



I ate no pleasant bread,
neither came flesh nor wine in my mouth,
neither did I anoint myself at all,
till three whole weeks were fulfilled.
Daniel 10:3

DANIEL FAST

GUIDE

Begins February 14 | Ends March 28, 2024



Rev. Danté R. Quick, Ph.D., Senior Pastor



Hello Church Family,

During this Lenten Season, we have the opportunity to fast together.

Why are we fasting?

Spiritual fasting is a practice that increases our sensitivity to God and will prepare us for the celebration of the Resurrection of Jesus Christ.

Fasting is a spiritual discipline mentioned throughout the Bible. It is a powerful tool because we take on the posture of humility and become reliant on God. In Matthew 6:16, Jesus did not say “if you fast,” but “when you fast.”

As we lay food or activity aside and seek God’s face in worship, Bible reading, obedience, and prayer, that our vital love relationship with God is strengthened and we gain a greater capacity to love others, and ourselves.

Scripture says, “You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’ ‘You shall love your neighbor as yourself.’

These fasts are challenging. If you’re wondering if you can, the answer is **yes**. The first step is to make a commitment. And then ask and trust God to help you.

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Whether you choose the full or modified fast we are asking that you refrain from eating for at least 12 hours from your last meal in the evening to your first meal of the day.

We invite you to participate in the spiritual discipline of fasting in **one of three ways**. The choice is yours.

1] The first is the Daniel Fast which is similar to a vegan diet where no meat products are consumed. This resource will be helpful, <https://www.livestrong.com/article/347609-information-on-the-21-day-daniel-fast/>

2] Secondly, we offer a **modified** Daniel Fast which allows for fish, and chicken. **TIP:** Because many people experience a great drop in their blood sugar when they forsake their usual high-fat, high-sugar diets, you may want to wean yourself from these foods a day or two before your fast.

If you are a heavy coffee or tea drinker, gradually cut the caffeine from your diet. Fasters commonly experience headaches, a withdrawal symptom of foregoing their usual large amounts of caffeine and sugar. Eliminating these foods before the fast will decrease the likelihood of your suffering with headaches, dizziness, and cravings.

3] Third, if you have **dietary or medical restrictions**, we strongly encourage you not to fast from food but fast from an activity or habit. Is there a habit that you would like to diminish in your life? For example: too much TV time, too much social media time? Are you in the habit of negative confessions about yourself or gossip?

Commit to fasting from an activity of your choosing and instead spend quality time with God and pick up an activity that is positive and growth-producing.

Let's grow spiritually together during Lent.

First
BAPTIST
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at FBCLG

Rev. Danté R. Quick, Ph.D., Senior Pastor



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?

WHAT TO EAT



VEGETABLES

(Including POTATOES)
FRESH, FROZEN, DRIED, JUICED



FRUITS

FRESH, FROZEN, DRIED, JUICED

IMPORTANT: For packaged food, check ingredients to ensure there are no added sugars, chemicals or preservatives.

WHOLE GRAINS

AMARANTH, BARLEY, OATS, MILET, WHOLE WHEAT TORTILLAS, POPCORN, RICE CAKES

UNSALTED NUTS & SEEDS

ALMONDS, CASHEWS, MACADAMIA, PEANUTS, PECANS, PINE NUTS, WALNUTS, PUMPKIN, SESAME AND SUNFLOWER SEEDS, UNSWEETENED NUT BUTTERS

LEGUMES

DRIED OR CANNED: BLACK BEANS, BLACK-EYED PEAS, CHICKPEAS, GREEN PEAS, KIDNEY BEANS, LIMA BEANS, LENTILS, PINTO BEANS

QUALITY OILS

AVOCADO, COCONUT, GRAPESEED, OLIVE, SESAME

WATER

DISTILLED, FILTERED, SPRING WATER



BEVERAGES

UNSWEETENED ALMOND, COCONUT, RICE AND SOY MILK, WATER

OTHER

HERBS, SPICES, SEA SALT, PEPPER, VINEGAR, TOFU

DRINK PLENTY OF WATER!

FOODS TO AVOID!

MEAT & ANIMAL PRODUCTS

PORK, BEEF, FISH, LAMB, POULTRY, EGGS

PLANT BASED MEATS

IMPOSSIBLE MEATS, BEYOND MEATS, OTHER PROCESSED MEAT BRANDS

DAIRY PRODUCTS

BUTTER, CHEESE, CREAM, MILK, YOGURT

SWEETENERS

SUGAR, AGAVE NECTAR, ARTIFICIAL SWEETNERS, BROWN RICE SYRUP, CANE JUICE, HONEY, MOLASSES, RAW SUGAR, STEVIA

LEAVENED BREAD & YEAST

BAKED GOODS, ANY BREAD WITH YEAST AND HONEY

REFINED & PROCESSED FOOD PRODUCTS

ARTIFICIAL FLAVORINGS, CHEMICALS, FOOD ADDITIVES, PRESERVATIVES, WHITE FLOUR, WHITE RICE

DEEP-FRIED FOODS

POTATO CHIPS, FRENCH FRIES, DONUTS

SOLID FATS

LARD, MARGARINE, SHORTENING

BEVERAGES

ALCOHOL, CARBONATED DRINKS, COFFEE, FLAVORED TEAS



FOR CHILDREN

THINGS TO DO EVERYDAY

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 that you will only eat Daniel Fast foods. A good choice might be dinner. That way, you and your family can pray and sacrifice together.

EATS LOTS OF THESE:

FRUIT: BANANAS, ORANGES, APPLES, GRAPES

VEGETABLES: CARROTS, KALE, BROCCOLI, SPINACH

WHOLE GRAINS: BROWN RICE, QUINOA, WHOLE WHEAT PASTA

LEGUMES: BEANS AND PEAS

DON'T EAT OR DRINK THESE!

SUGAR, CANDY, COOKIES, GUM, MINTS

SUGARY DRINKS, SODA, ENERGY DRINKS

MILK, EGGS, CHEESE, ICE CREAM, WHITE BREAD, CRACKERS, IODIZED SALT

MEAT



DRINK PLENTY OF WATER!

FOOD IDEAS

These products can be found at your local food market, health food store, and superstores.



Dr. Praeger's Cauliflower Veggie Burgers
Black Bean Quinoa Burger
California Veggie Burger

Simply Unsweetened Vanilla Almond Milk

Rao's Homemade Marinara Sauce or Tomato Basil

Miyoko's European-Style Cultured Vegan Butter

Newman's Own Classic Oil & Vinegar Dressing

El Paso Corn Taco Shells

Ezekiel 4:9 Original Tortillas

Good Foods Plant-based Buffalo Style Dip
Tzatziki Style Dip, and Cilantro Dip

Lara Bars

Triscuit Crackers: Cracked Pepper & Olive Oil
Thin Crisps Original Crackers

Ithaca Hummus

Tostitos Oven-Baked Scoops Tortilla Chips

Skinny Pop Popcorn



GET CONNECTED

10am (EST) SUNDAY WORSHIP SERVICE

Youth Sunday School & God's Garden Nursery | 2nd & 4th Sunday

Adult Bible Study | Wednesdays, 7pm EST

TableTalk | Young Adult Bible Study | 2nd & 4th Thursday @ 7pm

Senior Fellowship every Thursday | 9am to Noon | Hybrid

First Baptist Church of Lincoln Gardens

771 Somerset St., Somerset, NJ 08873

Office Hours: 8:00 am – 5:00pm

Monday-Friday

