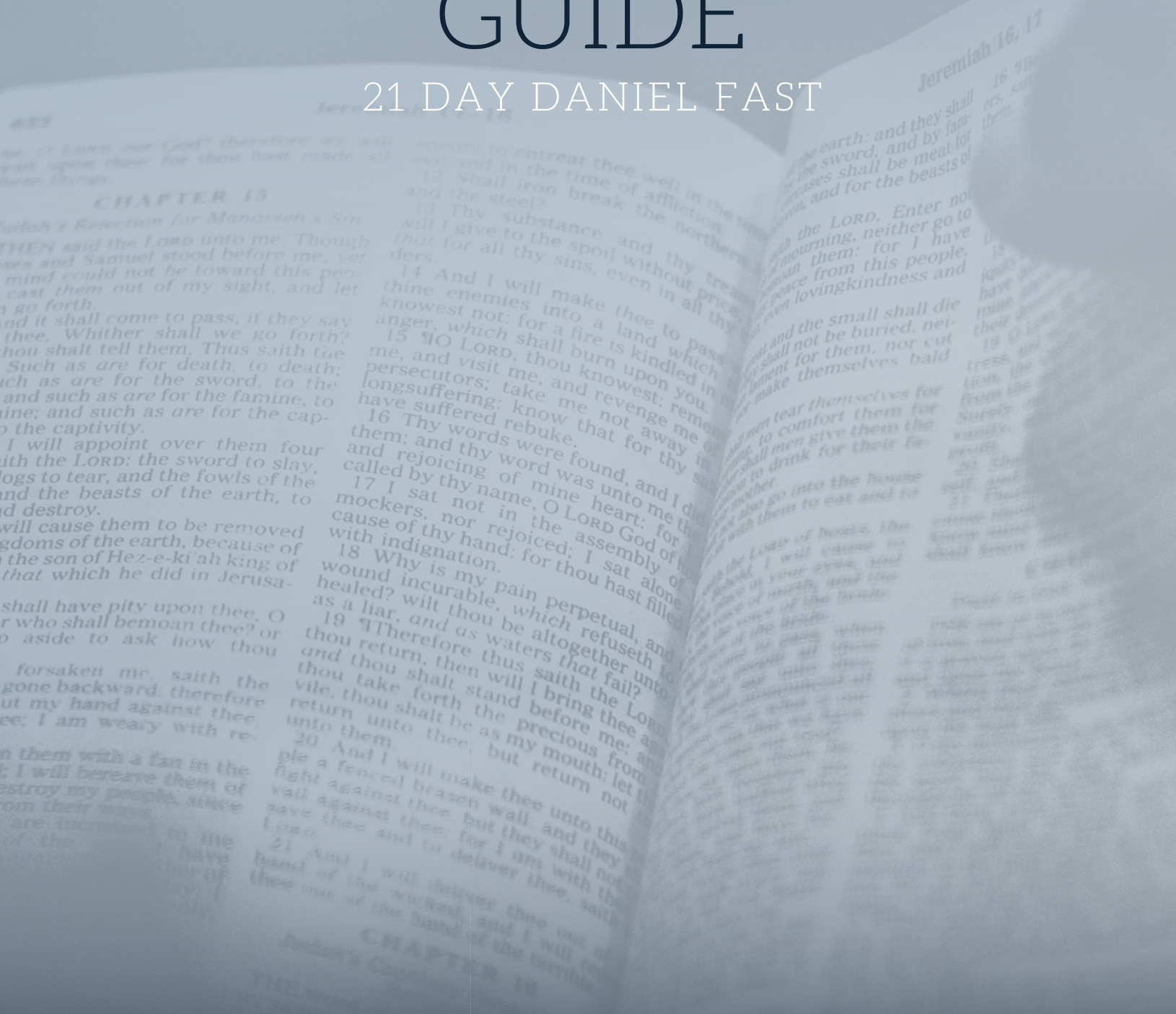




# CHURCH FASTING GUIDE

## 21 DAY DANIEL FAST



SUNDAY, JANUARY 5, 2020. - SATURDAY, JANUARY 25, 2020



## WHY FAST?

The goal of fasting is to draw closer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out! Fasting enables us to celebrate the goodness and mercy of God, and prepares our hearts for all of the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your own body, know your options and most importantly, seek God in prayer, biblical study and follow what the Holy Spirit leads you to do.

In addition, at CFC we encourage fasting corporately for 21 days each year in the month of January as a part of a season of focus and high intensity prayer as a church family.

## EXAMPLES OF CORPORATE FASTING IN THE BIBLE:

**1 Samuel 7:5-6** And Samuel said, Gather all Israel to Mizpeh, and I will pray for you unto the LORD. 6 And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, and fasted on that day, and said there, we have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh.

**Ezra 8:21-23** - I proclaimed a fast by the Ahava River, so that we might humble ourselves before our God and ask Him for a safe journey for us, our children, and all our possessions. 22 I did this because I was ashamed to ask the king for infantry and cavalry to protect us from enemies during the journey, since we had told him, "The hand of our God is gracious to all who seek Him, but His great anger is against all who abandon Him." 23 So we fasted and pleaded with our God about this, and He granted our request.

**Nehemiah 9:1-3** - On the twenty-fourth day of this month the Israelites assembled; they were fasting, wearing sackcloth, and had put dust on their heads. 2 Those of Israelite descent separated themselves from all foreigners, and they stood and confessed their sins and the guilt of their fathers. 3 While they stood in their places, they read from the book of the law of the Lord their God for a fourth of the day and spent another fourth of the day in confession and worship of the Lord their God.

## CONNECTION BETWEEN PRAYER AND FASTING:

Fasting and prayer is one of the most powerful spiritual combinations on earth. True fasting brings humility and alignment with God. It breaks the power of flesh and demons. It kills unbelief and brings answers to prayers when nothing else works. Fasting, prayer and worship puts us in harmony with an All Powerful God who demands humility from those who wish to be close to Him. Fasting humbles the flesh. When it is done for that purpose, it pleases the Spirit of God.



# WHAT IS THE DANIEL FAST?

A biblically based partial fast based on two accounts of the Prophet Daniel's fasting experiences (see Daniel 1 and 10) and typical Jewish fasting principles. Daniel 1 states that he only ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no meat or wine. So based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast.

The Daniel Fast eating plan is similar to a vegan diet with additional restrictions. See the Daniel Fast Food List below or online at [daniel-fast.com](http://daniel-fast.com) for a more complete outline of foods to include and foods to avoid.

How: Use this guide to assist you in your fast. This guide provides information to help you easily navigate and remain successful throughout the 21 days.

Fasting is a personal event: "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth; they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." (Matthew 6:16-18)

## OPTIONS FOR FASTING:

Start where you are and experience what God has in store for you in a powerful way. If you have any type of health condition and or, pregnant you should consult with your physician prior to beginning the Daniel Fast. This guide contains information and ideas on the Daniel Fast. There are other types of fasts that can be done. Don't let what you eat or do not eat become the focus of your fast. Keep focused on the purpose of the Fast – to draw closer to God. If you have never fasted before, start slowly. Following the complete Daniel Fast for 21 days may be too much to ask.

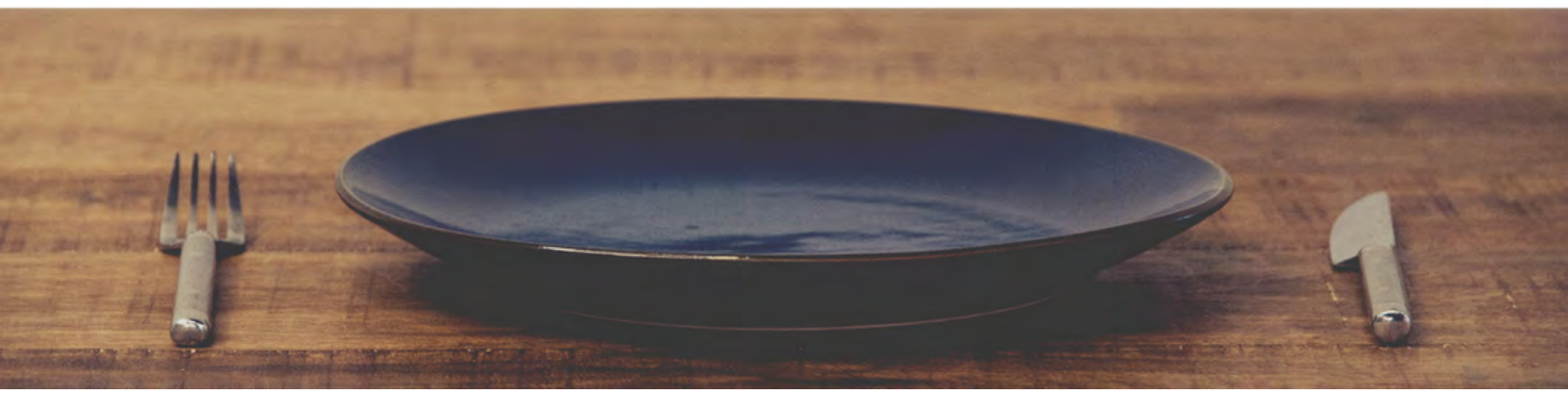
### Suggestions for other fasting options:-

- 2 meals a day for 21 days
- 1 meal a day for 21 days
- All meals 3 days a week for 3 weeks
- All meals 1 day a week for 3 weeks
- Television for 21 days
- Limit or eliminate your Coffee or Caffeine intake for 21 days
- Video Games for 21 days
- Facebook, Twitter or other social media for 21 days
- Desserts, Sweets, Soft Drinks, or Chocolate for 21 days
- Liquid fast – Juice or smoothies only
- Come up with your own routine

**REMEMBER! The goal is to have a successful fast, select a fast that works best for your lifestyle that will allow you to reach your goal.**

### What should I expect as I fast?

- You can expect it to be challenging and difficult. This will take discipline and focus on your part. Disciples are known by their discipline and commitment.
- If you'll stick to your commitment to the Lord, you should see a great increase in your faith and your personal spiritual transformation.
- God may answer your request during this 21 days, but he may not. There is no way for people to know exactly what God is going to do. We do know that during this time we will draw closer to the Lord and that is our goal.



- You will be more sensitive to God's Holy Spirit in your life. Removing some of the necessities and distractions of life will add a new sense of clarity to the voice of God.
- You will have an increased fellowship with God and have a greater understanding of what it means to depend upon Him to meet your needs. The biblical word for this is "supplication."
- You should find yourself praying more small direct prayers throughout the day.
- You should expect an increase in spiritual tension and resistance from the Devil. The Bible doesn't speak at all on the physical dangers of fasting. However, on several occasions it mentions the spiritual danger of fasting, specifically the pride and acknowledgement of being a devoted, zealous and admirable disciple.

### **Fasting Plan (1-2 weeks prior to fast)**

- Prepare physically and mentally
- Identify your motivation for fasting. What area of your life do you need God's guidance
- Review Isaiah 58 and other verses on fasting in the bible
- Begin to modify your diet, cut back on meat, dairy, caffeine and sugar
- Plan your meals and prepare a grocery list for the first week
- Select a prayer partner
- Decide on a Bible reading plan. Consider choosing one book of the bible or a specific topic to study for the entire 21 days.

### **During the Fast**

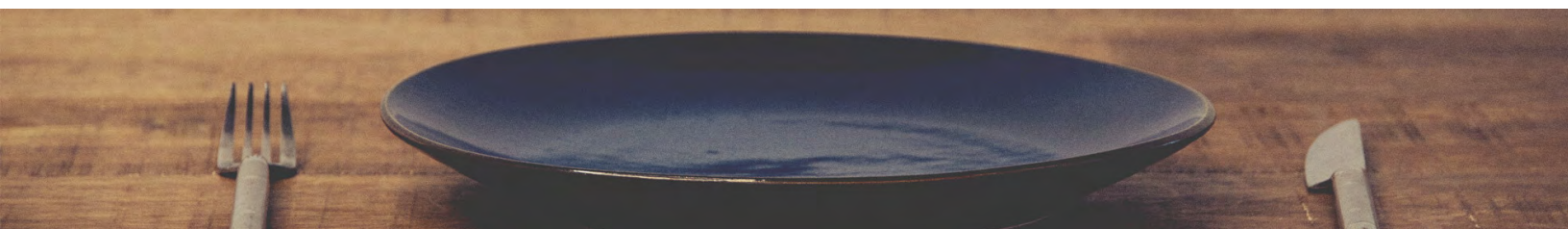
- Pray. Meditate and reflect everyday
- Read the Bible daily
- Connect with prayer partner or others and pray
- Drink plenty of water daily
- Plan meals in advance
- Focus on foods you can eat, not foods you cannot
- Consider juicing
- Maintain an active but light exercise regimen
- Keep a journal as God reveals things to you and document your reflections from day to day. This can serve as encouragement for you and as a testimony later for others

### **After the Fast**

- Slowly ease out of the fast, resist the temptation to go overboard with your eating
- Continue to spend time in the Word each day
- Continue to pray
- Continue to drink water
- Continue to thank God for his Greatness

### **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
- All leavened bread and baked goods. If you must have bread eat Ezekiel Bread found in the freezer section of the grocery store
- 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
- Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.





## **Foods to Eat**

- All fruits. Fresh, frozen, dried, juiced or canned.
- All vegetables. Fresh, frozen, dried, juiced or canned.
- 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 and almond butter, watch for sugars and choose a natural brand without additives.
- 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.
- Beverages: spring water, distilled water or other pure waters.
- Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices

## **FREQUENTLY ASKED QUESTIONS:**

### **1. What about gum and breathe mints?**

Gum or breath mints typically are flavored with sweeteners or chemicals. Alternatives like mint leaves, parsley, whole cloves and cinnamon sticks can be used. Also, adding lemon slices to your water will freshen your mouth.

### **2. Why aren't herbal teas allowed?**

The only beverage on the Daniel Fast is water (see Daniel 1). This is based on the prophet's fasting practice in Daniel 1 where he and his companions ate only pulse (food grown from seed) and drank only water. Tea is not water and therefore is not allowed on the Daniel Fast.

### **3. Can I take medications, while fasting?**

If you have health issues, you should always talk with your health professional before starting the Daniel Fast or any other major change in your diet. Fasting should never bring harm to the body, so medications should be continued.

### **4. How much food can I have?**

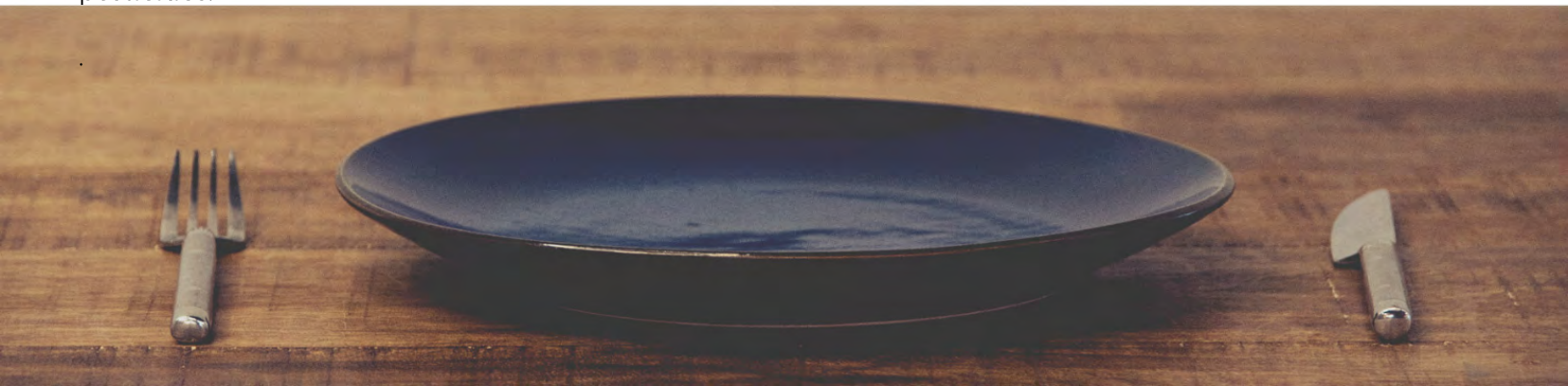
The Scriptures don't really state an amount of food that can be consumed. However, keep in mind that this is a fast (restricting food for a spiritual purpose). With that in mind, eating no more than three moderate meals and two small snacks would be appropriate.

### **5. Can I eat out a restaurant?**

Maybe. Most of the prepared foods found in grocery stores and or restaurants include sweeteners, chemicals or other ingredients that are not allowed on Daniel Fast. Plan and ask questions accordingly.

### **6. Do I need to eat organic foods while on the fast?**

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.



## **7. What about popcorn?**

Corn is listed in the vegetables to eat list. You can use a pot on the stove to prepare. Here is a simple recipe.

- 1) Put two tbsp. of grape seed oil in the bottom of a large pot.
- 2) Add enough popcorn to cover the bottom of the pan.
- 3) Turn heat to medium high. Look for the first popcorn kernel to pop.
- 4) Put the lid on the pot. Using potholders shake the pot over the burner.
- 5) Continue shaking until you no longer hear kernels popping

## **8. What about salad dressing?**

Olive oil, lemon or lime are options. Store bought brands have sweeteners and additives.

## **9. Do I have to follow the 21 Day Daniel Fast?**

No. Remember the goal of fasting is to find a fast that works for you and your lifestyle. You can choose a modified version of the Daniel Fast or some other kind of fast. In the Bible all fasts related to the giving up of food.

## **10. Where can I find recipes?**

Recipes for the Daniel fast can easily be found on the web. Some suggested sites are:

- [daniel-fast.com/my recipes](http://daniel-fast.com/my-recipes)
- [dish.allrecipes.com/recipes](http://dish.allrecipes.com/recipes)
- [www.ultimatedanielfast.com](http://www.ultimatedanielfast.com)

## **11. I have other questions or prayer needs, where can I go for assistance.**

Contact the church via the Realm app or via email at [info@cfriendship.org](mailto:info@cfriendship.org)

Join the CFC prayer call at 6:30 am daily during the Fast by calling:

218-862-9667 access code 728282# or via Pastor Quincy Stratford Facebook page

Read other resources online

- [www.daniel-fast.com](http://www.daniel-fast.com)
- [www.fastingchurches.com/downloads.html](http://www.fastingchurches.com/downloads.html)
- Fasting Starter Kit

## **12. Other books on prayer.**

- "Spirit Rising," by Jim Cymbala
- "When Couples Pray," by Cheri Fuller
- "The Prayer of Jabez," by Bruce Wilkerson
- "Secrets of the Vine," by Bruce Wilkerson







# DAILY PRAYER & SCRIPTURE

JANUARY 5TH - JANUARY 25TH



Day / Date	Today's Devotion	Scripture
<b>Monday Jan. 6th</b>	<p><b>“Trusting God in the battle!”</b></p> <p>Have you ever felt trapped? Have you ever felt overwhelmed or in a place of spiritual bondage? In life we will find ourselves in situations that are unfair and/or undesirable. God has given us tools to help us not only endure but win. Fasting and praying are spiritual disciplines that equip and strengthen us for life’s challenges. During this time period we are letting God and others know we depend on him.</p> <p>Minister Wanda Haynes</p>	<p><b>2 Chronicles 20:3-4 [NIV]</b></p> <p><sup>3</sup>Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah. <sup>4</sup>The people of Judah came together to seek help from the Lord; indeed, they came from every town in Judah to seek him.</p>
<b>Tuesday Jan. 7th</b>	<p><b>"Revival"</b></p> <p>During this time of fasting, Lord I ask that you would create in me a clean heart and renew the right spirit within me. Sometimes the cares of this life weigh me down, and I lose focus on what really matters. Lord revive me again, so that I will rejoice in you. Lord I desire to fall in love with you all over again. I don't want to be stagnant or stuck in a spiritual rut. Stimulate my mind. Refresh my thoughts. Restore my hope. Reestablish my obedience to you. Awaken my productivity and creativity. Stir up the gift you've placed in me. Increase my wisdom and discernment. As I remove distractions, I ask that you would speak to me again, and let me hear your voice.</p> <p>Forgive me Lord, if I have removed you from any area of my life. I make room for you to take your rightful place in my heart. Reveal any unconfessed sin in my life that so there won't be distance between you and me. I pray that I won't wallow in guilt over my sin, but receive your forgiveness and move forward. Reestablish a God-awareness in me, so that I won't miss you at work around me. If I'm about to fall into any snares of the devil, Lord help me to come to my spiritual senses. I want you to flood every part of my life. Lord send a revival and let it begin with me. In the mighty name of Jesus I pray, Amen.</p> <p>Sister Jennifer Stratford</p>	<p><b>Psalms 51:10 [KJV]</b></p> <p>Create in me a clean heart, O God; and renew a right spirit within me.</p>
<b>Wednesday Jan. 8th</b>	<p><b>“Don't fear”</b></p> <p>God knows that we, from time to time, struggle with fear. If we allow it, fear will keep us from achieving that which God has ordained. He reminds us many times in His Word, not to be afraid. The next time you begin to feel fearful read <i>Isaiah 43:1 “Don't fear, for I have redeemed you; I have called you by name; you are Mine.”</i></p> <p>Minister Cheryl Dyer</p>	<p><b>Deuteronomy 31:8 [NIV]</b></p> <p>The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”</p>



<p><b>Thursday</b> <b>Jan. 9th</b></p>	<p><b>“God’s Plan: Unconventional, yet Undefeated”</b></p> <p>Have you received a word or instruction from God, in the midst of a battle, that totally does not make senses to you? The plan contains unusual military strategy as well as use of atypical instruments of warfare. When you look at the opposing force, while processing God’s instruction, your natural response maybe one of perplexity.</p> <p>Meditate on Joshua 6:3-5.</p> <p>In scripture you will see that: God’s plan may seem unconventional, but it is always perfect according to His will. God’s plan requires unwavering faith along with unrelenting obedience on your part. God keeps His promises. Follow God’s plan and you will conquer the fortress that currently stands between you and what God promised.</p> <p>To God Be the Glory! Reverend Tiffany</p>	<p><b>Joshua 6:3-5 [HCSB]</b></p> <p><sup>3</sup>March around the city with all the men of war, circling the city one time. Do this for six days. <sup>4</sup>Have seven priests carry seven ram’s-horn trumpets in front of the ark. But on the seventh day, march around the city seven times, while the priests blow the trumpets. <sup>5</sup>When there is a prolonged blast of the horn and you hear its sound, have all the people give a mighty shout. Then the city wall will collapse, and the people will advance, each man straight ahead.”</p>
<p><b>Friday</b> <b>Jan. 10th</b></p>	<p><b>"Every part"</b></p> <p>Part of living a godly lifestyle is making a decision to trust God enough to let Him guide and direct us in all we do. He wants to enrich our lives by being involved in every part of it. Seek him today with all your heart. Make God known through your actions and words.</p> <p>Minister Wanda Haynes</p>	<p><b>Psalms 37:23 [NLT]</b></p> <p>The Lord directs the steps of the godly. He delights in every detail of their lives</p>
<p><b>Saturday</b> <b>Jan. 11th</b></p>	<p><b>“Just do it!”</b></p> <p>When those around us are suffering they will turn to us for help. There are times when we do not know what to do. So we say, “I’ll pray for you.” Then we return to our busy lives. We get so busy that we forget to actually follow through. Some offer up a quick prayer and then try to put it out of their mind. Instead of hastily praying, we need to take the time to actually pray. Prayer is the most powerful and important act that we can do to help others. When you tell someone that you will pray for them, Just do it!</p> <p>Minister Cheryl Dyer</p>	<p><b>1 John 5:15 [NIV]</b></p> <p>And if we know that he hears us—whatever we ask—we know that we have what we asked of him.</p>
<p><b>Sunday</b> <b>Jan. 12th</b></p>	<p><b>"You have value"</b></p> <p>Most people struggle with their worth. Some even tie their worth to what they do. We should be reminded that our value comes from our Creator. He willingly loves us in ways unimaginable. This love is plainly seen in his creation and even more in our salvation. God values us so much that Jesus died so we can be in relationship with him forever.</p> <p>Minister Cheryl Dyer</p>	<p><sup>4</sup>what is mankind that you are mindful of them, human beings that you care for them? <sup>5</sup>You have made them a little lower than the angels and crowned them with glory and honor.</p>

<p><b>Monday</b> <b>Jan. 13th</b></p>	<p><b>"Mighty God"</b></p> <p>Heavenly Father, today I ask for your mighty hand to be at work in my life. Not just me, but those around me who are experiencing situations that only you can resolve. You are mighty to save, mighty to heal, and mighty to deliver. Forgive me for the not wanting to let go, and for trying to fix things on my own. I know that my weakness only makes way for your strength to be revealed. Prove yourself to be strong and mighty in my life.</p> <p>I ask that you would honor this time of fasting and praying and move mightily. I ask you to heal, set free and deliver. You know my personal needs. You are my shield, my provider, my healer, my advocate, my refuge, and my keeper. I believe that you have power over all things. So what looks impossible to me and others is possible with you. Lord, I surrender my cares and worries to you now. Be my help, Lord.</p> <p>Guide me to make necessary changes in my life and do the things that are in my power to do. I will leave the rest to you, All Sufficient One, in Jesus' name, Amen.</p> <p>Sis. Jennifer Stratford</p>	<p><b>Matthew 19:26 [NIV]</b></p> <p>But Jesus looked at them and said, "With men this is impossible, but with God all things are possible.</p>
<p><b>Tuesday</b> <b>Jan. 14th</b></p>	<p><b>"He is Faithful"</b></p> <p>Heavenly Father, I thank you for always being constant and true. Even when I am unfaithful, you remain the same. I don't deserve all you have done for me, but your mercy endures forever.</p> <p>Forgive me for doubting your character when I experience hardship and life seems unfair or difficult. No matter what I am facing, I trust that you are faithful to complete the good work you that you have started in me. I cast down the enemy's whispers that I am too far gone. I'm thankful for the assurance that absolutely nothing can separate me from your love.</p> <p>I pray that my confidence in you will be strengthened today as I recall the many times you have been faithful in life. The times you provided for me, made ways out of no way, healed my body, answered my prayer, blessed me, protected me, and gave me peace and assurance.</p> <p>I remember when you wiped away my tears. I remember when you reached way down to pick me up. You were patient with me. You love me unconditionally. Even when I've had to suffer the consequences of my own mistakes, you were always right there with me, giving me strength to endure. I rest in knowing that if you did it before, you are able do it again, in Jesus name, Amen.</p> <p>Sis. Jennifer Stratford</p>	<p><b>Lamentations 3:22-23</b></p> <p>Because of the Lord's faithful love we do not perish, for His mercies never end. They are new every morning; great is Your faithfulness!</p>



<p><b>Wednesday</b> <b>Jan. 15th</b></p>	<p><b>"Peace during the Storm"</b></p> <p>Worry, fear, and anxiety are all designed to pillage and plunder the peace which God has given you through Jesus Christ. In Philippians 4:6-7, scripture identifies the following instruction that is applicable for every situation and circumstance that you may face: prayer + thankful petition = protective covering with the cloak of God's peace.</p> <p>It is possible for you to have a quiet, still disposition (peace) even as the tornado winds funnel, and tsunami waters fall in your life. Wage war against peace pirates by seeking God, holding tighter to your faith in Christ Jesus, and following the lead of the Holy Spirit.</p> <p>To God Be the Glory! Reverend Tiffany</p>	<p><b>Philippians 4:6-7 [NKJV]</b></p> <p><sup>6</sup>Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup>and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.</p>
<p><b>Thursday</b> <b>Jan. 16th</b></p>	<p><b>"Check Your Connection"</b></p> <p>As you stare through your window pane of spiritual fruitfulness, is your tree bare? Are you unable to see the blossoms of love, joy, peace and self-control, which indicate the permeation of the Holy Spirit within your heart and soul? Check your connection to Jesus Christ, he is the Vine.</p> <p>A non-existent and/or fractured relationship with Christ will yield a life of spiritual unfruitfulness. If you are unsaved, get connected to the Vine with your confession and faith in Jesus. If you a believer who has become disconnected from the Vine, repent and turn away from the very things that caused the disconnection in the first place.</p> <p>To God Be the Glory! Reverend Tiffany</p>	<p><b>John 15:4 [AMP]</b></p> <p>Remain in Me, and I [will remain] in you. Just as no branch can bear fruit by itself without remaining in the vine, neither can you [bear fruit, producing evidence of your faith] unless you remain in Me.</p>

<p><b>Friday</b> <b>Jan. 17th</b></p>	<p><b>"Relationships"</b></p> <p>Lord I pray for all families and relationships today. You created us to be relational. May I be more mindful to show appreciation to those who have been a positive influence in my life. Lord help me to be humble and gentle. Give me the grace to be patient and bear the burdens of others in love, and be eager to maintain the unity of the Spirit in the bond of peace. Enable me to be self-aware, so that I won't hurt others with my words. Help me to readjust my attitude when dealing with people I don't like.</p> <p>I pray Lord, for better communication in marriages and families. I pray for an end to any toxic relationships and for more positive relationships in my life. I pray for more fun and laughter. Increase my desire to spend quality time with those who need it. Help me with the process of forgiving those who have wronged me. Lord I pray against the plan of the enemy to destroy the family unit. Spirit of the Lord, when the enemy comes in like a flood, lift up a standard against him and put him to flight! Fortify marriages that you've put together. I pray for families to submit to you and sacrificially love and support each other. Help me to build up my home and not tear it down. Open my eyes to anything I am doing to cause animosity or strife. Let me be slow to speak, quick to listen, slow to anger and always willing to pursue peace with those around me. With the same forgiveness you have given me, I pray for the willingness to extend it to others. I ask that you would remove any root of bitterness from my heart, in the name of Jesus I pray, Amen.</p> <p>Sis. Jennifer Stratford</p>	<p><b>1 Corinthians 16:14</b> <b>[NIV]</b></p> <p>Do everything in love.</p>
<p><b>Saturday</b> <b>Jan. 18th</b></p>	<p><b>"Mold Me"</b></p> <p>Sovereign Creator, you are the potter and I am the clay. You fashioned me from the dust of the earth for your purpose, and you have the ability to reshape me over and over again. Powerful God, there is no blemish, no scar, no inconsistency that you can't remove or use to make me stronger.</p> <p>I know that I have made mistakes, and still I fall short in certain areas. Forgive me for my unwillingness at times, to do what I know you've pressed upon me. Give me the courage to move forward and fully operate in the capacity for which I've been created. Lord, I trust you to do what you do best. I ask that you would keep your hand upon me and develop me into the person that You desire me to be. Remind me that I am not defined by my past, what others say, or even by my own misguided thoughts. I am the work of your hands. I am your masterpiece! May I be pliable enough to move forward in obedience in the direction I need to go. Holy Spirit, govern my thoughts and actions so that my family, friends, classmates, and co-workers will see you at work in and through me. In the name of Jesus I pray, Amen.</p> <p>Sis. Jennifer Stratford</p>	<p><b>Isaiah 64:8 [HCSB]</b></p> <p>Yet Lord, You are our Father; we are the clay, and You are our potter; we all are the work of Your hands.</p>



<p><b>Sunday Jan. 19th</b></p>	<p><b>“Set Free during the Fire”</b></p> <p>Daniel 3:21-25 [NKJV]</p> <p>In scripture we see that Shadrach, Meshach, and Abednego were bound prior to being thrown in the fiery furnace (Daniel 3:21); but later, they were seen walking around in the fire untied and unharmed (Daniel 3:25a). These verses reminded me of a sweltering work place situation that I endured. Shackled by feelings of anger and fear, I felt restrained from having the peace and joy of God. I petitioned to God for a ladder of escape from the toxic fumes and intense heat. I thought to myself, “Once God removes me from this inferno, then I will be at peace and have joy again”.</p> <p>While seeking God for relief in the form of reassignment, I found that my focus shifted from the flames to the Father. The more time I spent in prayer and meditation with God, not just on my own behalf but also on the behalf of my enemies, I found that the emotional cuffs became less restrictive. The Holy Spirit saturated me with an abundance of peace and joy that I simply could not understand nor explain. Just as in the case of the three Hebrew boys, God released my shackles in the midst of the blaze, prior to my removal from the furnace.</p> <p>To God Be the Glory! Reverend Tiffany</p>	<p><b>Daniel 3:21, 25 [NKJV]</b></p> <p><sup>21</sup>Then these men were bound in their coats, their trousers, their turbans, and their other garments, and were cast into the midst of the burning fiery furnace. <sup>25</sup>“Look!” he answered, “I see four men loose, walking in the midst of the fire;</p>
<p><b>Monday Jan. 20th</b></p>	<p><b>"No more worries"</b></p> <p><u>Worry</u>: mental distress or agitation resulting from concern usually for something impending or anticipated.  <u>Anxiety</u>: concern nervous fear unease</p> <p>God, through his grace, has made available all the blessings we need for a successful life. However, we have an enemy who is always working against us. Our adversary often uses worry as his tool. Worry hinders God's blessings so that we do not receive what He offers. It is not God's will for us to live in worry. As free moral agents, we can choose to look at God or our situation. We live in a stressful world. However, we are more effective when we can rest in what Jesus has done instead of worrying about things beyond our control. Staying at rest empowers you to move out of worry and find grace to help in your time of need.</p> <p>Seek God first and keep him first in every situation and he will give you everything you need.</p> <p>Minister Wanda Haynes</p>	<p><b>Matthew 6:33 [NIV]</b></p> <p><sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well.</p>

<p><b>Tuesday</b> <b>Jan. 21st</b></p>	<p><b>"Choose not to Fear"</b></p> <p>In life you will encounter circumstances that are down-right scary. The blinding darkness of the situation along with the vicious howls of the enemy make palpable the potential danger, destruction, defeat, and/or ultimate death that lurks all around you. If not grounded in your faith, you will become frightened to the point of immobilization.</p> <p>David's resolve not to fear, "in the valley of the shadow of death"; can be viewed as a vivid illustration of how faith in God allows you to proceed through dangerous, uncertain times without fear. David knew God as his Good Shepard; subsequently, David did not lack for anything nor did he fear harm.</p> <p>Choose not to fear when you find yourself in the valleys of life. Advance through the difficulty knowing that God provides righteous guidance, restorative provision, and comforting protection for His sheep.</p> <p>To God Be the Glory! Reverend Tiffany</p>	<p><b>Psalms 23:4 [AMP]</b></p> <p>Even though I walk through the [sunless] <sup>[a]</sup> valley of the shadow of death, I fear no evil, for You are with me; Your rod [to protect] and Your staff [to guide], they comfort and console me.</p>
<p><b>Wednesday</b> <b>Jan 22nd</b></p>	<p><b>"Rest: A Restorative Provision"</b></p> <p>The physical demands of everyday life, including ministry work, can be exhausting. As you strive to answer your calling with steadfast obedience and unrelenting determination, there are periods where you can find yourself running on empty. The resulting fatigue and weariness can lead to fragmented effort along with diminished focus. The great news is that God can provide you with a temporary respite.</p> <p>In Psalms 23:2-3a, you see how God is able to position His sheep in the reclining posture of rest, and provide restorative nourishment for continued journey. As you seek God to complete your divine assignments, graciously and wisely partake in the restorative provision of rest to be refilled, refreshed, and restored to original function.</p> <p>To God Be the Glory! Reverend Tiffany</p>	<p><b>Psalms 23:2-3a [ESV]</b></p> <p>He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.</p>



<p><b>Thursday</b> <b>Jan. 23rd</b></p>	<p><b>"Hope Restored"</b></p> <p>Are you (or have you been) in a season of life, where you have simply lost hope? Situations of your life have rendered your coping skills ineffective and diminished your expectation that things can ever get better. In those times of despair, review the depiction of restored hope, as recounted in Lamentations 3:21-24.</p> <p>Recall the distress and devastation that God has already delivered you from. This remembrance can be the glimmer of light which illuminates the love that God has for you. Begin to praise God for His faithfulness and witness your seeds of despair transform into blooms of hope.</p> <p>To God Be the Glory! Reverend Tiffany</p>	<p><b>Lamentations 3:21-24 [NKJV]</b></p> <p><sup>21</sup>This I recall to my mind, Therefore I have hope. <sup>22</sup>Through the LORD's mercies we are not consumed, Because His compassions fail not. <sup>23</sup>They are new every morning; Great is Your faithfulness. <sup>24</sup>"The LORD is my portion," says my soul, "Therefore I hope in Him!"</p>
<p><b>Friday</b> <b>Jan. 24th</b></p>	<p><b>"Our Pastor"</b></p> <p>Father, today we lift up spiritual leaders and pastors to you. I pray that my pastor will act justly, love faithfulness, and walk humbly before you. Continue to guide our overseer as he obeys the mandate you've placed on him. I pray that he continues to love you with all his heart and love those he's called to serve. Father, the burden to preach your word can get weighty, so I pray that you will empower him. Strengthen him so that he will stand firm and not return to any yoke of bondage. I pray for him to have wisdom and discernment to lead effectively and make the right decisions. Help him to lovingly lead with gentleness and kindness and equip the saints. I pray that the words you speak through him be well-received and produce fruit in the lives of your people.</p> <p>I pray for him to remain in good health and be of sound mind. When he faces temptation give him strength to take the way of escape you provide for him. I pray that his motives remain pure and his heart stays softened to you. When he faces trials, let him not lose heart or hope in you. May our pastor's vision always line up with your good will. Lord, let the words of his mouth and the meditations of his heart be acceptable to you. Reward his faithfulness to your great work and continue to shape him into your likeness. Increase his capacity to balance ministry and family well. Lord bless and keep his wife and children and fill their home with your peace and joy. Do exceedingly and abundantly more than they can ask or think. In the name of Jesus, Amen.</p> <p>Sis. Jennifer Stratford</p>	<p><b>Hebrews 13:17 [NIV]</b></p> <p>Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you.</p>

<p>Saturday Jan. 25th</p>	<p><b>"Deeper"</b></p> <p>Heavenly Father, I know that I need a deeper relationship with you. I delight in the fact that you are a relational God and you desire to be close to me. Thank you for pursuing me even when I've placed you on the back burner. Forgive me for allowing people and things to rob me of time that I will never get back. Today I surrender my calendar and plans to you so that your divine will prevails in my life. Help me to recognize distractions and enable me to starve out any fleshly desires that compete with my closeness to you. I pray that I will be more intentional and practical about identifying time that should be spent praying, reading, and mediating on your Word. Let your word forever be a lamp unto my feet and a light to my path. Refine my awareness of your presence throughout the day.</p> <p>I desire to glorify you in all that I do. As I commit to cultivating a deeper relationship with you, beautify me, soften my heart, give me wisdom and understanding, and allow others to benefit from my spiritual growth, in Jesus' name, Amen.</p> <p>Sis. Jennifer Stratford</p>	<p><b>Colossians 1:9b-10 [HCSB]</b></p> <p><sup>[b]</sup>We are asking that you may be filled with the knowledge of His will in all wisdom and spiritual understanding, <sup>10</sup>so that you may walk worthy of the Lord, fully pleasing to Him, bearing fruit in every good work and growing in the knowledge of God.</p>
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