

The Daniel FAST Guide

JANUARY 2ND - 31ST

This 30-day experience
(Sundays included) is designed
to strengthen us spiritually,
mentally and physically.

...Give us nothing but vegetables to eat
and water to drink. **Daniel 1:12 (NIV)**



WHEELER AVENUE
BAPTIST CHURCH

JANUARY 2024

Happy New Year, Beloved Family of God!

By the grace of God we have made it to this first month of 2024. Our God continues to sustain us and help us to grow as excited evangelists in the Kingdom of God. I am delighted that we, as a church family, are able to deepen our spirituality as we engage the disciplines of Scripture reading, fasting and prayer. To be sure, these disciplines can be difficult to maintain without a heightened focus on their true purposes and a committed effort to ensuring that we persevere until we see the results of growth and spiritual maturity.

The Daniel Fast is one of the ways by which we deny ourselves and draw closer to our God for the purpose of deeper spiritual and dependence on God. Again this year, we will spend thirty days in this first month modifying our diets and fortifying our discipleship by employing the plan that the Old Testament personality Daniel employed when he was found to be more excellent in his work efforts than all others who served with him (read Daniel chapter one).

To be sure, the Daniel Fast is not intended to simply be a weight loss diet, even though it's likely that you will lose weight during its implementation. The Daniel Fast is not intended to be a fad whereby we simply enjoy the swapping of meal plans with our family and friends, although I encourage you to do so. The Daniel Fast is a way by which we discipline ourselves and draw closer to God through the significant modification of our usual eating practices and implementation of prayer and reading of Scripture. The Fast is intended to display our dependence on God to make it through this process, so that we can see phenomenal results during and after the Fast experience.

For those who are engaging the Fast for the first time, WELCOME! Your pastor is so excited for you and the decision you have made. For those who have shared with us across the years, thank you so much for taking seriously our responsibility to focus our attention on disciplined eating that will make our bodies healthier and cause us to rely on God in ways that we may not have as we employ the spiritual disciplines of Scripture reading and prayer to help us manage the inherent challenges included in this 30-day experience.

This Guide has been created to assist you in holding fast to the commitment we have made to press our way through these days with fortitude and faithfulness. It is our hope that the information contained herein will assist you in the modifications you will need to make in your personal practices so that you will experience the transformation in your spiritual practices that result in each of us becoming stronger Christians for the glory of God!

WE CAN DO THIS because we can do ALL things through Christ Who strengthens us (cf. Philippians 4:13)! Make sure you get a prayer/accountability partner or group for this journey. Stay committed and know that our God will bless our efforts as we move through this first month of 2024.

Thank you for joining us on this journey! Let's believe God for great things and expect great things from God as we, as a church family, attempt great things for God as we begin 2024 with discipline, devotion and dedication!

To God Be The Glory!!!

**With Joy For The Journey,
Dr. Marcus D. Cosby**



Daniel Fast | Prayer Focus

SPIRITUAL GROWTH

Which Areas Do You Need To Grow In God?

INTERCESSION

What Are You Believing God For In Someone Else's Life?

HEALTH

What Do You Need God To Do Concerning Your Health?

RELATIONSHIPS

What Connections Are You Asking God to Clarify?

FINANCES

What Are You Trusting God To Do In Your Finances?

Daniel Fast | Bible Reading Plan

This year, rather than reading the Bible chronologically, we will read different genres of the Bible on designated days. Each week, we will cover one or more chapters of each major area of the Bible. Each day of the week, we will read anywhere from one to six chapters of a different part of the Bible. By switching areas daily, we won't get bogged down for several days or weeks on an area that we might not currently find as interesting. Prayerfully, we will cover the entire Bible in one year. Here is our January schedule:

SUNDAYS	The Epistles/Letters
MONDAYS	The Books of the Law
TUESDAYS	The Books of History
WEDNESDAYS	The Psalms
THURSDAYS	The Books of Poetry
FRIDAYS	The Books of Prophecy and Revelation
SATURDAYS	The Gospels and Acts



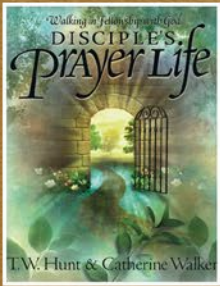
01	GENESIS 1-3	17	PSALMS 6-8
02	JOSHUA 1-5	18	JOB 5-6
03	PSALMS 1-2	19	ISAIAH 12-17
04	JOB 1-2	20	MATTHEW 5-7
05	ISAIAH 1-6	21	ROMANS 5-6
06	MATTHEW 1-2	22	GENESIS 12-15
07	ROMANS 1-2	23	JOSHUA 16-20
08	GENESIS 4-7	24	PSALMS 9-11
09	JOSHUA 6-10	25	JOB 7-8
10	PSALMS 3-5	26	ISAIAH 18-22
11	JOB 3-4	27	MATTHEW 8-10
12	ISAIAH 7-11	28	ROMANS 7-8
13	MATTHEW 3-4	29	GENESIS 16-19
14	ROMANS 3-4	30	JOSHUA 21-24
15	GENESIS 8-11	31	PSALMS 12-14
16	JOSHUA 11-15		

Daniel Fast | Christian Education



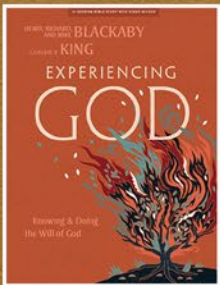
THIS JOY I HAVE: HOW TO HOLD ON TO YOUR PEACE WHEN ALL HELL BREAKS LOOSE

Are life circumstances making it more difficult to maintain your peace and joy? Then this workshop is for you! Come and discover various biblical truths, coupled with learning new ways of thinking and being that will serve to nourish your soul and settle your mind from the inside out. **(Starts Jan 18th | 6 Sessions)**



DISCIPLE'S PRAYER LIFE SUNDAYS

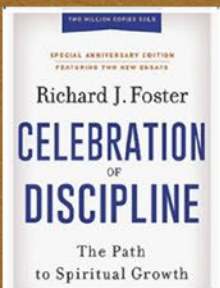
Disciple's Prayer Life: Walking in Fellowship with God by T.W. Hunt and Catherine Walker helps adults learn to pray experientially - based on prayers of the Bible. Through personal, daily study and 13 weekly small-group meetings, you will discover practical truths to strengthen and deepen your prayer life. Leadership materials included. **(Starts Jan 14th | 13 Sessions)**



EXPERIENCING GOD

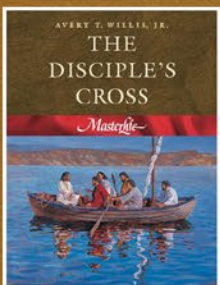
God is inviting you into an intimate love relationship through which He reveals to you His will, His ways, and His work. When you recognize where God is working, you can join Him in what He is doing. Carefully listening to His voice will anchor you in His plan and set you free to live it with boldness and freedom. Then you will experience God doing through you what only He can do.

(Starts Jan 14th | 12 Sessions)



SPIRITUAL DISCIPLINES

Effective, long-lasting relationships require discipline. The relationship that Christians have with God is no different. Spiritual disciplines are practices found in Scripture that will enhance our walk with God and draw us closer to Him. Join us in this course as learn about inward, outward, and corporate disciplines as defined by Richard Foster. **(Starts Jan 14th)**



MASTERLIFE

MasterLife is a proven in depth Bible teaching program that enables the learner to make Christ the Master and to master life by developing a personal, lifelong, obedient relationship with Him. Participants learn to practice these basic Christian disciplines as they grow toward Christlikeness.

(Starts Jan 14th | 12 Sessions)

Courses are In-person and hybrid, please visit www.wheelerbc.org for more information.

Daniel Fast | For Children

Things To Do Every Day

PRAY

The purpose of our Fast is to grow closer to our Lord and Savior, Jesus Christ. It is important to give up some of the tasty foods we like to eat, and to spend time talking to the Lord.

EAT ONE FAST MEAL

Choose at least one meal a day at which you will only eat Daniel Fast foods. A good choice might be family dinner. That way, you and your family can pray and sacrifice together.

EAT LOTS OF THIS

FRUIT

Bananas, Oranges, Apples and More

VEGETABLES

Carrots, Greens, Broccoli and More

WHOLE GRAINS

Brown Rice, Quinoa and Whole Wheat Pasta

LEGUMES

Beans and Peas

DRINK WATER!!!

DON'T EAT/DRINK THIS

SUGAR

MEAT

MILK

EGGS

BREAD

WHITE FLOUR

CRACKERS

COOKIES

JUICES

SODA

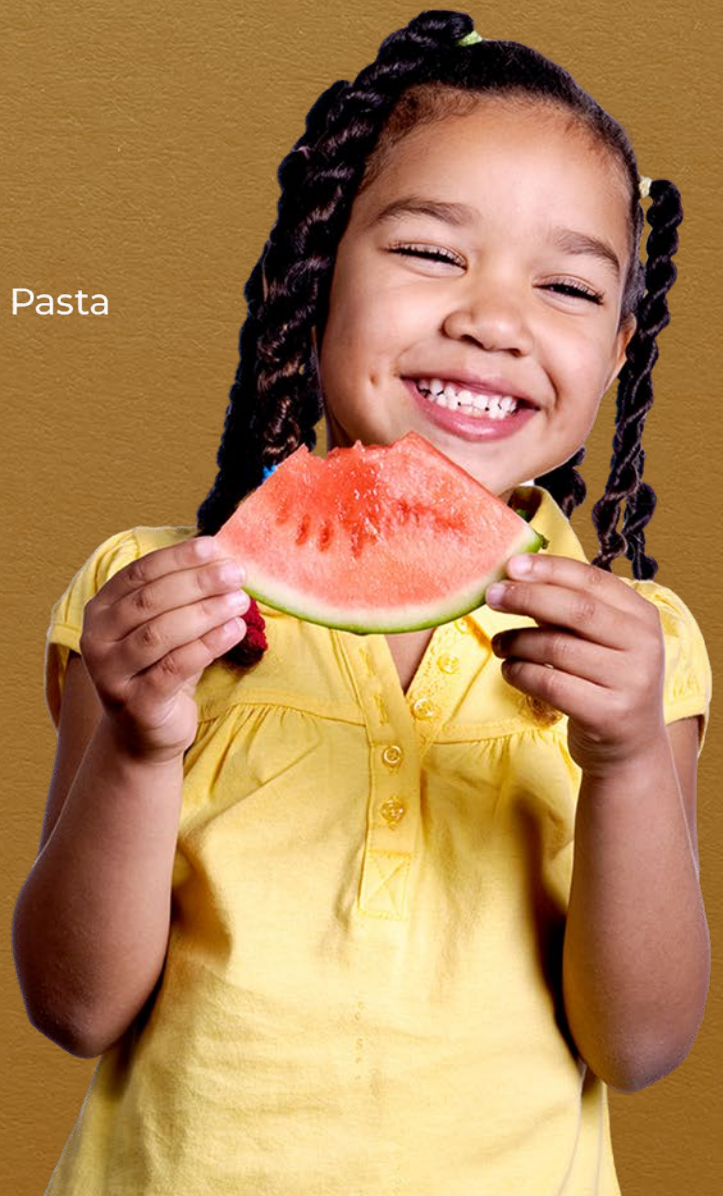
ENERGY DRINK

GUM

MINTS

CANDY

IODIZED SALT



Daniel Fast | What To Eat

FOODS TO ENJOY

ALL VEGETABLES (including potatoes) – fresh, frozen, dried* or juiced*

ALL FRUITS – fresh, frozen, dried* or juiced*

ALL WHOLE GRAINS – amaranth, barley, brown rice, oats, quinoa, millet, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn

ALL NUTS & SEEDS – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds and unsweetened nut butters*

ALL LEGUMES – dried or canned*, black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans and split peas

ALL QUALITY OILS – avocado, coconut, grapeseed, olive, peanut, sesame and walnut

BEVERAGES – water only: distilled, filtered and spring water

OTHER* – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, vinegar, seasonings, unsweetened coconut flakes, soy products and tofu

**For packaged food check the ingredients list to ensure there are no added sugars, chemicals or preservatives.*

FOODS TO AVOID

ALL MEAT & ANIMAL PRODUCTS – bacon, beef, buffalo, eggs, fish, lamb, poultry, pork and animal sausage casing

ALL PLANT BASED MEATS – Impossible Foods, Beyond Meat, etc.

ALL DAIRY PRODUCTS – butter, cheese, cream, milk and yogurt

ALL SWEETENERS – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia and sugar

ALL LEAVENED BREAD & YEAST – baked goods and Ezekiel bread (if it contains yeast and honey)

ALL REFINED & PROCESSED FOOD PRODUCTS – artificial flavorings, chemicals, food additives, preservatives, white flour and white rice

ALL DEEP-FRIED FOODS – chips, French fries and potato chips

ALL SOLID FATS – lard, margarine and shortening

BEVERAGES – alcohol, carbonated drinks, coffee, energy drinks and herbal tea



Daniel Fast | Guide For Diabetics

The Daniel Fast is an extremely healthy way of eating, and many people with diabetes have successfully completed the Fast. One of the benefits of the Daniel Fast, from a dietary perspective, is the regular intake of nutrient-dense foods rich in vitamins, minerals, and other nutrients important for health, which help to keep your blood sugar stable. The type of diabetes a person has is important to know because it will affect how one approaches the Daniel Fast while treating the diabetes. In type 1 diabetes, the pancreas produces little to no insulin. Insulin is a hormone needed to allow glucose (sugar) to enter our cells to make energy. Approximately 5-10% of adults in the US are type 1 diabetics. In type 2 diabetes, the most common, the pancreas produces insulin but the body does not use it efficiently. Approximately 90% of adults with diabetes in the US are type 2. During the Daniel Fast, it is recommended to focus on low-glycemic index foods. The glycemic index ranks food on a scale from 0 to 100. The low end of the scale has foods that have little effect on blood sugar levels. A copy of the low-glycemic index is provided here for you.

During the Daniel Fast, you should continue taking your medication as prescribed. It is important to note that it is possible to eat large amounts of carbohydrates/sugars (potatoes, fruits) on the Daniel Fast, so be aware and regularly monitor your glucose, and make adjustments to your medications if and when needed. Consider consuming small but frequent meals. This means avoiding long gaps between meals by eating a small meal every two to three hours. Remember to consume nutrient-dense foods which have a high ratio of nutrients to calories. They contain the highest possible levels of quality protein, carbohydrate, fat, vitamins, and minerals for the least amount of calories. Another option is to use plant-based protein powder that does not contain whey (whey is an animal-based protein).

If you have any questions or concerns, consult your physician.

FOODS TO ENJOY

ALL VEGETABLES – fresh, frozen, dried or juiced.

ALL FRUITS – fresh, frozen, dried or juiced.

ALL WHOLE GRAINS – amaranth, barley, brown rice, oats, quinoa, millet, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

ALL NUTS & SEEDS – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds and unsweetened nut butters.

ALL LEGUMES – dried or canned; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.

ALL NATURAL OILS – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.

BEVERAGES – water only (distilled, filtered and spring water)

OTHER – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, vinegar, seasonings, unsweetened coconut flakes, soy products, and tofu.

Remember to select foods on the low end of the glycemic index (see chart below.) For prepackaged foods check the ingredients list to ensure there are **no added sugars, chemicals or preservatives.*

FOODS TO AVOID

ALL MEAT & ANIMAL PRODUCTS

ALL DAIRY PRODUCTS – butter, cheese, cream, milk, and yogurt.

ALL SWEETENERS – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.

ALL LEAVENED BREAD & YEAST – baked goods and Ezekiel bread (if it contains yeast and honey).

ALL REFINED & PROCESSED FOOD PRODUCTS – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.

ALL DEEP-FRIED FOODS

ALL SOLID FATS – lard, margarine, and shortening.

BEVERAGES – alcohol, carbonated drinks, coffee, energy drinks, herbal tea.

Daniel Fast | Guide For Diabetics

LOW GI FOODS (20-49)

BREAKFAST CEREALS:

All Bran Fiber One
Oat Bran Oatmeal
 (not instant)

FRUITS AND FRUIT JUICES: (Limit 1-2 Fruits/Day)

Apples Apple Juice
Apricots Blackberries
Blueberries Cherries
Cranberries Grapefruits
Grapefruit Juice Peaches
Pears Prunes
Plums Raspberries
Tangerines Strawberries
Tomato juice

BEANS AND LEGUMES:

black-eyed peas, butter beans, chick peas, green beans, kidney beans, pinto beans, lentils, lima beans, navy beans, snow peas, hummus

NON- STARCHY VEGETABLES:

asparagus, artichoke, avocado, broccoli, cabbage, cauliflower, celery, cucumber, eggplant, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash, zucchini, turnips

GRAINS:

barley, rye, bulgur, wild rice, wheat tortilla, wheat pasta

NUTS, OLIVES AND OILS:

almonds, peanuts, pecans, sunflower seeds, hazelnuts, olives, walnuts, oils that are liquid at room temperature

MODERATE GI FOODS (50-69)

BREAKFAST CEREALS:

Bran Buds Bran Chex
Just Right Mini Wheats
Special K Overnight Oats

FRUITS AND FRUIT JUICES:

Apples Apple Juice
Apricots Blackberries
Blueberries Cherries
Cranberries Grapefruits
Grapefruit Juice Peaches
Pears Prunes
Plums Raspberries
Tangerines Strawberries
Tomato juice

BEANS AND LEGUMES:

black-eyed peas, butter beans, chick peas, green beans, kidney beans, pinto beans, lentils, lima beans, navy beans, snow peas, hummus

NON- STARCHY VEGETABLES:

asparagus, artichoke, avocado, broccoli, cabbage, cauliflower, celery, cucumber, eggplant, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash, zucchini, turnips

GRAINS:

barley, rye, bulgur, wild rice, wheat tortilla, wheat pasta

NUTS, OLIVES AND OILS:

almonds, peanuts, pecans, sunflower seeds, hazelnuts, olives, walnuts, oils that are liquid at room temperature

The glycemic index, or GI is the measurement of how foods raise our blood glucose after eating them. Foods raise glucose to varying levels (carbs increase blood sugar the most, fats and protein second). Actual (sugar) has a glycemic index of 100 and other foods measured are ranked as low, moderate and high GI foods. Although GI is helpful to meal planning, the TOTAL number of grams of carbohydrate can have a bigger impact than GI on blood sugar levels.

Consuming low GI foods + calculating carbohydrate intake = the most stable blood sugar levels!!!



Daniel Fast | Fast Approved Foods

Simply Almond Unsweetened Milk
Simply Almond Unsweetened Vanilla Milk
Milk Unsweetened Almond Milk
Milk Unsweetened Vanilla Milk
Dr. Praeger's Cauliflower Veggie Burgers
Dr. Praeger's Mushroom Risotto Veggie Burger
Dr. Praeger's Black Bean Quinoa Burger
Dr. Praeger's California Veggie Burger
Rao's Homemade Marinara Sauce
Rao's Homemade Tomato Basil Sauce
Miyoko's European Style Cultured Vegan Butter
Newman's Own Classic Oil and Vinegar Dressing

El Paso Corn Taco Shells
Ezekiel 4:9 Original Tortillas
Good Foods Plant Based Buffalo Style Dip
Good Foods Plant Based Tzatziki Style Dip
Good Foods Plant Based Cilantro Dip
Lara Bars
Triscuit Crackers Cracked Pepper & Olive Oil
Triscuit Thin Crisps Original Crackers
HEB Organics Fat Free Mini Twist Pretzels
Ithaca Hummus
Tostitos Oven Baked Scoops Tortilla Chips
Skinny Pop Popcorn

Most items can be purchased at Central Market, HEB, Kroger, Randall's, Sprouts, Target, Walmart or Whole Foods.

Get Connected to Discipleship and Prayer Opportunities

SUNDAY SCHOOL

Every Sundays, 10:00AM

BIBLE STUDY

Children: Virtual AWANA (Wednesdays, 6:45PM-8:30PM)

Youth: Bible & Breakfast (1st & 3rd Sundays, 10:00AM - 11:00AM)

Young Adults: (Sundays, 10:00AM)

General: Wednesdays, Noon & 7:00PM)

PRAYER CALL

Every Wednesday, 6:00AM - 6:15AM

Facebook Live: Wheeler Avenue Baptist Church

Zoom: (wheelerbc-org.zoom.us/j/84084116741)

Phone: 346-248-7799 or 408-638-0968, Webinar ID: 840 8411 6741

Visit wheelerbc.org for additional information and to register for classes.



WHEELER AVENUE BAPTIST CHURCH

Dr. Marcus D. Cosby, Senior Pastor

Rev. Alexander E. M. Johnson, Executive Pastor

Rev. William A. Lawson, Founding Pastor Emeritus

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