



21 DANIEL FAST

DAY

YOUR COMPLETE GUIDE

JAN. 4 - JAN. 24

RALEIGH NORTH CHRISTIAN CENTER



IMPORTANT FAST GUIDELINES

- **Eat your Daniel Fast style meal before 8pm daily.**
- **No snacking in between meals (if your health allows it)**

Foods you may INCLUDE in your diet during the Daniel Fast

All fruits: These can be fresh, frozen, dried, or juiced. 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, or juiced. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, 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

All whole grains: Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds: Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes: All Legumes and beans; Legumes include 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, grape seed, peanut, and sesame.



Foods to **AVOID** in your diet during the Daniel Fast

All sweeteners: Including but not limited to sugar, raw sugar, honey, syrups, molasses, date honey, agave, stevia and cane juice.

All breads: 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 Vegetable Oil & Margarine

Certain Beverages Including but not limited to all sugary drinks, carbonated beverages, no store bought juices (only fresh pressed juices) and alcohol.

Remember, READ THE LABELS!

IMPORTANT HEALTH 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. If you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of this page.



DANIEL FAST PRAYER TARGETS

The Daniel Fast is our 21-day commitment to pray and fast collectively.

OUR COUNTRY:

- Local and national positions in all three branches of government (executive, legislative, and judicial); specifically pray for our mayor, commissioners, Governor Cooper, congressmen/women, appointed positions in local and national government, as well as President/VP Trump/Pence and President/VP elect Biden/Harris.
- Healing in the land; that the COVID pandemic will end, and health fully restored.
- That God restores the joy of everyone negatively impacted by the circumstances surrounding COVID-19.
- For every RNCC member to become closer to the Lord and get to know Him better.
That families and marriages will be healed.
- Jobs provided for those in need.
- God's blessings on each business owner at RNCC and those seeking to start a business.
- Youth, teens, young adults, adults, and seniors; that the eyes of their understanding would be enlightened based on Ephesians 1:18
- That we would walk by faith and not by sight, or fear. No fear in Jesus' name!
- That we would fully believe God promises.
- That we would pray the promises of God and speak life.

DR JEFFERY, LADY SANDIE & THE CHAPMAN FAMILY:

- Wisdom and direction in pastoring, leading and making decisions
- All of their needs are met; totally debt-free in every area
- Their marriage thrives; that they will grow stronger and closer, leading by example
- That they will be healthy and whole as they continue the legacy of excellence
- Wealthy, healthy and wise!

PROJECT 5009

- Reach and supersede our goal of breaking ground in 2021
- Every RNCC member makes a commitment to pledge and participate in the Dream Commitment campaign. We can and we will do this!
- Increase funding to reach our goal of \$2.5 million raised by the end of January for the RNCC Ministry Center
- That our church will have favor with city and state officials for the campus development
- Integrity in the work done by all contractors involved
- Financial donors and partners
- Move into all three phases of the new Raleigh North Christian Center campus (Worship Center, Family Life Center, and Chapel) debt free.

THE INDIVIDUALS AND FAMILIES OF RNCC:

- Financially prosperous, in good health, and prospering spiritually
- That we seek the Lord diligently and end this fast more on fire for God
- That we grow in UNITY as a church family
- Growth as a ministry in maturity, membership and in our amazing volunteer base
- Greater church-wide community impact
- That we raise leaders to first lead themselves, loving God and others in an impactful way

MEMBERS' COMMITMENT AND SUPPORT

- That we set an alarm and show up online to attend virtual weekly services, including Bible Study and church-wide events
- That we attend Financial Learning Experience courses offered at RNCC, reducing/eliminating debt and gaining financial freedom
- That we grow in foundational knowledge of the things of God, attending online Bible Studies and the RNCC Next Level Foundations Classes (when offered) to better equip ourselves to live a life for Christ
- Invite people to church online

MINISTRIES

- Every ministry and ministry leader operates in unity and excellence
- That we make a difference together in our respective passions for whole life development

HEALTH & WELLNESS

- To be the healthiest church on the planet with long life, mental health and physical wellness

YOUTH

- That RNCC nurtures young people, teaching them the love of God
- That youth experience milestones in salvation, dedications, and foundational spiritual understanding; that these things come to pass through the work of Raleigh North Christian Center, by the grace and glory of God
- May our youth connect/plug in so they grow in knowledge and the things of God
- May parents have the clarity and courage to instill the fear of God into their children; teaching their children how to make God a daily priority; how to guard their hearts in what they watch and hear, and to seek God in their personal lives.
- That RNCC attracts youth and young adults of all ages to this ministry; that we as a church have the space and capacity to serve them well; that every child becomes a disciple of Christ and lives a life that honors Him; that they fear God with a holy reverence that protects and guides them for a lifetime
- That through our youth, each family is changed for the better

SPIRITUAL OASIS

- That we start building our future home at 5009 Louisburg Rd this year of 2021!
- That we are able to build as God said and expand the impact of this ministry
- That we continue to create a intimate, powerful place of worship with life changing teaching
- We pray for healing, deliverance, salvation, and strong biblical understanding for every member of our RNCC church family

DAILY SCRIPTURE FOCUS:

Day 1: Commit to the Lord whatever you do and your plans will succeed. **(Proverbs 16:3)**

Day 2: I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. They are always generous and lend freely; their children will be blessed. **(Psalms 37:25-26)**

Day 3: When a man's ways are pleasing to the Lord, He makes even his enemies live in peace with him. **(Proverbs 16:7)**

Day 4: A generous man will prosper; he who refreshes others will himself be refreshed. **(Proverbs 11:25)**

Day 5: Honor the Lord with your wealth, with the first fruits of all your crops; then your barns will be filled to overflowing and your vats will brim over with new wine. **(Proverbs 3:9-10)**

Day 6: And my God will meet all your needs according to His glorious riches in Christ Jesus. **(Philippians 4:19)**

Day 7: Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go. **(Joshua 1:9)**

Day 8: Give thanks to the Lord, for He is good; His love endures forever. **(Psalms 107:1)**

Day 9: Praise the Lord, O my soul and forget not His benefits- who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. **(Psalms 103:2-4)**

Day 10: Fear the Lord, you His saints, for those who fear Him lack nothing. The lions may grow weak and hungry, but those who seek the Lord lack no good thing. **(Psalms 34:10)**

Day 11: A righteous man may have many troubles, but the Lord delivers him from them all; He protects all his bones, not one of them will be broken. **(Psalms 34:19)**

Day 12: He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust. **(Psalms 91:1-2)**

Day 13: Now He who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. **(2 Corinthians 9:10)**

Day 14: And my God will meet all your needs according to His glorious riches in Christ Jesus. **(Philippians 4:19)**

Day 15: Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. **(Luke 6:38)**

Day 16: For surely, O Lord, You bless the righteous; You surround them with Your favor as with a shield. **(Psalms 5:12)**

Day 17: He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust. **(Psalms 91:1-2)**

Day 18: You have made known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand. **(Psalms 16:11)**

Day 19: For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline. **(2 Timothy 1:7)**

Day 20: If the Lord delights in a man's way, He makes his steps firm; though he stumble, he will not fall for the Lord upholds him with His hand. **(Psalms 37:23-24)**

Day 21: Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will make your paths straight. **(Proverbs 3:5-6)**