

RODMAN STREET MISSIONARY BAPTIST CHURCH

FAST 2023

January 15-February 4, 2023
Call to Fasting and Prayer

Joel 2:15-16 says: *“Blow the ram’s horn in Jerusalem! Announce a time of fasting, call the people together for a solemn meeting. Gather all the people, the elders, the children, and even the babies.”*

A Call to Fasting!

For the next 21 days (January 15-February 4, 2023), we will experience a corporate fast. The purpose of this fast is to help us “seek first” the kingdom of our God and His righteousness. Our desire is to experience the breakthroughs, the deliverances, and the blessings that come with seeking the Lord with our whole hearts.

What is Fast 2023?

Fast 2023 is an opportunity for the entire RSMBC family to begin the New Year in a corporate fast. In addition to diet, we ask each participant to begin a season of prayer, reflection, listening, journaling and renewal. We want to hear from God.

Daniel Fast Overview

The Daniel Fast is a spiritual discipline designed to better connect us with God. As members of RSMBC, we will start January 15, 2023 and continue to fast for 21 days. We are using this time to deepen our relationship with God and center ourselves around what God is going to do in our church and our lives.

DANIEL FAST

Following foods are permitted:

- Fruits
- Vegetables
- Whole grains
- Nuts and seeds
- Legumes: black beans, black-eyed peas, cannellini beans, chickpeas, dried beans, kidney beans, lentils lima beans, navy beans pinto beans, split pea, and white beans
- Quality oils: canola, coconut, grape seed, olive, peanut, sesame
- Soy foods: tofu of all kinds
- Water
- Sugarless seasonings and spices

Foods not permitted:

- Meat and animal products: beef, lamb, pork, poultry and fish
- Dairy products
- Sweeteners
- Leavened bread (which contains yeast and honey), pretzels, pita bread and other baked goods.
- Refined and processed foods with artificial flavorings, food additives, chemicals, white rice, white flour, and artificial preservatives
- Fried foods, chips, French fries, corn chips
- Solid fats, shortenings, margarine
- Non-water beverages—coffee, tea, carbonated drinks, sodas, energy drinks and alcohol.

HOW TO GET STARTED!

- **Pray:** This is a time of focused prayer and intense pursuit of God's presence. There will be spiritual, physical, natural and supernatural resistance. Use the Daniel Fast Prayer Points to focus your prayers each day.
- **Plan:** Please have a plan. Plan your time of prayer, plan your scripture reading, plan your meals, plan your activities, plan time to journal.
- **Prepare:** Read information about the Daniel Fast. Consult your doctor if necessary. Take the time to understand your limits and boundaries
- **Participate:** Go ahead and get started! Experience the power of God through this wonderful discipline. Following the instructions as much as possible and allow the Holy Spirit to bring you into the presence of the Lord and allow God's word to be your anchor.
- **Praise and Process:** Throughout your time of fasting, praise God and thank God. Journal or write down specific prayer requests, prayer concerns, scriptures, etc. Give thanks and remember God is performing a great work in your through this period of fasting and prayer.
- **Join us for Workshop "Fasting 101" Saturday, January 14,2023 @ 12:00 noon**