



REFOCUS

LOOK
AGAIN

2023



2023 FASTING GUIDELINES
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ARCHBISHOP
Allen T.D. Wiggins





FASTING OPTIONS

INTERMITTENT FASTING

Intermittent Fasting is an eating pattern based on time rather than a conventional diet focused on just food.

Intermittent Fasting can follow several patterns, the most common being the 16:8 method, meaning for 16 hours you fast (eating nothing and drinking only water), and then have a feeding window for 8 hours. During the 8 hours you eat a simple meal, excluding sugars and other high caloric foods and drinks.

THE COMPLETE FAST

The complete fast is the abstinence from food and drink for a specified period of time.

The complete fast can follow several patterns, the most common being eating nothing for 24 or more hours and drinking only water. Once the specified time is complete you resume your normal eating habit or choose a less rich diet.

THE DANIEL FAST

The Daniel Fast is a partial fast based on a story from the biblical Book of Daniel. It's a strict vegan diet that prohibits animal products, leavened breads, processed foods, caffeine, and alcohol for a period of time.



FASTING GUIDELINES

- ▶ Whole Grains, whole wheat and brown or wild rice (be sure there is no white rice in the wild rice), wheat/spinach wraps are ok but should be used in moderation.
- ▶ Legumes: Dried Beans, Pinto Beans, Split 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, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon, and the list goes on. If you are using dried fruits, make sure they do not have added sugar.
- ▶ Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger-root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers (if you are not allergic to soy) without the egg or cheese.
- ▶ Seeds, Nuts, Sprouts. Also nut butters including peanut butter without added sugars
- ▶ Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices (no sweetened drinks or sweetened fruit juice), honey is a natural sweetener which may be used in moderation
- ▶ All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.
- ▶ Natural herbs and spices



FOODS TO AVOID

- ▶ Sugar and sugar products, refined sugar products (desserts, soft drinks, diet soda etc.)
- ▶ Wines, Alcoholic beverages
- ▶ Drinks including caffeine (coffee, dark teas, etc.), Non sweet green/herbal teas are ok
- ▶ Refined Bread, grains, and rice
- ▶ Meats, poultry, dairy products, eggs





SPIRITUAL GOALS

RELINK TO GOD...

- ▶ For revelation of who you are in Him
- ▶ For revelation of why you are here and what He created you to do
- ▶ For clarity in all areas of your life -mental, physical, financial, etc...
- ▶ For deliverance from any habits that don't honor Him.

RELOAD BY...

- ▶ Spending quality time with God daily - praying, reading and meditating on His word
- ▶ Taking time daily to just be quiet and still in His presence
- ▶ Journaling the things that the Holy Spirit is revealing to you and what you believe God is instructing you to do

RELAUNCH BY...

- ▶ Releasing all hurts - past and present and walking in forgiveness
- ▶ Speaking positive affirmations about yourself and about others
- ▶ Sharing your testimony of God's saving grace with those that may not know Him with hope of winning them to Christ
- ▶ Walking in your divine purpose

EVERYONE IS EXPECTED TO:

1. Participate in the New Lifestyle Fast
2. Participate in the prayer opportunities (6 AM Prayerline, Private Prayer)
3. Participate in the Daily Devotions
4. J.A.M. Join a ministry and use your gifts.
5. Consciously invite friends and family to worship service with a "Hope" of winning them to Jesus Christ.

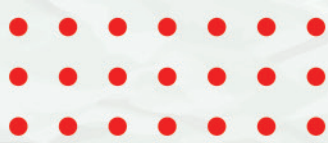
PRAYER AND STUDY

Your goal in fasting is to develop a closer relationship

is a time of consecration from the things of the world to the things of God. First, fasting allows you to improve your communication with God through prayer and as your communication improves your relationship with God is strengthened. Thus, to effectively communicate with God you must have a strong prayer life. It is critical to increase your prayer time during a fast. Pray as often as possible, or do as the Scripture says and pray without ceasing. Carry yourself in a posture of prayer not only to ask of

God, but to hear from Him as well. Set aside certain specific times for prayer and journaling.





Here are some pointers that will also help:

- ▶ Take time to be quiet before the Lord and listen to the voice of the Spirit.
- ▶ Record in your journal what the Holy Spirit is revealing to you.
- ▶ Write down prayer requests.
- ▶ Write down revelation and insights given to you during the fast.
- ▶ Write down your praise reports.
- ▶ Write down any dreams and pray for the interpretation of them.

A second and powerful way to develop a closer relationship with God is to study the scriptures. The scripture is the very Word of God. To know God, you have to know His Word. In addition to prayer, during a fast, you should increase your time of studying His Word. Listen to Bible teaching tapes while you're driving, at work or at home to help you stay focused on God's Word. Try to saturate your atmosphere with the Word of God. When the fast is over, you should be spiritually renewed and

strengthened because you have more control over your flesh and intensified your commitment to God through prayer and study.

Please pray in your closets (isolation) and/or with a partner for 15 minutes twice each day, and maintain a posture of prayer throughout the day.





ACCOUNTABILITY

Accountability is a powerful tool for success. You will probably be most successful with this fast if you make yourself accountable to at least one other person during this fast. Encourage one another. If someone falls and eats the wrong foods, do not condemn them. Help them start again. Walk in love and mercy. During this period, as you continually place your flesh under submission to your spirit, you will find increasing opportunities to reflect the character of God in your daily walk.

SPECIAL NOTE: For those with health issues, consult your physician for guidance and participation. You may not be able to participate in the Daniel fast, but alternative fasts may select one or more of the following fasts to participate in:

- ▶ A word fast (a refusal to speak any words that hurt, injure or cause fear, doubt, anger, strife, shame or guilt)
- ▶ A media fast – (a fast from media, TV, internet and radio in order to listen to the Bible on tape or listen to teaching tapes instead)
- ▶ A fast from harsh, critical words at home (This fast will help you as a mother or father to use language that is courteous, kind and uplifting

to children. It will help you as a husband or wife to speak only encouraging, uplifting words to your spouse.)

- ▶ A fast from gossip (Are you surrounded by gossip, criticism and negativity at work or with a social group? This fast helps you gain control over such deadly, toxic social environments. Simply refuse to listen to any gossip.)
- ▶ A financial fast (Purchase “The Power to Prosper: 21 Days to Financial Freedom” by Michelle Singletary.)

Children may participate under parental supervision. Parents are encouraged to explain fasting to their children and solicit their commitment (i.e. ask them what are they going to fast – sugars, dessert, television, phone, etc.)



BREAKING THE FAST

At the conclusion of the fast, carefully introduce your “new” normal eating plan. Start with soft foods for at least one day and slowly introduce those foods that God is leading you to eat in your new dietary plan (notice those things/items that God has delivered you from.)



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