

Guidelines for Daniel Fast

January 3–23, 2019

Foods We May 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, Oats, 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

Liquids

Spring Water, Distilled Water, 100% All-
Natural Fruit Juices, 100% All Natural
Vegetable Juices

Misc.

Seeds, Nuts, Sprouts

Foods To Avoid

Meat
White Rice
Fried Foods
Caffeine
Carbonated Beverages
Foods Containing Preservatives or Additives
Refined Sugar
Sugar Substitutes

White Flour and All Products Using It
Margarine, Shortening, High Fat Products

Prayer Points

January 3–23, 2019

“INITIATE” – With One Voice

5 minutes every day from 12 noon to 12:05 pm

Acts 4:24 They lifted their voices to God with one accord...

Day 1 – Thursdays

January 3rd, 10th and 17th

Finish Strong

Finish TOR Strong through vigilance, focus, endurance, faithfulness and discipline.

Heb. 12:7 “It is for discipline that you endure....”

“Discipline weighs in ounces—regret in tons”

Day 2 – Fridays

January 4th, 11th and 18th

Families

Pray for strong families, children who will be champions among their peers.

Acts 16:31

Ps 144:12 “May our sons in their youth be like plants full grown, our daughters like corner pillars cut for the structure of a palace.”

Song:

“Praying together, staying together,
any storm we can weather....”

Day 3 – Saturdays

January 5th, 12th and 19th

Marriage

Pray for every marriage in CCOP to be strong, resilient, filled with love and agreement.

Matthew 18:19 (AMP) “Again I tell you, if two of you on earth agree (harmonize together, make a symphony together) about whatever [anything and everything] they may ask, it will come to pass and be done for them by My Father in heaven.”

Day 4 – Sundays

January 6th, 13th and 20th

Life Groups

Pray for Life Groups to grow together, in grace, love, and care; where individual gifts can be expressed for the mutual benefit of the whole church.

Ephesians 4:16 “For his ‘body’ has been formed in His image and is closely joined together and constantly connected as one. And every member has been given divine gifts to contribute to the growth of all; and as these gifts operate effectively throughout the whole body, we are built up and made perfect in love.”

Song:

“I need you, you need me,
we’re all a part of God’s body
Stand with me, agree with me,
we’re all a part of God’s body
It is His will that every need be supplied.
You are important to me. I need you to survive.”

Day 5 – Mondays

January 7th, 14th and 21st

The Nation

Pray for the Nation that God will raise up righteous leaders, silence the voices of evil men and women, in the political realm, the media, the arts and entertainment and release effective intercessors who through prayer will transform and cleanse the national atmosphere.

1 Timothy 2:1–4 (NASB95) First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men, 2for kings and all who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity. 3This is good and acceptable in the sight of God our Savior, 4who desires all men to be saved and to come to the knowledge of the truth.

2 Chronicles 7:14

Day 6 – Tuesdays

January 8th, 15th and 22nd

The Lost

Pray for the lost described in Psalm 107: the “wanderers,” (4) “dwellers in darkness,” “prisoners of the occult and false religions,” (10) “fools” (17) [“The fool has said in his heart, ‘There is no God!’” Psalm 14:1] and those “enslaved to the pursuit of riches.” (23).

1 Timothy 2:4 (NASB95) who desires all men to be saved and to come to the knowledge of the truth.

2 Corinthians 5:19 (NASB95) namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation.

Day 7 – Wednesdays

January 9th, 16th and 23rd

Prayer Intensive

Pray for the Prayer Intensive that Pastor Sam will use words wisely, to provoke the church to a deeper relationship with God, that he will hear from the One Shepherd those insights that are tailored made for CCOP.

Ecclesiastes 12:11 KJV The words of the wise are as goads, and as nails fastened by the masters of assemblies, Which are given from one shepherd.