

Grace Temple Ministries

“This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. “ 1 John 1:5 NKJV

Fasting Days- January 17- February 6, 2022

January 17-22nd, 6 days; Fasting until Noon ~ Condition of Man/ Inner Discipline

- Psalms 27:1; 1 Peter 2:9
- Meditation & Consecration ~ focus on scripture reading, audio scriptures, prayer, and devotion

Fasting time based on 6 hours after the time you awake

(Eliminate bread, desserts/sweets; also remove social media and television during the 6 hour timeframe)

- Day One: Hunger & Thirst for God - Matthew 5:6
- Day Two: Spiritual Unification - Psalms 133
- Day Three: Desire to fellowship with the saints and have relationship and accountability among one another - 1 John 1:7
- Day Four: Gathering of believing men and women to be spiritually in tune and on one accord - 1 Cor. 3:9
- Day Five: Pray for a desire for health, wholeness, and spiritual things - 3 John 1:2
- Day Six: Stewardship and Commitment - Matthew 25:14-46; 1 Cor. 9:17; Col. 1:24-28

January 23-29th, 7 days; Fasting until 1P ~ Having our Spiritual Man Complete/ Outer Discipline

- Psalms 119:130
- Meditation & Consecration ~ focus on scripture reading, audio scriptures, prayer, and devotion

Fasting time based on 7 hours after the time you awake

(Modified Daniel Fast-no meats, starches, breads; also remove social media and television during the 7 hour timeframe)

- Day One: Being in tune with God Spiritually - Matthew 4:4
- Day Two: Submission to the things of God - James 4:7; Romans 14:11-12
- Day Three: Endurance to maturity - James 1:2-4
- Day Four: Financial Stability; Spiritual insight to increase finances to support the church for the kingdom of God - Acts 4:32-37
- Day Five: Singles to have completeness in every area of life and to obtain Godly desires of their heart - Colossians 2:1-10
- Day Six: Marriages to be spiritually connected and restored - Romans 5:5; Philippians 1:9; Colossians 3:12-14
- Day Seven: Families to be connected by the Kingdom Spirit - Proverbs 24:3-4

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Fasting Days- January 17- February 6, 2022

January 30-February 6th, 8 days; Fasting until 2P ~ New Beginnings in a New Walk of Life/Corporate Discipline

- Psalms 119:105
- Meditation & Consecration ~ focus on scripture reading, audio scriptures, prayer, and devotion

Fasting time based on 8 hours after the time you awake

(Modified Daniel Fast-no meats, starches, breads; also remove social media and television during the 8 hour timeframe)

- Day One: Increase in every area of life - Romans 4:17-21; 1 Chronicles 4:9-10
- Day Two: Desire to serve God and His kingdom - Matthew 20:25-28; St. John 13:14-15
- Day Three: Begin to live by the Word of God- Matthew 4:4; Psalms 119:9
- Day Four: Increase spiritual discernment - Malachi 3:18; Hebrews 5:14; 1 John 4:1-11
- Day Five: Increase our Worship and Praise - St. John 4:23; Matthew 4:10; Mark 12:30
- Day Six: Commitment to soul winning (adding souls to GTM Grace & Gospel) - Proverbs 11:30-31; Matthew 4:19; Daniel 12:3 (NIV & NLT)
- Day Seven: Creating an atmosphere for revival where the spirit of God is at work in the ministry - Psalms 85:6-13
- Day Eight: To have a Spiritual Awakening - Ephesians 5:8-21

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Last 15 Fasting Days- January 23- February 6, 2022

A Modified Version of The Daniel Fast

For a list of food ideas www.Daniel-Fast.com

Listed below are foods that are available to eat while on the Daniel fast. This list may not contain every fruit and vegetable available. A general rule of thumb is, focus on foods that can be harvested from the ground and not chemically processed or created.

This information is to be used in combination with the previous instructions given. Remember, do your best to remain in cooperation with the food lists below. There may be times when you are dining out that you cannot avoid foods that may be prepared in butter, margarines, and other substances.

Stay encouraged and when possible, opt for restaurants that prepare made-to-order meals or prepare meals at home.

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

All vegetables. These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, 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 are an option if you are not allergic to soy.

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All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, oatmeal, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn. **Whole grain products can be identified by the ingredient list. Typically, if the ingredient lists "whole wheat", "Rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Wheat flour is not a whole grain. Many breads are colored brown (with molasses) and made to look like whole grain but are not.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. 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, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Soups including meatless soups, vegetable soups, and liquid soups.

Beverages: spring water, distilled water, or other pure waters, 100% fruit and vegetable juices, 100% fruit smoothies

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

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

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All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

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

All deep-fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard, and foods high in fat.

Desserts including but not limited to ice cream, shakes, malts, cake, pie, and fruit salads made with whip cream.

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

Remember, READ THE LABELS!

Snacks for The Daniel Fast

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." I suggest you still take snacks in "servings", so you don't overeat on these sometimes high-calorie foods.

- ◆ Rice cakes, just plain old crunchy patties
- ◆ Rice cakes with peanut butter and raisins
- ◆ Almonds
- ◆ Dried fruit including apricots
- ◆ Apples dipped in nut butter
- ◆ Sliced fruit
- ◆ Veggies with dip
- ◆ Popped popcorn
- ◆ Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit
- ◆ Fruit kabobs
- ◆ Frozen fruit including grapes, blackberries, strawberries, and bananas
- ◆ Whole wheat crackers* with nut butter
- ◆ Hummus with flat bread*