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2023 THE YEAR TO JUMP IN TOGETHER

40-Day Daniel Fast & Corporate Prayer Instruction Guide

February 22- April 9, 2023

It's a Victory Day!

On behalf of our Lead Pastor Dr. Jazz and VGC, we want to thank you for standing in the gap for the next 40 Days of Fasting and Prayer. Beginning on **February 22**, we will fast from sun up to sundown. After sundown, you may partake in a meal that falls within the Daniel Fast guidelines, which entails eating no meat, no sweets and no bread, but drinking plenty of water and eating fruits and vegetables.

While we are fasting for 40 days without interruption, corporate prayer will occur at **6:30 a.m.** every Wednesday. We will rest on Saturdays and worship on Sundays. Each week of the fast will have a theme:

Week 1: Praying for Consecration of our faith (Exodus 28:40-43, 1Peter 3:15), family (Acts 16:31), flesh (Jeremiah 17:5), and finance 2 Cor. 8:2, 1 Timothy 6:17.

Week 2: Praying to Jump out of sickness mental illness, anger, depression, anxiety, fear, guilt, indecisiveness, unforgiveness, and bitterness. (Isaiah 58:8)

Week 3: Praying to Jump out of debt, lack, poverty, failure, defeat, greed, doubt, addiction, and unhealthy connections. (2 Cor. 9:8)

Week 4: Praying to Jump on repentance, faith, rest, humility love, peace, favor, protection, instruction, wisdom, and understanding. Acts 20:21

Week 5: Praying to Jump on salvation for self and loved ones Isaiah 30:15

Week 6: Praying to jump in prosperity, wealth, favor, and spiritual growth. Proverbs 21:21

Week 7: Praying to jump in restoration, grace healthy relationships, healing, peace, freedom, love. Jeremiah 30:17

You are invited to join us each Wednesday at our scheduled time of prayer using this Zoom access information.

Corporate prayer will begin on Wednesday, February 22, 2023

<https://victorygracecenter-org.zoom.us/j/81475072362>

Meeting ID: 814 7507 2362

Passcode: 802377

Below are additional instructions for the fast. You will find a suggested shopping list beginning on Page 4.

Note: If you have a medical condition, or must take medicine with food, please consult your doctor before beginning the fast. You also have the option to reverse the fast and eat according to the Daniel Fast from sunup to sundown and then fast after sundown.

It's Not All About the Food

Daniel's reasoning from abstaining from certain foods was to keep from defiling himself (Daniel 1:8). The Daniel Fast is not all about the food. If it were, the spiritual benefits would be negated.

What consumes your time from God and family? What TV programs are you watching? How much time are you surfing the internet? What books are you filling your mind with? Do they edify God? During this Fast you should evaluate what you watch on TV, the internet, and more. Don't watch movies, or read books that don't deepen your walk with God. Choose books on spiritual matters. Spend more time reading the Bible and more time in prayer. Limit your time on the computer and don't waste your time with continual surfing of the internet. You may want to consider keeping a journal of special insights or blessings you receive during this time

How to Prepare for the Daniel Fast

If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. Starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

How to Begin Spiritually

Start with a clear personal goal in addition to our corporate goals. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible. Prepare spiritually by confessing your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Scripture References for Fasting

Mathew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word: 1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting: 1 Samuel 7:5-6, Ezra 8:40-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5- 10, Acts 27:33-37

What to Expect During the Fast: When you fast, your body detoxifies, meaning it eliminates toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

When You Fast

- Expect to get to know God better
- Fasting is waiting (Lamentations 3:25-27)
- Fasting is drawing near (Jeremiah 29:11-13)
- As you demonstrate sincerity to God, you can expect strength in your inner character
- Find power to leave sinful habits (2 Corinthians 7:1)
- Find power to stay focused in prayer
- Find yourself desiring God's presence
- Expect the hand of God to move to answer unselfish prayers
- Expect resistance from the devil
- Expect your prayers to go to a higher level

How to Succeed in Fasting

- Fast with your family and friends (Matthew 18:19)
- Include your children and teenagers in the Fast.
- Fast with your Church family
- Fast with a purpose (not casually)
- Determine you will follow through on the fast
- Fast unselfishly (Isaiah 58:1-11)
- Spend time with God
- Fasting does not work if you do not pray

Types of Fasts

You can select from one of these types of fasting.

- The Daniel Fast - Eat no meat, no sweets and no bread. Drink water. Eat fruits and vegetables.
- Full Fast - Drink only liquids.
- Selective Fast - Give up at least one type of food (such as sweets) or abstain from a habit, such as watching television or using social media.

Foods to Avoid on the Daniel Fast

- All meat products, including seafood, beef and chicken broth, etc.
- Imitation meat products (artificially flavored, highly processed)
- Dairy products, such as milk, cheese, sour cream, all egg products
- Grains that have been bleached and processed, such as white flour, and all products containing it
- White sugar and all products containing it
- White rice
- Artificial sweeteners (Splenda, NutraSweet, Sweet'N Low, etc.), which are also known as sucralose, aspartame and saccharine
- Carbonated beverages (soda, soft drinks, carbonated flavored water, etc.)
- Food containing additives, chemicals and dyes
- Soy sauce (fermented)
- Artificial anything, including flavors and colors
- Hydrogenated oils (margarine, shortening and all products containing it)
- Fried food should be avoided (most fried foods are fried in hydrogenated oil)
- Corn Syrup (high fructose corn syrup)
- Alcohol
- Vinegar
- Baking powder
- Cream of tartar

Foods to Enjoy

- All fruits and vegetables
- All grains, beans and legumes that have not been bleached, stripped and processed. Grains should be whole, such as whole brown rice, whole wheat flour, etc.
- All nuts
- All-natural herbs and seasonings and spices
- Baking soda
- Agave nectar
- Stevia
- Bragg Liquid Aminos (natural alternative to soy sauce)
- Water, naturally decaffeinated tea, fruit and vegetable juices
- Cold pressed oils such as olive oil, unprocessed coconut, peanut, sesame, walnut, almond, and mustard seed oil
- Soy milk
- Tofu (whole soy beans and water)
- Pasta (whole-grain flour and water, but no eggs or white flour)

Shopping List Guide for the Fast

Salad Makings

- Choose dark green leafy greens such as red and green lettuce, spinach, baby kale, and collard or mustard greens.
- Pre-mixed containers of “baby greens” or “spring mix” can be a great, quick option.
- TIP: Traditional iceberg lettuce has little food value.
- TIP: Add a salad to your meals for a variety of tastes.

Try spicing up your salads with other veggies like:

- Broccoli florets
- Cauliflower
- Chopping green onion or chive
- Diced Onion
- Mushrooms
- Radishes
- Shredded Cabbage
- Tomato

Dress your salad with:

- Olive Oil and Vinegar (Italian-style) dressing
- Olive Oil
- Balsamic Vinegar
- Lemon or Lime

Crunchy Snacks

- Carrots
- Celery
- Cucumbers
- Green Beans
- Radishes
- Snap Peas
- Watercress
- Zucchini

Veggie-Based Proteins

- Artichokes
- Broccoli
- Brussels Sprouts
- Dark leafy greens
- Legumes
- Mushrooms
- Nut Butters
- Tofu

Fruit

- Cherries
- Strawberries
- Raspberries
- Blueberries
- TIP: Buy packages of frozen berries for smoothies!
- Apples
- Pears
- Peaches
- Plums
- Bananas
- Oranges
- Grapefruit
- Lemons
- Mango

Squash & Melons

- Crook-neck squash
- Butternut Squash
- Acorn Squash
- Spaghetti Squash
- Cantaloupe
- Honeydew
- Watermelon

Legumes

- Black Beans
- Black Eyed Peas
- Chickpeas / Garbanzo Beans (from which we can make hummus)
- Kidney Beans Pinto Beans Lentils
- Navy Beans Split Peas White Beans

Rice & More

- Jasmine Rice
- Brown Rice
- Wild Rice
- Quinoa
- Whole Wheat Tortillas
- Oatmeal

Nuts and Seeds/Butters

- Almonds & almond butter
- Peanuts & peanut butter
- Cashews
- Pistachios
- Pine Nuts
- Walnuts
- Chia Seeds
- Flax Seeds
- Pumpkin Seeds
- Sunflower Seeds

Cooking Oils

- Extra Virgin Olive Oil
- Coconut Oil
- Flaxseed Oil
- Grapeseed Oil

Beverages

- Water
- Almond milk, cashew milk, or soy milk
- Black tea, green tea, herbal tea
- TIP: Bear in mind that many drinks have sweeteners that may not be compatible with fasting like Daniel, so look for unsweetened versions of these drinks.

Smoothies

- Soy, almond, cashew or other non-dairy milk
- Fresh or frozen berries and fruit
- Vegetable-based protein powder such as soy

Snacks

- Hummus
- Guacamole
- Dried Fruits
- Nuts and Seeds
- Unsweetened Applesauce

Spices

- Garlic—cloves and powder
- Clove
- Dill
- Lemon Juice
- Oregano
- Sage
- Ginger
- Vinegar (balsamic, etc.)
- Cumin
- Tahini
- Red Pepper
- Cayenne pepper
- Curry powder
- Garam masala

Foods You're NOT Buying

- Meats
- Desserts
- Sweeteners
- Dairy Products
- Energy Drinks
- Coffee
- Sodas
- Alcohol