

CONGRATULATIONS on your commitment to fast with THE GATHERING CHURCH!

I am so excited about what is going to happen over the next 21 days! As we intentionally put God first, he will move in our lives and the life of this church. He will work in ways we could never have imagined! Together, we take this journey. Together, we will go the distance in discovering God's plan. I'm praying for you and wishing you all of God's best during this time!



## FASTING GUIDELINES

### FOCUS:

The fast is a spiritual discipline designed to better connect us with God. As a church, we are fasting in order to deepen our relationship with God and to walk in step with His plan and purpose. The best way to do this is to redirect our food source. This is accomplished through substituting our regular food intake with Bible reading, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God and seeing Him move in a powerful way in our lives and the church.

### TIMELINE:

**FIRST DAY:** 24-hour Liquid Fast

We will drink water, natural fruit juice and herbal caffeine-free tea (lunch will be your last meal and you will resume meals at dinner on Tuesday).

**SECOND DAY:** Begin the "Daniel Fast"

Begin to introduce meals with pure foods of fruits and vegetables. This plan will continue for the next 20 days.

**DAY 22:** Break the Fast

Celebrate what God has done, expect greater things, and grow spiritually.

### MENU:

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

If you have any condition and/or special circumstances which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, other technology, etc.) and fast in that manner for the next 21 days. Remember, the details are not as important as the spirit in which you participate.

\*If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

## FOODS TO EAT

**WHOLE GRAINS:** Brown Rice, Oats, Barley

**LEGUMES:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

**FRUITS:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

**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

Seeds, Nuts, Sprouts, Quinoa

**LIQUIDS:** Water, Unsweetened Soy Milk, Unsweetened Almond or Coconut Milk, Herbal (caffeine free) Tea, Natural Fruit Juice (no added sugar), Honey, Stevia (Sweet Leaf or Kal Brand)

## FOODS TO AVOID

Meat, Poultry, Fish

White Rice

Fried Foods

Caffeine, Coffee, Tea (including decaf)

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar or Sugar Substitutes

White Flour

Margarine, Shortening, High Fat Products

All Breads

Dairy (milk, butter, cheese, yogurt, etc.)

### FAST FORWARD:

God is certain to bless your life in new and exciting ways during the fast. We encourage you to write down your prayers and the many ways God reveals Himself to you. Praise Him for the relationship you have with Him and the work He is doing in your life. Be sure to send us your stories at [info@tgstaff.com](mailto:info@tgstaff.com)!