

Love First Christian Center 10 Day Commitment To Fast Covenant

I believe that the fast will truly change the lives of those who choose to go down this journey with us. This is not for the faint of heart, but for those who are truly seeking all that God has in store for them. Fasting is a sacrifice and a discipline, both of which are keys to success in any area of life. I am asking you to make some sacrifices for the next 10 days, as we thirst and hunger for righteousness. I leave you with this, if you want something that you have never had, be willing to do something that you have never done. You've done it your way long enough, Try Jesus.

*Love Pastor,
Jomo*

Jesus said it in Mark,

*And when He had gone indoors, His disciples asked Him privately, Why could not we drive it out? **29And He replied to them, This kind cannot be driven out by anything but prayer and fasting.** Mark 9:28-29*

1. I Commit To A 10 Day Daniel Fast In The Eyes Of God And Man
2. I Commit To Pray Every Day During Fast and I Commit To Try The Prayer Line
3. I Commit To Read The Scriptures Given To Me During The Fast
4. I Commit To Attend All Church Services During The Fast, if not at work
5. I Commit To Place God First In Every Area Of Life During Fast
6. I Commit To Sow A Sacrificial Seed At The End Of The Fast
7. I Commit To Limit TV, Negative Influences from TV, Music, and People

By the strength and grace of God I commit to the above fast.

Preparing for Victory:

Day 1 Reflection – reflect on the purpose of the fast to worship God, to seek His face, preparations to fight through, write down problems which need solving, situations need healing, expectations of new beginnings. 2 Chronicles 20:1-4, Ezra 8:21-23, Nehemiah 1:3-6, Psalms 27:7-8, Isaiah 58; Daniel 1, 9:3-19, 10:1-13, Joel 1:14, 2:12-16, Matthew 6:16-18, 9:14-15, Mark 9:17-29, Luke 2:36-38, Acts 10: 30-31,

Day 2 Resolution – purpose in your heart that you will see and hear God's heart during this time of fasting and prayer; set your heart to live a fasted life; time will be spent in God's presence – sometimes talking and most of the time listening to Him – this fast will set the tone for the entire year ahead. Joshua 23:10-11, Psalms 27:11-14, 31:23-24, Isaiah 56: 4-7, Matthew 22:36-40, John 14:22-27, Ephesians 4:13-32, Philippians 4:8-9, Colossians 3:1-10, 1 John 4:6-13

Day 3 Repentance – (day of weeping) time of godly sorrow for every known, hidden, secret or revealed sin in your life and be willing to turn from them to God. 2 Chronicles 7:14, Psalms 51:1-17, Luke 15:7-10, Acts 3:19-20, 17:29-31, 26:12-20, 2 Corinthians 7:8-11, 2 Peter 3:9, 1 John 1:8-9, Revelations 3:3, 3:19.

Day 4 Restore- Relationships with God and man – let God impress upon your heart anyone you need to forgive and seek forgiveness from. When He speaks, obey! 1 Kings 8:50, Matthew 5: 23-24, 43-48, 6:14-15, 18:21-35; Mark 11:24-26; Luke 6:27-38, Ephesians 4:31-32, Colossians 3:12-13, 2 Corinthians 2:10-11,

Day 5 Remember –past victories, present victories, future victories; the faithfulness and kindness of God. Exodus 15:11-13, Deuteronomy 8:1-18, 1 Chronicles 29:11-13, 2 Chronicles 20:17, Psalms 20:1-8, 77:11-15, 1 Corinthians 15:54-58, 2 Corinthians 2:14, 1 John 5:4, Revelation 15: 2-3

Day 6 Revisit – go back and revisit your time before salvation when the Lord was calling you; revisit the place in your mind of your salvation; revisit the power, the wonder, the overwhelming love, the sense of forgiveness you experienced on that day. Numbers 14:19-21, Psalms 66:16-20, 86:15-17, Romans 5:1-11, 10:9-13, Ephesians 2:1-10, 5:5-10, 1 Timothy 1:9-17, 2 Timothy 1:8-10, Titus 3:3-5, 1 Peter 1:3-5.

Day 7 Release – refuse to worry about anything. Focus on what God can and will do. Release and surrender all to God by the power of the Holy Spirit. Remember, worrying is choosing not to believe God. Replace worry with prayer. Psalms 37:1-11, 55:22 Matthew 6:8-13, 6:25-34, Mark 11:22-24, John 15:7-9, Philippians 4:4-8, 1 Peter 5:6-8, 1 John 5:14-15.

Day 8 Restoration – believe God for healing, renewal and repair in your life and the life of others. God is a Restorer of every area of our lives. God is able! Exodus 15:26, 2 Kings 8:5-6, Psalms 23:3, 51:12-15, Isaiah 43: 1-7, 18-19, Joel 2:25-27, Matthew 8:1-4, 9:28-33, 12:13, 2 Corinthians 4:15-18, 1 Peter 2:9-10, 24- 25.

Day 9 Reward – God rewards His children for obedience with both temporal and eternal gifts according to His word – Job 22: 21-29, Psalm 37:3-6, Matthew 5:1-12, Mark 9:41, 10:29-30, Luke 6:22-23, 12:31-32, 2 Corinthians 9:6-13, 2 Timothy 4:7-8, Hebrews 10:32-36, 11:6, Revelations 22:12-14

Day 10 Blessings and Favor on Our Year - Deuteronomy 11:8-15, 28:1-8, Joshua 1:7-8, 1 Chronicles 4:10, Psalms 5:11–12, Proverbs 3:1-10, Isaiah 55:10-12, Romans 8:28-32, Philippians 1:2-6.

Food guidelines for observing the Daniel Fast

You have freedom in this Daniel Fast to modify it according to your personal physical and spiritual needs. You can modify these guidelines as you feel led by the Lord. If you feel that it would be more productive for you spiritually or physically to avoid certain foods or spices, that would be great. If you feel led by the Lord to eat only vegetables and drink only water, then do so!

The main thing is to decide ahead of time how you are going to apply the Daniel Fast. Then stick to your commitment for the length of time you have decided to fast. Some people feel that it is good to make a permanent lifestyle change to the Daniel Fast. Daniel didn't do his "fast" for a limited amount of time. It was his lifestyle. Daniel's reason for his "diet" are given in Daniel 1:8 The Message Bible

“But Daniel determined that he would not defile himself by eating the king’s food or drinking his wine, so he asked the head of the palace staff to exempt him from the royal diet.”

Foods To Eat

Daniel seemed to eat only things planted for harvest and drank only water. You may want to keep it simple and eat only fruits, vegetables and drink only water. If in doubt about a certain kind of food, read the guidelines above again!

Whole Grains: brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat, whole grain pasta, Ezekiel bread

Legumes: dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc. Grain legumes include beans, lentils, lupins, peas and peanuts.

Fruits: apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.,

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, etc.

Seeds: all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.

Liquids: spring water, distilled water, filtered water, 100% all-natural fruit or vegetable juices

Foods to Avoid

By application, that means that we are avoiding all those things that the Jews couldn’t eat. We’re also avoiding foods that only royalty in ancient days could afford. It wasn’t until recent history that most Americans could afford to eat meat or poultry. In most of the world today, very few people can afford to eat any kind of meat or processed foods, like the following items to avoid.

Meat, because Daniel didn’t want to take the chance of eating non-kosher meat and/or meat that was offered to idols.

- o white flour and all products using it
- o white rice, white bread, hominy and pasta
- o fried foods
- o caffeine

- o carbonated beverages, including diet sodas
- o foods containing preservatives or additives
- o refined sugar
- o chemical sugar substitutes
- o margarine, shortening, animal fat, high fat products