

Why Fast?

In the Bible, fasting is connected to abstaining from food in some capacity for spiritual reasons; it's not a food strike to bargain with God and "deserve" His blessings, neither it is a diet for physical purposes. Fasting serves the purpose of helping us concentrate on spiritual goals.

Prayer and fasting are extremely beneficial to the development of the disciple of Christ. Jesus practiced prayer and fasting and strongly recommended it to His disciples. When talking about fasting, Jesus taught about the importance of the motivation behind it (Mathew 6:16-18).

Fasting should be centered around God, to seek Him, worship Him and dedicate ourselves totally to Him, and to experience His will in us. Here are a few examples in the Bible: Prophetess Anna worshiped with fasting (Luk. 2:37), the prophets and teachers in the church in Antioch fasted (Act. 13:2), God asks to whom we offer fasting (Zch 7:5), fasting is a form of discipline for the body (1Co 9:27), it is a powerful way for us to humble before God (Psa 35:13, Isa 58:9, 14), and Jesus said that He expected His disciples to fast (Mat 9:15).

Bible Reading Challenge:

We will read the book of Joshua together during our fast. The book of Joshua is 24 chapters long, read one chapter per day with the exception of chapters 1-2 (first day), 16-17 (tenth day), and 20-21 (eighteenth day). We will send reminders of the daily reading along with a short video devotional.

Prayer Challenge:

We will break our fast down into three 7-day periods. We will have specific prayer challenges for each week. We will also have daily prayer at the Church building twice a day: 5am - 6am and 9:30pm - 11pm.

First week (March 11th-17th): Our focus will be on ministry growth. We desire to experience a supernatural move of God that produces repentance, sustainable growth, and relevant and effective community outreach. We need a supernatural touch from the Lord in the permitting process and construction of our new location. Also pray for the Church leadership, lead pastors, and all ministry initiatives.

Second week (March 18th-24th): Place your focus on your personal relationship with God and your family. We believe this is a year to go DEEP and be intimate with God, to have a blessed family life and financial life, and maturity in our thinking, speaking and feelings (1 Co 13:11).

Third week (March 25th-31st): Our focus will turn toward our city, Chelsea. Pray for the families of this city, the authorities, the schools, for a decrease in crime rates, and proclaim a supernatural move of God in the city of Chelsea.

- Population: 40,227 in 1.8 sq. miles (Smallest city in MA)
- Thomas Ambrosinio (city manager since 2015)
- Daniel Ryan and RoseLee Vincent (State Representatives)
- Brian Kyes (Police Chief)
- Paul Giancola, Michael Masucci, Wayne Ulwick and Robert Houghton (Fire Chiefs)

Chelsea Schools

- Mary Bourque (Superintendent of School)
- Jacqueline Maloney (Principal of John Silber Early Learning Center School - 99 Hawthorne St.)
- Adele Lubarsky (Principal of Edgar Hooks Elementary School - 300 Crescent Ave)
- Adam Deleidi (Principal of Berkowitz Elementary School - 300 Crescent Ave)
- Magdalena Gleason (Principal of Kelly Elementary School - 300 Crescent Ave)
- Jeffrey Bryson (Principal of Sokolowski Elementary School - 300 Crescent Ave)
- Mary Leverone (Clark Ave Middle School - 8 Clark Ave)
- Andrew Mobrien (Principal of Chelsea High School - 299 Everett Ave)
- David Lie Bowitz (Principal of Joseph A Brown School - 180 Walnut St)

Annual Fast 2019



“Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah.”

- 2 Chronicles 20:3

Recommended Foods

ALL TYPES OF FRUITS: It can be fresh, frozen, dehydrated or canned fruits; Avocado, Acai, Pineapple, Plum, Banana, Grapes, Cherry, Orange, Lemon, Mango, Apple, Grape, Melon, etc.

CEREALS, SEEDS AND GRAIN: Brown rice, Quinoa, Beans, Flaked Oats, Granola, Corn, Cereal Bars (without chocolate), Nuts, etc.

TUBERS, ROOTS: Potatoes, Sweet Potatoes, Yams, Cassava, etc.

SUGARS AND SWEETS: Honey and Agave Nectar (it is not advisable to use refined sugar because of the toxins, causing strong headaches making it difficult to stay in the Fast).

LEGUME AND SIMILAR PRODUCTS: Peas, Chickpeas, Lentils, Soybeans, etc.

VEGETABLES, FRUIT AND LEAVES: Cress, Artichoke, Lettuce, Chives, Green Sprouts, Brussels sprouts, Brussels sprouts, Cauliflower, Spinach, Mustard, Cabbage, Parsley, Pumpkin, Zucchini, Eggplant, Mushroom, Pod, Hearts of Palm, Cucumber, Bell Peppers, Okra, Tomatoes, etc.

ROOTS AND BULBS: Garlic, Asparagus, Beet, Onion, Carrot, Fennel, Turnip, Radish, Olives, etc.

DRINKS: Coconut water, fruit juice, smoothies with coconut milk or almond milk, plenty of water flat or sparking.

INFUSIONS: All types of tea, avoid black tea (due to toxins).

Foods That Should Be Avoided

MEAT AND ANIMAL BY PRODUCTS: All products of animal origin: Meat (red, fish, pork and chicken), eggs, hams, salami, sausages, etc.

PROCESSED FOODS: Fried foods, cookies, sweets, pastas, cakes, candies, ice cream, chocolates, refined sugar, foods containing preservatives or additives, butter, margarine and high fat products, etc.

BEVERAGES: Coffee, alcoholic beverages, soft drinks, energy drinks, and milk.

Take simple meals with vegetables, fruits and cereals, that is, to eat without the pursuit of pleasure and refinement, for a time of delight only in the presence of God.

When you go shopping for groceries remember to read the labels of packaged foods to make sure they contain only ingredients that are suitable for this time of Fasting. You should note especially if they have chemical ingredients, dairy products and sweeteners.

Additional Reference:

<http://daniel-fast.com/>

<https://ultimatedanielfast.com>

<http://goodgroundfamilychurch.org/whats-going-on/recommended-daniel-fast-recipes/>

Additional Recommendations

- ***If you have any health problems, or take any medications, seek guidance from your doctors.***
- During the twenty-one days try to avoid restaurants, snack bars, sandwiches and snacks on the road.
- It is common to experience a physical detox during the first days of fasting, including headaches, fatigue, leg cramps and other typical symptoms.
- Drink plenty of water, at least two liters a day.
- Try to avoid TV during the 21-day fast as well as internet for fun and distraction, movie theaters, and shows.
- Begin your day with prayer to the Lord (if possible with the whole family)
- Do not end your day before you have a moment of worship and prayer to the Lord (if possible with the whole family)
- Do not let what you do or don't eat, become the focus of your Fast. Focus on what is essential: to deepen your relationship with God. This is a time to forsake bad habits and standards, crucify the flesh and seek God.
- Do not walk with a dejected countenance, do not tell everyone that you are fasting as if it represented a time of suffering. Do it with pleasure! Only God needs to know.