

Grace Community Christian Ministries 2021 New Year Consecration

*“Gather my saints together to Me,
those who have made a covenant with me by sacrifice”
(Psalm 50:5)*

Annual Daniel Fast and Corporate Prayer

Grace Community Christian Ministries will be participating in a time of corporate consecration through fasting and prayer during the month of January 2021.

Corporate Prayer will also be conducted throughout the fast – please see attached calendar for exact dates and times.

The annual “Daniel Fast” will begin **Monday, January 11, 2021 and end Sunday morning January 31, 2021 after Sunday School**. Please see attachment for the details of the fast. (Also see Daniel 1:8-15. 10:1-3).

The annual New Year Consecration is a time of:

- Prayer and supplication
- Repentance
- The giving and receiving of forgiveness
- Re-dedication to the purposes of God
- Seeking the perfect will of God (individually and corporately)

The goal in fasting is to become closer to God by voluntarily denying the demands of the flesh and feeding your spirit. During this time of dedication to the Lord, increase your prayer life and study the scriptures with new intensity. You may want to do a study on **fasting**.

Note: *During the consecration, please limit your television viewing and entertainment.* Utilize this time for reading Christian literature, bible study and prayer. You may also want to consider an accountability partner during the fast i.e. someone to support and encourage you, as well as pray for you to stay focused during the consecration.

Important exception: Anyone with a medical condition related to eating or under treatment of a physician must consult their doctor. Children, especially young children, will have special needs that must be considered. Under these conditions, find some sacrifice in the area of food that can be made without endangering health such as eliminating sugary products, fast foods, etc.

Continued over

Daniel Fast/21-day Consecration – (January 11 – January 31, 2021)

Daniel 10th chapter

(verse 3) – “I ate no pleasant bread, neither came flesh nor wine in my mouth....till three whole weeks were fulfilled.”

Isaiah 55:6- “Seek ye the Lord while He may be found, call ye upon Him while He is near...”

Matthew 18:19, 20- “Again I say unto you, that if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them.”

NOTE:

*******Let us seek the Lord to receive –Clarity, Greater Intimacy with the Lord, Direction, Devotion, and a Deeper Hunger & Thirst for Righteousness!!!**

St. John 4:23, 24 – “But the hour cometh, and now is, when the True Worshipers shall worship the Father in Spirit and in Truth: for the Father seeketh such to worship Him. God is a Spirit: and they that worship Him must worship Him in Spirit and in Truth.”

I Corinthians 14:4, 15 & 18 – “He that speaks in an unknown tongue edifieth himself, but he that prophesieth edifieth the church...I will pray with the Spirit, and I will pray with the understanding also: I will sing with the Spirit, and I will sing with the understanding also...I thank my God, I speak in tongues more than you all.”

Jude 20 & 21 – But Ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost, keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.

Daniel 2:22 – “He revealeth the deep and secret things: He knoweth what is in darkness, and the light dwells with Him.”

Daniel 6:3,10 – “Then this Daniel was preferred above the presidents and princes, because an excellent spirit was in him: and the king thought to set him over the whole realm...Now when Daniel knew that the writing was signed, he went into his house, and his windows being opened in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforesaid.”

Daniel 9:3 – “And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes.”

SEVEN TIPS FOR OBSERVING A DANIEL FAST IN 2021

1. Be Specific

Daniel was not vague in his objection to the King of Babylon's provision of food. He defined the problem immediately. Daniel 1:8

- a. The king's food was likely **not kosher, against Jewish dietary laws.**
- b. Daniel and his friends had vowed against **wine.**
- c. The king's food could have been offered up to idols or demons.

2. Fast as a spiritual commitment

The **Daniel Fast** involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself." Daniel 1:8

3. Reflect inner desire by external discipline

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not healthy. Physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following factors:

- a. Your **food** choices
- b. The level of your **spiritual commitment**, as reflected in constant prayer during the fast.
- c. Your **time commitment**. If you determine to fast for a certain time, keep it. For example, if you determine to fast ten days, don't stop on day nine.
- d. Your **testimony commitment**. Your fast is a statement of faith in God. You want God to heal your body. **Faith is foundational to the Daniel Fast.**

4. Pray to see sin's role in your health or sickness

Read James 5:13-20 KJV

James 5:13 Is any among you afflicted? Let him pray. Is any merry? Let him sing psalms. 14 Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: 15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven Him. 16 Confess your faults one to another and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Observations:

- **Actions and attitude are important.** James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms." James 5:13

- The **sick person must call** for the elders. James 5:14
 - Sin is something **related to the cause** of sickness. James 5:15
 - Lack of health or healing may be the **result of spiritual rebellion**. James 5:15
 - Lack of health or healing may be **due to sin of wrong consumption**. i.e. poor diet, drugs, pornography, James 5:15
 - **Repentance is linked to health**. James 5:16
 - Prayer alone may not gain healing, **faith in God is the major factor**. James 5:15, 17-20
5. **Fast as a statement of faith to others**
Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.
6. **Learn the effects of the food you eat**
Why are some foods good for us? Why are other foods bad for us? What do certain foods do to your body? If we really knew, there would likely be some things we would never eat again
7. **Yield all results to God**
Daniel said, "as you see fit, deal with your servants." Daniel 1:13 There is no indication that Daniel or his friends ever began to eat the king's food.

This is a year 2021 Application of Daniel's Fast or Diet

This **Daniel Fast** is not exactly the same as Daniel's original Fast or Diet.

This **Daniel Fast** will lead to spiritual Insight. "As for these four boys, God gave them knowledge and skill." Daniel 1:17

This **Daniel Fast** is longer than one day. These young men fasted for at least ten days. (Daniel 1:12, 15)

This **Daniel Fast** is a partial fast. Daniel and his friends ate only vegetables and drank only water. (Daniel 1:12) We will allow more to eat than they did for various reasons.

This application of a **Daniel Fast** requires abstinence from party or junk foods.

Food Guidelines for observing This 2021 Daniel Fast or Diet

1. You have freedom in this Daniel Fast to modify it according to your personal physical and spiritual needs. You can modify these guidelines as you feel led by the Lord, If you feel that it would be more productive for you spiritually or physically to avoid certain foods or spices, that would be great. If you feel led by the Lord to eat only vegetables and drink only water, then do so!
2. The main thing is to **decide ahead of time how you are going to apply the Daniel Fast.** Then stick to your commitment for the length of time you have decided to fast. Some people feel that it is good to make a permanent lifestyle change to the Daniel Fast. Daniel didn't do his "fast" for a limited amount of time. It was his lifestyle. Daniel asked for permission to avoid the king's delicacies over a ten day period. Then, if he was still healthy looking, he could continue his "diet."
3. **Daniel's reason for his "diet" are given in Daniel 1:8 - The Message Bible**

"But Daniel determined that he would not defile himself by eating the king's food or drinking his wine, so he asked the head of the palace staff to exempt him from the royal diet"

Foods to eat

Daniel seemed to eat only **things planted for harvest** and drank only **water**. You may want to keep it simple and eat only vegetables and drink only water.

- **Whole grains:** brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat
- **Legumes:** dried beans, pinto beans, split peas, lentils, black eyes peas, peanuts
grain legumes include beans, lentils, lupins, peas and peanuts
- **Fruits:** apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.,
- **Vegetables:** artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.
- **Seeds:** all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
- **Liquids:** spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices

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Foods to Avoid

Basically, you want to avoid the King's food. By application, that means that we are avoiding all those things that the Jews couldn't eat. We're also avoiding foods that only royalty in ancient days could afford. It wasn't until recent history that most Americans could afford to eat meat or poultry. In most of the world today, very few people can afford to eat any kind of meat or processed foods, like the following items to avoid. **Meat**, because Daniel didn't want to take the chance of eating non-kosher meat and/or meat that was offered to idols.

- white flour and all products using it
- white rice, white bread, white hominy and white pasta
- fried foods
- caffeine
- carbonated beverages, including diet sodas
- foods containing preservatives or additives
- refined sugar
- chemical sugar substitutes
- margarine, shortening, animal fat, high fat products
- daily products

Sample Daniel Fast

Morning

Begin each morning with 8 oz spring or distilled water with the juice of ½ a fresh lemon

1 cup of oatmeal or any kind of whole grain unprocessed cereal

Piece of fruit

Cup herbal tea (no sugar or honey)

Mid morning

8 oz. of water

8 oz. of fresh vegetable or fruit juice, or kosher juice

Lunch

Salad with raw vegetables - such as celery, tomatoes, cucumbers, broccoli, etc (choose from the list on page 6)

Salad dressing - olive oil w/lemon and basil; or balsamic vinegar and olive oil; 8-16 oz. water

Late Afternoon

8 oz. of water

Herbal tea of 8 oz. of kosher fruit juice, or fresh juiced vegetable

Dinner

½ cup of brown rice or couscous, or whole wheat pasta

Steamed vegetables of your choice

Mixed w/olive oil

8 to 16 oz. of water

After Dinner Snack

Piece of fruit

8 oz. of water