

Week of Prayer and Fasting
for

Pleasant Hill Baptist Church

the
Daniel Fast

January 26– February 1, 2025

“If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting.”

Matthew 17:20-21

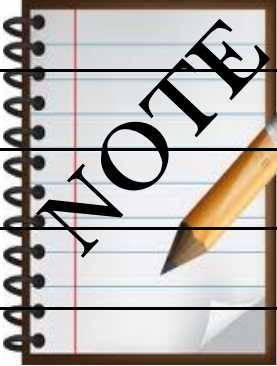
“What, could ye not watch with me one hour? Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.”

Matthew 26:40b-41

As the Pleasant Hill Church Family prepares to “**Stand Firm**” with our Master and Savior, Jesus Christ. We will enter in by presenting ourselves as living sanctified sacrifices unto God.

We will begin Praying and Fasting (Daniel Fast) on Sunday,

January 26 at 6:00 PM until 6:00 PM Saturday.

STEP SIX: LEARN THE EFFECTS OF THE FOOD YOU EAT

Why are some foods good for us, and other foods not? What do certain foods do to your body? If we really knew, there would likely be some things we would never eat again.

STEP SEVEN: YIELD ALL RESULTS TO GOD

- Daniel said, *“as you see fit, deal with your servants”* (Daniel 1:13). REMEMBER:
- The Daniel Fast will lead to spiritual insight. “to those four young men God gave knowledge”.
 - The Daniel Fast is longer than one day.
 - The Daniel Fast is a partial fast. They ate, but only vegetables and water.

GUIDELINES FOR DANIEL FAST

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, 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, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Seeds, Nuts, Sprouts

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

Foods to Avoid: Eggs, 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

Daily Prayer Focus and Scripture Reading

Sunday, Jan 26: Confession and Surrender

Spend time praying, asking God to purify and renew your heart.

Pray and Fast

Read: Psalm 51

Monday, Jan 27: Seek the Presence of God

Prepare a place for God's presence, he will come to you as you:

Pray and Fast

Read: Psalm 63

Tuesday, Jan 28: Breakthrough and Healing from Infirmities

Pray for healing and personal breakthroughs in your life or the lives of others you love.

Pray and Fast

Read: Isaiah 58:6-9a, James 5:13-16

Wednesday, Jan 29: Relationships with Families

Prayer should be directed toward your immediate and extended relatives for them to come together, be at peace, find healing, and have God work in their lives.

Pray and Fast

Read: Matthew 12:25, Ephesians 5:21

Thursday, Jan 30: Lift Leaders in Families, Churches, Communities, and Countries to God:

Pray for God to give them wisdom, discernment, and direction as they make decisions.

Pray and Fast

Read: Hebrews 13:17, Jeremiah 3:15, Romans 13:1-3

Friday, Jan 31: Personal Development and Discipleship

Examine your Spiritual development and pray that God will show you where you need to grow.

Pray and Fast

Read: Mark 16:15-17, Second Peter 3:17-18

Saturday, Feb 1: Thanksgiving and Gratitude

Give thanks and praise to God for his faithfulness throughout the week on this day.

Pray and Fast

Read: Psalm 100, Psalm 150

For those who are **medically able** to participate in the fast, please observe the following guidelines:

- ◇ **If medical restrictions do not allow you to do a total fast, please limit your diet to the items in the guidelines for the Daniel Fast.**
- ◇ The Daniel Fast is a total fast (**no food**) from **6:00 a.m.– 6:00 p.m.** each day.
- ◇ After 6pm, we eat only in accordance with the Daniel Fast as outlined in the bulletin.
- ◇ **Make the most of the time to become closer to God, grow in your faith, and discover the life-changing effects of fasting and prayer.**