



NEW BEGINNINGS CHURCH

CHURCH CONSECRATION

"WALKING THROUGH IN '22"

JANUARY 10TH- JANUARY 30TH

21 Days of Prayer & Fasting
- Psalms 23 -



CONTENTS

03. GREETING

04. BIBLICAL FASTING

08. FASTING OPTIONS

12. FAST GUIDANCE

14. TOPIC & SCRIPTURES

35. DANIEL FAST RECIPES

44. CONCLUSION

45. MYTHBUSTERS

Dear NBC Family & Friends,

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. Over the next three weeks, 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 **Walking Through in '22, Psalm 23**.

We are living in times characterized by uncertainty and anxiety. Believers can rest in the blessed assurance that the Lord is our Shepherd and already knows what we need. As we set aside the beginning of this year to spiritually recalibrate, we must give ourselves to prayer and study of God's Word, 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

Min. Simone Milton
Associate Minister
New Beginnings Church

New Beginnings Church

A Place to Go and Grow

Founder & Sr. Pastor, Joseph R. Fields



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. TV, social media, gaming, etc. should be postponed until **after** your fast. Distractions take you away from your focus on what God is saying to you through His word and prayer.

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 the midst of uncertainty in every area of our lives, we quiet our souls to clearly hear the Shepherd's voice. This is when 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. Persist in your praying, trust His sovereignty, and keep **Walking Through in '22!**

Focus Scripture

The Lord is my shepherd;

I shall not want.

2 He makes me to lie down in green pastures;

He leads me beside the still waters.

3 He restores my soul;

He leads me in the paths of righteousness

For His name's sake.

4 Yea, though I walk through the valley of the shadow of death,

I will fear no evil;

For You are with me;

Your rod and Your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies;

You anoint my head with oil;

My cup runs over.

6 Surely goodness and mercy shall follow me

All the days of my life;

And I will dwell in the house of the Lord

Forever.

Psalms 23 [NKJV]

Your Fast

Starting the Fast

There are two options for the fast this year: the Traditional Daniel's Fast and the Progressive Daniel's Fast

1 Traditional Daniel 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.

2 Progressive Daniel's Fast

Week 1 | Jan 10 - Jan 16

No Treats & No Sweets

Sacrifice Your Favorite Snacks, Fast Food, and All Sugar

Week 2 | Jan 17 - Jan 23

No Meats

Eat Only Fruits, Veggies, Legumes, Nuts, and Drink Water Only
(this is the same as the Traditional DF)

Week 3 | Jan 24 - Jan 30

No Eats

Liquids Only Until 4pm, Then Return to Week 2

 **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.

Fast 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 10
,The Lord is my Shepherd; I Shall Not Want.

Isaiah 40:11
Philippians 4:19

**He will feed His flock like a shepherd;
He will gather the lambs with His arm,
And carry them in His bosom,
And gently lead those who are with young.**

Isaiah 40:11

**And my God shall supply all your needs according to His riches
in glory by Christ Jesus.**

Philippians 4:19

Tuesday, January 11
Relationship & Fellowship With God

John 10:27-29

I John 5:13-14

My sheep hear My voice, and I know them, and they follow Me.

28 And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand. 29 My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of My Father's hand.

John 10: 27-29

Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. 15 And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

I John 5:13-14

Wednesday, January 12

***²He Makes Me to Lie Down in Green Pastures; He
Leads Me Beside the Still Waters.***

Ezekiel 34: 14-15

Isaiah 58:11

I will feed them in good pasture, and their fold shall be on the high mountains of Israel. There they shall lie down in a good fold and feed in rich pasture on the mountains of Israel. 15 I will feed My flock, and I will make them lie down,” says the Lord God.

Ezekiel 34:14-15

**The Lord will guide you continually,
And satisfy your soul in drought,
And strengthen your bones;
You shall be like a watered garden,
And like a spring of water, whose waters do not fail.**

Isaiah 58:11

Thursday, January 13
Direction & Guidance

Proverbs 3:5-6
Psalm 1:1-3

**Trust in the Lord with all your heart,
And lean not on your own understanding;
 ⁶In all your ways acknowledge Him,
 And He shall direct your paths.**

Proverbs 3:5-6

**Blessed is the man Who walks not in the counsel of the ungodly,
 Nor stands in the path of sinners, Nor sits in the seat of the
scornful; 2 But his delight is in the law of the Lord, And in His
law he meditates day and night. 3 He shall be like a tree Planted
by the rivers of water, That brings forth its fruit in its season,
Whose leaf also shall not wither; And whatever he does shall
 prosper.**

Psalm 1:1-3

Friday, January 14
³He Restores My Soul;

Psalm 51:10-13

**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.
¹³ Then I will teach transgressors Your ways,
And sinners shall be converted to You.**

Psalm 51: 10-13

Saturday, January 15

Practicing His Presence

Psalm 37:4-6
I Corinthians 6:19-20

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

Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? 20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

I Corinthians 6:19-20

Sunday, January 16
***He Leads Me in Paths of Righteousness for His
Name's Sake.***

Psalm 143:9-12

**Deliver me, O Lord, from my enemies;
In You I take shelter.
¹⁰ Teach me to do Your will,
For You are my God;
Your Spirit is good.
Lead me in the land of uprightness.
¹¹ Revive me, O Lord, for Your name's sake!
For Your righteousness' sake bring my soul out of trouble.
¹² In Your mercy cut off my enemies,
And destroy all those who afflict my soul;
For I am Your servant.**

Psalm 143: 9-12

Monday, January 17
Sanctification IS #selfcare

Romans 12:1-3

II Peter 1:5-9

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. 3 For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.

Romans 12:1-3

But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, 6 to knowledge self-control, to self-control perseverance, to perseverance godliness, 7 to godliness brotherly kindness, and to brotherly kindness love. 8

For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.

9 For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins.

II Peter 1:5-9

Tuesday, January 18

***4Yea, Though I Walk Through the Valley of the
Shadow of Death,***

Micah 7:7-8

Joshua 1:9

**Therefore I will look to the Lord; I will wait for the God of my
salvation; My God will hear me. 8 Do not rejoice over me, my
enemy; When I fall, I will arise; When I sit in darkness, The Lord
will be a light to me.**

Micah 7:7-8

**Have I not commanded you? Be strong and of good courage; do
not be afraid, nor be dismayed, for the Lord your God is with you
wherever you go.**

Joshua 1:9

Wednesday, January 19
Faith Over Fear

Isaiah 41:10
Luke 12:29-32

**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.'**

Isaiah 41:10

**And do not seek what you should eat or what you should drink,
nor have an anxious mind. 30 For all these things the nations of
the world seek after, and your Father knows that you need these
things. 31 But seek the kingdom of God, and all these things
shall be added to you.**

**32 "Do not fear, little flock, for it is your Father's good pleasure
to give you the kingdom.**

Luke 12:29-32

Thursday, January 20
I Will Fear No Evil; For You Are With Me;

Psalm 91:5-11

**You shall not be afraid of the terror by night,
Nor of the arrow that flies by day,
6 Nor of the pestilence that walks in darkness,
Nor of the destruction that lays waste at noonday.
7 A thousand may fall at your side,
And ten thousand at your right hand;
But it shall not come near you.
8 Only with your eyes shall you look,
And see the reward of the wicked.
9 Because you have made the Lord, who is my refuge,
Even the Most High, your dwelling place,
10 No evil shall befall you,
Nor shall any plague come near your dwelling;
11 For He shall give His angels charge over you,
To keep you in all your ways.**

Psalm 91:5-11

Friday, January 21
Benefits

Psalm 84:11-12
Philippians 1:6

**For the Lord God is a sun and shield;
The Lord will give grace and glory;
No good thing will He withhold
From those who walk uprightly.
12 O Lord of hosts,
Blessed is the man who trusts in You!**

Psalm 84:11-12

**Being confident of this very thing, that He who has begun a good
work in you will complete it until the day of Jesus Christ**

Philippians 1:6

Saturday, January 22
Your Rod and Your Staff, They Comfort Me.

Psalm 71:20-21
Ezekiel 20:37-38

**You, who have shown me great and severe troubles,
Shall revive me again,
And bring me up again from the depths of the earth.
21 You shall increase my greatness,
And comfort me on every side.**

Psalm 71:20-21

**"I will make you pass under the rod, and I will bring you into the
bond of the covenant; 38 I will purge the rebels from among you,
and those who transgress against Me; I will bring them out of
the country where they dwell, but they shall not enter the land
of Israel. Then you will know that I am the Lord.**

Ezekiel 20:37-38

Sunday, January 23
Pursue & Protect Peace

John 14:26-27
Philippians 4:6-8

But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. 27 Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

john 14:26-27

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Philippians 4:6-8

Monday, January 24

***⁵You Prepare A Table Before Me In the Presence of
My Enemies;***

Psalm 143:9-12

Deliver me, O Lord, from my enemies;

In You I take shelter.

10 Teach me to do Your will,

For You are my God;

Your Spirit is good.

Lead me in the land of uprightness.

11 Revive me, O Lord, for Your name's sake!

For Your righteousness' sake bring my soul out of trouble.

12 In Your mercy cut off my enemies,

And destroy all those who afflict my soul;

For I am Your servant..

Psalm 143:9-12

Tuesday, January 25

Provision & Protection

Deuteronomy 28:1-8

Now it shall come to pass, if you diligently obey the voice of the Lord your God, to observe carefully all His commandments which I command you today, that the Lord your God will set you high above all nations of the earth. 2 And all these blessings shall come upon you and overtake you, because you obey the voice of the Lord your God: 3 Blessed shall you be in the city, and blessed shall you be in the country. 4 Blessed shall be the fruit of your body, the produce of your ground and the increase of your herds, the increase of your cattle and the offspring of your flocks. 5 Blessed shall be your basket and your kneading bowl. 6 Blessed shall you be when you come in, and blessed shall you be when you go out. 7 "The Lord will cause your enemies who rise against you to be defeated before your face; they shall come out against you one way and flee before you seven ways. 8 The Lord will command the blessing on you in your storehouses and in all to which you set your hand, and He will bless you in the land which the Lord your God is giving you.

Deuteronomy 28:1-8

Wednesday, January 26

You Anoint My Head With Oil; My Cup Runs Over.

Psalm 16:5-11

Psalm 115:13-15

O Lord, You are the portion of my inheritance and my cup; You maintain my lot. 6 The lines have fallen to me in pleasant places; Yes, I have a good inheritance. 7 I will bless the Lord who has given me counsel; My heart also instructs me in the night seasons. 8 I have set the Lord always before me; Because He is at my right hand I shall not be moved. 9 Therefore my heart is glad, and my glory rejoices; My flesh also will rest in hope. 10 For You will not leave my soul in Sheol, Nor will You allow Your Holy One to see corruption. 11 You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.

Psalm 16:5-11

**He will bless those who fear the Lord,
Both small and great.
14 May the Lord give you increase more and more,
You and your children.
15 May you be blessed by the Lord,
Who made heaven and earth.**

Psalm 115:13-15

Thursday, January 27
Blessed to Be a Blessing

Proverbs 3:9-10
II Corinthians 9:6-8

**Honor the Lord with your possessions,
And with the firstfruits of all your increase;
10 So your barns will be filled with plenty,
And your vats will overflow with new wine.**

Proverbs 3:9-10

**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

Friday, January 28

***6Surely Goodness and Mercy Shall Follow Me All the
Days of My Life;***

Psalm 36:9-10

Psalm 103:17-18

For with You is the fountain of life;

In Your light we see light.

**10 Oh, continue Your lovingkindness to those who know You,
And Your righteousness to the upright in heart.**

Psalm 36:9-10

But the mercy of the Lord is from everlasting to everlasting

On those who fear Him,

And His righteousness to children's children,

18 To such as keep His covenant,

And to those who remember His commandments to do them.

Psalm 103:17-18

Saturday, January 29
Pray for 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 30

And I Will Dwell in the House of the Lord Forever.

I John 2:24-25

Psalm 27:4

Therefore let that abide in you which you heard from the beginning. If what you heard from the beginning abides in you, you also will abide in the Son and in the Father. 25 And this is the promise that He has promised us—eternal life.

I John 2:24-25

**One thing I have desired of the Lord,
That will I seek:
That I may dwell in the house of the Lord
All the days of my life,
To behold the beauty of the Lord,
And to inquire in His temple.**

Psalm 27:4

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 **2022 Church Consecration: Walking Through in '22**. I hope this time has solidified a new commitment to prioritizing your personal spiritual health and growth. We pray that you have developed, revitalized, and 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 while we are ***Walking Through in '22***. May our vision be firmly fixed on Christ and our spirits fine-tuned to hear His voice alone.

Selah!



1569 W. Main St. | Lewisville, TX 75067

Rev. Joseph R. Fields, Pastor

www.nbcfm.org

Myths About Fasting...BUSTED!

Myth #1 ~ Fasting is about weight loss and 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 Sonic!" **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 health issues, especially if you're 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; they need to know! 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.**