayer - Matthew 4:1-11, 17:14-21

Preparing spiritually for fasting

Fasting is a key part of developing a deeper spiritual walk with God. It brings a sacrificial dimension to prayer while bringing the flesh into submission. It is the willing deprivation of things that satisfy us, so we must be totally focused on God to strengthen us. We must humble ourselves, repent of our sins, and fervently seek Him in prayer (II Chronicles 7:14).

In unprecedented times of pain, pandemic, panic, and political unrest, we trust in the faithfulness of our God. In the midst of all the chaos around us, we quiet our spirits to clearly hear the Shepherd's voice. We turn off TVs, video games, radios, social media, and other entertaining distractions in order to focus on Christ. We take a break from our regularly scheduled habits to wait on the Lord and hear what He has to say to and through us. We turn our focus from ourselves to others, lifting up the hurting in our church and our community. We intercede for our families, our nation, and the Church, asking for forgiveness, grace, and mercy.

Let's pursue the Lord with our whole heart to see the bonds of wickedness broken, burdens lifted, and the oppressed set free. Hold fast to the promise that we can't even comprehend what He has prepared for His beloved. Persist in your praying, trust His sovereignty, and **Keep Looking and Listening for Christ!**

Focus Scripture

But as it is written:

**“Eye has not seen, nor ear heard,
Nor have entered into the heart of man
The things which God has prepared for those who love Him.”.**

I Corinthians 2:9

DF Nutrition

Starting the Fast

Acceptable Foods

All fruits - these can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apple, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, cranberries, dates, figs, grapefruit, grapes, guava, honeydew, 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, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger, kale, leeks, lettuce, mushrooms, greens, okra, onions, parsley, red potatoes, white potatoes, radishes, rutabagas, scallions, spinach, sprouts, squash, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, and veggie burgers are an option if you are not allergic to soy.

All nuts and seeds - this includes but not limited to sunflower seeds, cashews, peanuts, sesame seeds. Also nut butters including peanut butter.

All legumes - these can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black-eyed peas, kidney beans, black beans, cannellini beans, and white beans.

All whole grains - this includes but is not limited to whole wheat, brown rice, millet, quinoa, oat, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn

All quality oils - this includes but is not limited to olive, canola, grape seed, peanut, and sesame.

Beverages - spring water, distilled water, or other pure waters.

Other - tofu, soy products, vinegar, seasonings, salt, herbs and spices.



Foods to Avoid

All meat and animal products - this includes, but is not limited to beef, bison, lamb, pork, poultry, fish, and seafood.

All animal by-products - this includes, but is not limited to milk, cheese, cream, butter, and eggs.

All sweeteners - this includes but is not limited to sugar, raw sugar, honey, nectar, syrups, molasses, and cane juice.

All leavened bread - this includes Ezekiel Bread (it contains yeast and honey) and other baked goods.

All refined and processed food products - this includes, but is not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods - The includes but is not limited to potato chips, french fries, and corn chips.

All solid fats - this includes shortening, margarine, lard, and foods high in fat.

Beverages - this includes but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

TL;DR: Eat plant-based. Avoid sweets, treats, and meats.



Caution!

Fasting can be difficult as it involves silencing and denying your flesh. Hunger pangs, cravings, and caffeine withdrawal are real and should not come as a surprise. However, if you need to modify your fast **for medical reasons, consult your doctor.** Determine what, how, and when to adjust to maintain health while maintaining your consecration.

Also, carefully read the labels/list of ingredients when purchasing packaged and processed foods. Many foods are usually full of hidden sugar and preservatives. Keep this in mind as you review the list of acceptable foods.

Breaking the Fast

When breaking your fast, **gradually** return to your normal diet. The way you break your fast is extremely important for your physical and spiritual well-being. The longer and more restricted your fast, the longer you should take returning to a normal diet. Do not eat heavy meals or processed foods immediately after your fast. Suddenly reintroducing these foods to your digestive tract after it's been on vacation will likely have uncomfortable, and possibly dangerous, consequences. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Also, be mindful that caffeine and sugar dependencies are revealed and can be broken during the fast. This would be a great opportunity to not reintroduce bad habits.

DF Guidance

Disclaimer

Special Note: If you have health issues, please be sure to contact your health professional for advice before committing to any fast, including the Daniel Fast.



Purpose



The purpose of this prayer & fasting guide is to align the entire church with the same focus and vision for New Beginnings Church. Our desire over these next three weeks is that your spiritual connection with the Lord will intensify individually and corporately. Denying self, feeling hunger, and struggling with unsatisfied flesh are meaningless if our motives are selfish and we neglect nurturing our relationship with the Lord.

Benefits

It is our prayer that your desire to grow during this process will exponentially increase as the Holy Spirit reveals more of His will and His way to you during this precious time.



Scriptures and Journaling

The next section is designed to focus on a topic and text each day of the fast. Read, meditate, and pray over the scripture passage daily. Allow the Lord to speak to your heart as you seek to have a closer walk with Him. Pray the topic and the text for yourself and for the corporate body. Should you choose to print this guide, there's space for you to record your thoughts and prayers each day. You may also want to record them in a separate journal that will allow you to continue the practice after this fast concludes.

Monday, January 11
LOOKING & LISTENING FOR CHRIST

I Corinthians 2:9

But as it is written:

**“Eye has not seen, nor ear heard,
Nor have entered into the heart of man
The things which God has prepared for those who love Him.”.**

I Corinthians 2:9

Tuesday, January 12

REPENTANCE

Acts 3:19
II Peter 3:9

Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord,

Acts 3:19

The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance.

II Peter 3:9

Wednesday, January 13
FORGIVENESS

Psalm 86:5-7
Matthew 6:14-15

For You, Lord, are good, and ready to forgive,
And abundant in mercy to all those who call upon You.

⁶ Give ear, O Lord, to my prayer;

And attend to the voice of my supplications.

⁷ In the day of my trouble I will call upon You,
For You will answer me.

Psalm 86:5-7

“For if you forgive men their trespasses, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

Matthew 6:14-15

Thursday, January 14
WORSHIP LIFESTYLE

John 4:21-24
Romans 12:1-2

Jesus said to her, “Woman, believe Me, the hour is coming when you will neither on this mountain, nor in Jerusalem, worship the Father. ²² You worship what you do not know; we know what we worship, for salvation is of the Jews. ²³ But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. ²⁴ God is Spirit, and those who worship Him must worship in spirit and truth.”

John 4:21-24

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. ² And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Romans 12:1-2

Friday, January 15
DISCIPLINE

I Corinthians 9:24-27

Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. ²⁵ And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. ²⁶ Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. ²⁷ But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

I Corinthians 9:24-27

Saturday, January 16
PROTECTION

Isaiah 43:1-2

But now, thus says the Lord, who created you, O Jacob,
And He who formed you, O Israel:
“Fear not, for I have redeemed you;
I have called you by your name;
You are Mine.

² When you pass through the waters, I will be with you;
And through the rivers, they shall not overflow you.
When you walk through the fire, you shall not be burned,
Nor shall the flame scorch you.

Isaiah 43:1-2

Sunday, January 17
SOWING & REAPING

II Corinthians 9:6-8

But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. ⁷ So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver. ⁸ And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.

II Corinthians 9:6-8

Monday, January 18
HUMILITY

Psalm 139:23-24
Micah 6:8

Search me, O God, and know my heart;
Try me, and know my anxieties;
²⁴ And see if there is any wicked way in me,
And lead me in the way everlasting.

Psalm 139:23-24

He has shown you, O man, what is good;
And what does the Lord require of you
But to do justly,
To love mercy,
And to walk humbly with your God?

Micah 6:8

Tuesday, January 19
PRIORITY

Psalm 37:4-6

Delight yourself also in the Lord, And He shall give you the desires of your heart. ⁵ Commit your way to the Lord, Trust also in Him, And He shall bring it to pass. ⁶ He shall bring forth your righteousness as the light, And your justice as the noonday.

Psalm 37:4-6

Wednesday, January 20
DISCERNMENT

I John 4:1-2

Beloved, do not believe every spirit, but test the spirits, whether they are of God; because many false prophets have gone out into the world. ²By this you know the Spirit of God: Every spirit that confesses that Jesus Christ has come in the flesh is of God,

I John 4:1-2

Thursday, January 21
OBEDIENCE

James 1:22-25

But be doers of the word, and not hearers only, deceiving yourselves.

²³ For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; ²⁴ for he observes himself, goes away, and immediately forgets what kind of man he was. ²⁵ But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

James 1:22-25

Friday, January 22
COURAGE

Isaiah 41:10-13

Fear not, for I am with you;
Be not dismayed, for I am your God.
I will strengthen you,
Yes, I will help you,
I will uphold you with My righteous right hand.'

¹¹ "Behold, all those who were incensed against you
Shall be ashamed and disgraced;
They shall be as nothing,
And those who strive with you shall perish.

¹² You shall seek them and not find them—
Those who contended with you.
Those who war against you
Shall be as nothing,
As a nonexistent thing.

¹³ For I, the Lord your God, will hold your right hand,
Saying to you, 'Fear not, I will help you.'

Isaiah 41:10-13

Saturday, January 23
GRACE

II Corinthians 12:9
Ephesians 2:8-9

And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

II Corinthians 12:9

For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, ⁹ not of works, lest anyone should boast.

Ephesians 2:8-9

Sunday, January 24
STEWARDSHIP

Malachi 3:10-11

Bring all the tithes into the storehouse,
That there may be food in My house,
And try Me now in this,”
Says the Lord of hosts,
“If I will not open for you the windows of heaven
And pour out for you such blessing
That there will not be room enough to receive it.
¹¹ “And I will rebuke the devourer for your sakes,
So that he will not destroy the fruit of your ground,
Nor shall the vine fail to bear fruit for you in the field,”
Says the Lord of hosts;

Malachi 3:10-11

Monday, January 25
RENEWAL

Psalm 51:10-12

Create in me a clean heart, O God,
And renew a steadfast spirit within me.
¹¹ Do not cast me away from Your presence,
And do not take Your Holy Spirit from me.
¹² Restore to me the joy of Your salvation,
And uphold me by Your generous Spirit.

Psalm 51:10-12

Tuesday, January 26
COMMITMENT

Romans 12:10-13

Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; ¹¹ not lagging in diligence, fervent in spirit, serving the Lord; ¹² rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; ¹³ distributing to the needs of the saints, given to hospitality.

Romans 12:10-13

Wednesday, January 27
PERSEVERANCE

Philippians 3:12-14

Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. ¹³ Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, ¹⁴ I press toward the goal for the prize of the upward call of God in Christ Jesus.

Philippians 3:12-14

Thursday, January 28
SPIRITUAL MATURITY

Hebrews 6:1-2

Therefore, leaving the discussion of the elementary principles of Christ, let us go on to perfection, not laying again the foundation of repentance from dead works and of faith toward God,² of the doctrine of baptisms, of laying on of hands, of resurrection of the dead, and of eternal judgment.

Hebrews 6:1-2

Friday, January 29
UNITY

Ephesians 4:1-6

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, ² with all lowliness and gentleness, with longsuffering, bearing with one another in love, ³ endeavoring to keep the unity of the Spirit in the bond of peace. ⁴ There is one body and one Spirit, just as you were called in one hope of your calling; ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who is above all, and through all, and in you all.

Ephesians 4:1-6

Saturday, January 30
OUR PASTOR

I Thessalonians 5:12-13
Hebrews 13:17

And we urge you, brethren, to recognize those who labor among you, and are over you in the Lord and admonish you,¹³ and to esteem them very highly in love for their work's sake. Be at peace among yourselves.

I Thessalonians 5:12-13

Obey your leaders and submit to them—for they keep watch over your souls as those who will give an account—so that they may do this with joy, not groaning; for this would be unhelpful for you.

Hebrews 13:17

Sunday, January 31
LOOKING & LISTENING FOR CHRIST

I Corinthians 2:9

***But as it is written:
“Eye has not seen, nor ear heard,
Nor have entered into the heart of man
The things which God has prepared for those who love Him.”***

I Corinthians 2:9-10

DF Approved Recipes

Blueberry Mango Smoothie

1 serving

Ingredients

1 c.	unsweetened almond/coconut/rice milk
1 c.	fresh /frozen mango chunks
1 c.	fresh/frozen banana, peeled and sliced
½ c.	fresh/frozen blueberries
1 Tbsp	flaxseed meal, optional
1 Tbsp	unsweetened coconut flakes

Directions

Blend all ingredients in a blender until smooth.

Enjoy

Recipe Notes

Make sure at least one fruit is frozen to have a chilled smoothie; you can also use ice.

When freezing bananas, peel first, then place in freezer bag.

**Allergic to bananas? Remove bananas and double the mango or replace with fresh/frozen peaches or strawberries.*

Make the recipe “green” by adding a cup of chopped kale or spinach leaves.

Nutrition Facts

Calories: 418* Fat: 9 g Carbs: 87 g Protein: 7 g

*Values calculated for unsweetened almond milk

Rice & Cabbage Casserole

8 one-cup servings

Ingredients

½ Tbsp extra virgin olive oil
1/2 c. chopped onion
2 cloves garlic, minced
1 c. chopped white button mushrooms
1 can (15 oz) black beans, rinsed and drained
2 cans (14.5 oz) diced tomatoes
2 Tbsp chopped fresh parsley
1 tsp dried oregano
1 tsp salt
⅛ tsp pepper
4 c chopped green cabbage
1 c cooked brown/wild rice

Directions

Preheat oven to 350 degrees.

Put diced tomatoes in a food processor/blender, and process until smooth. Divide puree equally in half and set aside.

Heat olive oil over medium heat in a large skillet. Add onions, and cook until soft & translucent. Stir in garlic, mushrooms, half of the tomato puree, parsley, oregano, salt, and pepper. Reduce heat to low, and cook 20 minutes, stirring occasionally.

Steam cabbage 8 - 10 minutes or until tender crisp (or cook cabbage in boiling water for 5 - 7 minutes). Lightly oil a 9 x 13 baking dish with olive oil, and cover bottom of dish with cooked cabbage. Place rice and beans on top of cabbage. Cover with remaining tomato puree. Bake 20 minutes.

Nutrition Facts

Calories: 238 Fat: 2 g Carbs: 43 g Protein: 13 g

Hearty Vegetable Split Pea Soup

8 one-cup servings

Ingredients

1 pkg (16 oz) dried green split peas, rinsed
1 large carrot
1 celery rib, chopped
1 small onion, chopped
1 bay leaf
1 ½ tsp salt
½ tsp dried thyme
½ tsp pepper
6 c water

Directions

In a 3- or 4-qt slow cooker, combine all ingredients.
Cook covered, on low 7-9 hours or until peas are tender.
Discard bay leaf and stir before serving.

Nutrition Facts

Calories: 204 Fat: 1 g Carbs: 36 g Protein: 13 g

Ethiopian Cabbage Dish

4 one-cup servings

Ingredients

½ c	olive oil
4	Carrots, thinly sliced
1	onion, thinly sliced
½ tsp	ground cumin
¼ tsp	ground turmeric
½ tsp	ground ginger
1 tsp	sea salt
½ tsp	ground black pepper
½ head cabbage,	shredded
2 cloves	garlic, minced
5 potatoes	peeled & cut into 1-inch cubes

Directions

Heat olive oil in large pot over medium heat. Saute carrots in oil until slightly softened, about 5 minutes. Add onion, saute another 2 minutes. Stir in seasoning & spices; cook until fragrant.

Stir cabbage and garlic into carrot mixture.

Cook about 10 - 15 minutes, stirring occasionally until the cabbage wilts. Reduce heat to medium-low, add potatoes and cover. Let the mixture cook for another 20 - 30 minutes, stirring occasionally, until potatoes are soft.

Nutrition Facts

Calories: 477 Fat: 28 g Carbs: 43 g Protein: 8 g

Thick & Creamy Corn-Potato Soup

10 one-cup servings

Ingredients

6 ears corn, shucked from the cob
6 medium large red potatoes, chopped in ½ in. cubes
6 carrots, finely chopped
2 green sweet peppers, finely chopped
1 med/lg yellow onion, finely chopped
2 bay leaves
3 tsp thyme
2 tsp marjoram
3 tsp cumin
2 tsp sea salt
2 tsp pepper
3 qt vegetable broth
water

Directions

Braise vegetables and spices in water on medium heat in a large stockpot for about 15 minutes. Stir occasionally and use enough water to prevent vegetables sticking and spices scorching.

Add broth and maintain a light boil. Cook for 45 minutes to an hour.

Remove from heat. Blend ¾ of the soup mixture to a smooth consistency in small batches in a blender. Set blended batches aside in a separate container until blending is complete.

Pour the blended soup back into the pot, adding water to thin and obtain the desired consistency. Heat thoroughly and serve.

Nutrition Facts

Calories: 448 Fat: 3 g Carbs: 103 g Protein: 17 g

Cool as a Cucumber Salad

8 half-cup servings

Ingredients

2 c.	sliced cucumber, peeled
2 c.	halved cherry tomatoes
½ c.	thinly-sliced red onion, sliced pole-to-pole
2 Tbsp	extra-virgin olive oil
½ tsp	dried dill
½ tsp	salt

Directions

Place cucumbers, tomatoes, and onions in a 1-quart ceramic dish.

Pour olive oil over all and stir well to combine. Add dill and salt, and stir again.

Cover and marinate 2 hours in refrigerator. Serve cold.

Nutrition Facts

Calories: 47 Fat: 4 g Carbs: 3 g Protein: 1 g

Caribbean Wild Rice

6 one-cup servings

Ingredients

- 1 Tbsp extra virgin olive oil
- 1/2 c. chopped onion
- 1 clove garlic, minced
- 1 can (8 oz) unsweetened pineapple tidbits, juice reserved
- 2 Tbsp Bragg's Liquid Aminos or soy sauce
- 1 ½ Tbsp fresh lime juice
- 1 c sliced carrots
- 1 c chopped snow peas
- 1 c chopped zucchini
- 1 c chopped jarred roasted red bell peppers, drained
- ½ c black beans, rinsed and drained
- ½ c canned chickpeas, rinsed and drained
- 2 c cooked wild rice

Avocado slices (not included in Nutrition values)

Chopped macadamia nuts (not included in Nutrition values)

Directions

Heat olive oil in large skillet over medium heat. Stir in onions, and cook until soft & translucent. Add garlic, and cook 1 minute, stirring constantly so garlic doesn't burn. Add ½ c of pineapple juice, Bragg's Liquid Aminos, and lime juice. Stir in carrots, snow peas, zucchini, red peppers, black beans, and chickpeas.

Increase heat to medium high, stirring often. Cook 5 minutes, or until ¾ of the liquid is absorbed and vegetables are slightly softened. Add wild rice and pineapple. Increase heat, and stir-fry until heated through.

Serve immediately. Garnish with avocado slices and chopped macadamia nuts.

Nutrition Facts

Calories: 206 Fat: 3 g Carbs: 38 g Protein: 8 g

Daniel Fast Snacks

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'. Be mindful of snack servings and portion control so you don't overeat on these sometimes high-calorie foods.

- ❖ Rice cakes, plain
- ❖ Rice cakes, with peanut butter and raisins
- ❖ Almonds
- ❖ Fruit - dried, fresh, frozen, or canned in unsweetened juice
- ❖ Apples, dipped in peanut/cashew/almond butter
- ❖ Raw veggies with non-dairy dip
- ❖ Popcorn, no butter
- ❖ Trail mix, with no added sugar
- ❖ Fruit kabobs
- ❖ Granola, unsweetened

Daniel Fast Friendly Restaurants

Here's a short list of restaurants that have DF-friendly options for dining away from home.

- ❖ Luna Grill
- ❖ Chipotle Mexican Grill
- ❖ Pei Wei
- ❖ Zoes Kitchen
- ❖ sushi restaurants

Conclusion

This concludes **the 2021 Daniel Fast: Keep Looking and Listening for Christ**. I hope this time has solidified a new commitment to prioritizing your personal spiritual health and growth. We pray that you have developed, revitalized, or strengthened habits of spiritual discipline through study and prayer. Be encouraged to continue growing spiritually through discipleship as we live purposeful lives and demonstrate the love of God.

In the days and months to come, the challenge is to maintain a posture of worship. As we pursue Him through worship, meditation, and prayer, may our desire to be in the presence of God be insatiable! Let us remain faithful as we ***keep looking and listening for Christ***.

May our vision be firmly fixed on Christ and our spirits fine-tuned to hear His voice alone.

Selah!



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MYTHBUSTERS

Myths About Fasting...BUSTED!

Myth #1 ~ Fasting is about weight loss and physical cleansing. If your purpose is to 'repent' for holiday indulgence or to jumpstart a new year's resolution, you've missed the point. The purpose of consecration is to strengthen & realign our relationship with God ...period. Anything more is a bonus.

Myth #2 ~ Spiritual fasting is about food. A fruit & veggie binge is **NOT** fasting and can easily become overeating. Fasting is about sacrificing your desires and denying your flesh to become more sensitive to the Holy Spirit. It's hard to focus on God when you're constantly focused on hunger and mourning your favorite foods.

Myth #3 ~ Accidental eating ends a fast. If you accidentally slip up on your fast, we tend to think "I blew it; may as well head to McDonald's!" One bite doesn't derail your journey...see Myth #2.

Myth #4 ~ A spiritual fast doesn't require medical clearance. If you are under a doctor's care for a health condition, especially taking prescribed medication, please consult your medical professional **BEFORE** fasting or altering your diet in any way. Many chronic health concerns require expert planning with a physician. **Making necessary medical provisions for a successful fast is wisdom, not weak faith.**

Myth #5 ~ I should warn everyone that I'm fasting.

Fasting is an **intimate spiritual discipline**. It shouldn't be broadcasted for sympathy or approval (see Matthew 6:16-18). Don't neglect your appearance as though you're suffering; the attention you get will be your only reward.

Myth #6 ~ The longer I fast, the more spiritual I will be and my prayers will be answered. Fasting shifts our perspective and quiets our flesh...when done right. **Think quality over quantity.** How we fast is far more life-changing than how long we fast. Fasting is not manipulation nor is it spiritual brownie points that can be cashed in for what we want. **Prayer and fasting are ALWAYS about aligning our will to God's will.**