

THE 2023 LENTEN JOURNEY DANIEL FAST GUIDE

Our Daily Lenten Prayer

"Lord, may my sacrifice of today remind me of my dependence on You
for all the blessings I enjoy.

In Jesus name, Amen."



FORWARD

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**JOIN THE DEVOTIONAL CONFERENCE CALL
WEEKDAY EVENINGS AT 700 PM
DIAL IN: 605-472-5814 ACCESS # 593305039**

Join your ministerial team and congregation as we encourage each other to devote intentional time in seeking God and His will for your life during the **40-Day Prayer & Fast** journey.

ASH WEDNESDAY WORSHIP

First Baptist Church of Detroit
Wednesday, February 22nd, 2023

7:00 PM



FORWARD



Remember, man, that thou art dust, and to dust thou shalt return. - Genesis 3:19

First Baptist Church of Detroit

presents...

2023 Lent Devotional Series



EVENING CONFERENCE CALL
WEEKDAYS AT 7:00 PM
FEBRUARY 23RD- APRIL 6TH



FORWARD

JOIN PASTOR TURMAN FOR
INTERROGATION, INSPIRATION & INTERCESSORY PRAYER
PHONE: 605-472-5814 ACCESS: 593-305-039

What is Lent

Lent is the period of 40 days which comes before Easter in the Christian calendar. Beginning on Ash Wednesday, Lent is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days.

What is the Devotional Call?

Each Evening, we gather at 7:00 pm,
by calling 605-472-5814 Access: 593305039
to share in a scripture reading, a devotional reading,
and a prayer. The call lasts about 15 minutes.

What is a Fast?

Fasting is an outward sign of an inward attitude. It is a time when spiritual nourishment replaces physical nourishment. We substitute things we enjoy for prayer. In doing so, we build a closer relationship with God. The food fast regimen we will be using is called the Daniel Fast. The Daniel Fast is one that is extremely effective for spiritual focus, bodily discipline, and purification of the body and soul.

Why should I fast?

- *Many people in the Old Testament fasted when they had a need or emergency. (II Samuel 12:16-23) (Esther 4:16)*
- *Fasting was often a sign of mourning or repentance. (I Samuel 31:13). (Nehemiah 1:4; Daniel 9:3). (Jonah 3:5-10).*
- *Some fasted to receive revelation or direction from God. (Exodus 34:28), (Daniel 10:2-3), (Acts 13:2-3, 14:23).*
- *Jesus fasted before He began His ministry. (Matthew 4:2; Luke 4:1-2).*

What are some fasting misunderstandings?

- *Fasting is not to punish your body.*
- *Fasting does not earn God's favor.*
- *Do not let fasting become a source of guilt.*
- *Fasting does not guarantee a certain result, but there is always a reward.*

Daily Congregational Fasting Prayer

It is our prayer that this Lenten journey will inspire a spiritual awakening in our congregation, increase our individual and collective engagement in our church, and lead to congregational blessings. With the daily prayers selected for each day, we ask that you pray this prayer every day,

***"Lord, may my sacrifice of today, remind me of my dependence on You
for all the blessings I enjoy.
in Jesus names I pray, Amen"***

THE DANIEL FAST

A SUGGESTED GUIDE

FOODS TO ENJOY

FRUITS
 APPLES
 APRICOTS
 AVOCADOS
 BANANAS
 BLACKBERRIES
 BLUEBERRIES
 CANTALOUPE
 CHERRIES
 COCONUTS
 CRANBERRIES
 DATES
 FIGS
 GRAPEFRUIT
 GRAPES
 GUAVA
 HONEYDEW
 KIWI

LEMONS
 LIMES
 MANGOES
 MELONS
 NECTARINES
 ORANGES
 PAPAYAS
 PEACHES
 PEARS
 PINEAPPLES
 PLUMS
 PRUNES
 RASINS
 RASPBERRIES
 STRAWBERRIES
 TANGERINES
 WATERMELON

VEGETABLES
 ARTICHOKE
 ASPARAGUS
 BEETS
 BROCCOLI
 BRUSSEL SPROUTS
 CABBAGE
 CARROTS
 CAULIFLOWER
 CELERY
 COLLARD GREENS
 CORN
 CUCUMBERS
 EGGPLANT
 GREEN BEANS
 KALE
 LEEKS
 LETTUCE

MUSHROOMS
 OKRA
 ONIONS
 PARSLEY
 PEPPERS
 POTATOES
 RADISHES
 RUTABAGAS
 SCALLIONS
 SPINICH
 SPROUTS
 SQUASH
 SWEET POTATOES
 TOMATOES
 TURNIPS
 YAMS
 ZUCCHINI

FOODS TO AVOID

MEAT
 BREAD
 PASTA
 CRACKERS
 COOKIES
 CHIPS
 CHEESE
 CANDY
 ENERGY DRINKS
 MILK & CREAM
 EGGS
 SWEETENERS
 ALCOHOL
 SOFT DRINKS
 HONEY

FOODS TO DECIDE ABOUT

LIQUIDS
 WATER
 VEGETABLE JUICE
 FRESH FRUIT JUICE
 COCONUT MILK
 ALMOND MILK

COFFEE
 TEA
 OILS
 NUTS
 BROWN RICE
 QUINOA
 OATS
 SEASONINGS
 GUM & MINTS

DONT GET CAUGHT UP IN THE DETAILS!

THE IMPORTANCE OF A DANIEL FAST IS THE HEART OF THE SACRIFICE - DISCONNECTING FROM REGULAR LUXURIES FOR THE SAKE OF CONNECTING MORE CLOSELY WITH GOD. ONLY YOU AND GOD KNOW WHAT THAT LOOKS LIKE IN YOUR DAILY LIFE.

FASTING PREPARATION

1.) Prepare your heart:

In 2 Chronicles 7:14, God appears to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. Then, He will hear their prayers and heal them. Be willing to hear what God says needs to change and be willing to change. Don't continue to sin. What are the paths He wants you to walk? How much does He want you to pray and read His Word? Tell God that you surrender your life to Him and that you want more of Him and His way.

2.) Prepare your motives:

Ephesians 1:3 says that there are spiritual blessings assigned to us. We can never exhaust them! Who knows what God wants to give you or show you? Maybe He wants to bestow gifts such as wisdom, anointing, prayer power, healing power, teaching power, joy, or encouragement. When you eliminate things that are keeping you from focusing on God, He is able to show you things about your life that you never knew.

3.) Prepare your body:

If you decide to eat only fruits and vegetables for your fast, it will result in cleansing of your physical body. You may feel sick as your body detoxes, but you'll make it! This isn't a mind game to see if you can survive eating less or not watching ESPN, but about experiencing God. Some people ask, "What does not eating have to do with my relationship with God?" A Ministerial response is, "Stop eating and find out."

- Drink plenty of water to stay hydrated and for extra energy
- If you feel light-headed or dizzy, eat fresh fruit or a small meal
- Headaches are normal when beginning fasting; you will adjust.
- Your last meal before fasting and first meal afterward should be lighter than normal.
- Any time you are skipping a meal, replace it with a prayer and devotion time
- ***If you have any health concerns, please consult your healthcare provider.***

4.) Prepare your schedule:

Decide where you will meet with God, what and when you will eat, and how you will spend your time differently. Remember, the fast is about communing with God, so don't fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord.

Fasting Guidelines:

- Explain to your family what you are doing.
- Never complain or brag about fasting..
- Establish an accountability partner for prayer & encouragement.
- Stay away from negative people.
- Spend as much time as possible alone in solitude and prayer.
- Journal as you pray and meet with the Lord.

Fasting at First Baptist Church of Detroit

Lent traditionally lasts 40 days, modeled after Christ's forty-day fast in the desert. In the Western Church, Lent officially begins with a reminder of our mortality on Ash Wednesday and ends on Good Friday.



SPRING
Forward

Don't Forget to Change your Clocks
Sunday, March 12, 2023
We'll See you for Worship at 11:00 am



EXPERIENCE
FORWARD HOLY WEEK
AT
FIRST BAPTIST
CHURCH OF DETROIT