

What Can We Eat?

We call this fast a Daniel Fast because it is based on Daniel 10:3 when Daniel fasted and prayed, giving up meat and choice foods for three weeks. The Daniel Fast is primarily vegetarian. You should stay away from rich foods such as desserts, cookies, cakes, pies, and other sugary items. If you have a chronic disease, please ask your doctor on how to modify your fast.

To prepare for the fast, begin withdrawing certain foods from your diet. For example, eat meat three times weekly instead every day.

Foods You Can Eat
Vegetables & Fruits Fresh, Frozen, Canned or Dried
All types of Beans- Fresh, Frozen, Canned or Dried
Nuts, Seeds, Sprouts, Peanut Butter, Almond Butter
Whole Wheat Pasta, Brown Rice, Potatoes, Rice Cakes,
Water, Milk, Soy Milk, Almond Milk, Juices, Coffee, Tea,
Cheese, Veggie Burgers, Tofu, Eggs
Herbs, Mustard, Mayo, Ketchup and Oil
Whole Wheat Bread; Multi-grain Bread, Vegetarian Pizza

When the fast ends do not eat a lot of meat right away. You should eat small amounts to help your body adjust to eating meat again.

NO JUNK FOOD FAST

If You Do Not Feel You Can Do This

For those who do not feel you can participate in a meatless fast, then fast all junk food, candy, chips, popcorn, sweets, desserts, sodas, and fast food for the next forty days.

Riverview Missionary Baptist Church

Fast 2018 Fasting for Christian Character

For forty days we will ask God to build in us the Christian character of:

Determination

Endurance

Steadfastness

Faithfulness

Accountability

Trustworthiness

Reliability

February 14th to March 25th

Steadfast

Staying the same for a long time; not changing or losing purpose

Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labor is not in vain in the Lord. 1 Corinthians 15:58 KJV

February 24 Reliable Paul said that he had no one like Timothy. He could rely on this man to assist him in his ministry. He had Timothy go to various churches on his behalf. The congregations respected Timothy. They listened to him because he was consistently a man who followed through with his commitments. Jesus, work in me this attitude of doing what I say I will do. Let people begin to trust me based on my reputation.

February 25 Determination Paul said that he pressed for the mark. He was focused living up to his calling so that he would hear the Savior say, “Well done good and faithful servant.” He would not allow his previous success or current difficulties to distract him from glorifying Jesus. Holy Spirit, help me not to get distracted but to remain focused on what you have called me to do.

February 26 Endurance Paul writes in 1 Corinthians 9:24 “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.” My Christian is like a race: I will get tired and want to stop. But I should not stop. I will get discouraged and want to give up. But I should not give. Help me Holy Father to keep my eye on the crown of life that I will receive at the end of my journey.

February 27 Steadfast A lot of times we want to get to the end of the journey quickly without realizing how far away the end really is. We are unaware of the number of challenges we will face while on our journey. The distance and challenges can discourage us. The hills we must climb and the valleys we must trod into will tempt us to want to stop. We cannot stop now, because Jesus sent us on this journey. We cannot stop now because Jesus wants to use us to bless others on the journey. Jesus I will keep stepping because you called me on this journey.

March 20 Steadfast is staying the same for a long time; not changing or losing purpose. The key phrase in this word is “staying the same for a long time.” Steadfast involves length of time. You can’t gain a reputation over a few weeks. Your reputation grows over time. Paul’s reputation changed from being a persecutor of Christians to a committed Jesus-follower over time. He lost one reputation and gained another. That’s what our faith should do to us.

March 21 Faithfulness is being loyal; keeping your promises; being trusted; being reliable. People who keep their commitments in church are called faithful. Fellow Christians know they can trust these people to do what they say and say what they do. We need the power of the Holy Spirit working in our lives to be this type person every day. Remind us Lord of the commitments we made and hold our feet to the fire to keep them.

March 22 Accountability is being responsible for things that happen and can give a satisfactory reason for it.. In other words, you take ownership for what happens when you are in charge. You do not blame others or throw them under the bus. You do not get mad when you made a mistake and withdraw. You stand tall and own your shortcomings. Peter failed Jesus, by denying that he knew Jesus three times. He owned his failure and Peter got up and continued following Jesus.

March 23 Trustworthy We want our government leaders to be people that do what they say. We want our business executives to be people that do what they say. We want our pastors to live what they preach. We have high expectations for others in this area. Do we have the same expectation for ourselves? Do we keep our commitments and not slack in doing what God has called us to do?

March 24 Reliable Every day kids stand in front of their homes or at bus stops get on the bus that will take them to school. They know when they have to be at the stop or they will miss their bus. Every day someone is expecting us to do what we say we will do. They are wait-

Reliable

Dependable; knowing that you can expect a person to follow through with commitments

For I, the LORD, do not change ... Malachi 3:6 NIV

March 16 Trustworthy is a reputation that what you say you will do. The emphasis is on our reputation. If people mention our name will they imagine us as having a reputation of doing what we say or will they tell people not to bother with us? Help me Lord to be a person that does what I say I will do.

March 17 Reliable is dependable; knowing that you can expect a person to follow through with commitments. Reliable is having such a reputation that people will expect you to follow through your commitments. They do not have to worry if you are going to do what you say. They already know from everything you did that you will. Our faith in Jesus is based on the fact that we expect Jesus to be reliable. What he says He will do, He will do. And that's what we call on Him all the time!

March 18 Determination is the ability to continue trying to do something, even if it is difficult. Focus on the word "continue" and the phrase "even if". There are no "buts" or "what if's" in this word. You continue even if you have to face challenges, difficulties or obstacles. You let nothing hinder you from your goal. Lord, help me to continue "even if" comes in my way.

March 19 Endurance is the ability to do something for a long time. The key phrase in this word is "do something for a long time." People make commitments but they will stop over time without cause. They stop because no one notices them. Or, because they have developed a bad habit of starting for a few weeks then stopping. To be a person that endures you force yourself to keep doing the task even when you want to stop. Jesus did not stop at the Garden of Gethsemane, he kept going to Cross! Hallelujah!

Faithfulness:

To be loyal; to keep your promises; trusted; reliable

The one who calls you is faithful, and he will do it.

1 Thessalonians 5:24 NIV

February 28 Faithfulness Joseph in the Old Testament faced one problem after another. His brothers sold him into slavery. He became a slave in a foreign country. He was falsely accused by his master's wife. He ended up in jail for no reason. Yet Joseph did not lose his faith. He did kept trusting the Lord. He continued being a man of integrity. God build in me integrity so that I will not waiver during challenges.

March 1 Accountability Seven men were chosen as deacons because they had a reputation of following through their responsibilities. The church knew they could rely on these men to take care of their widows. They would buy food and distribute it to all the widows in a fair manner. I pray that I have the same character as those deacons. Help me Lord to have a reputation of taking my responsibilities seriously.

March 2 Trustworthy When Pharaoh did not know how to prepare for the famine that Joseph predicted, he chose Joseph to lead the effort. He saw Joseph as a man that he could trust Egypt's fate. He knew Joseph would not steal from him or take advantage of his position. Dear God, I pray that people will see me as a person that can be trusted to handle the position you have placed me.

March 3 Reliable Timothy was one of Paul's assistants. Paul asked Timothy to visit the Philippian and Corinthian churches on his behalf. He knew that whatever he asked Timothy to do, Timothy would follow through. Am I that type of person? Will I follow through with my commitments? Lord Jesus, I ask that you help me be known as reliable.

March 4 Determination When God told Noah to build the ark, he built the ark with no knowledge of how to do so. He knew that God would show him. So he did not listen to his doubts. He did not listen to nay-sayers. Noah listened to God. He kept building. Jesus, help me to keep my face forward fulfill what you called me to do!

Determination:

**the ability to continue trying to do something,
even if it is difficult**

Because the Sovereign LORD helps me, I will not be disgraced.
Therefore, I have set my face like a stone, determined to do his will.
And I know that I will not be put to shame. Isaiah 50:7

February 14 Faithfulness God, you always keep your promises. The scripture says all the promises of God are “Yes” in Christ Jesus. I want to follow in your footsteps and be a promise keeper also. Help me O Holy Spirit to keep the commitments I make today.

February 15 Accountability Jesus, you chose to come on earth so that I can have eternal life. Thank you for thinking about me and my eternal life when you prayed for the Father to take the bitter cup of death away from you before dying on the cross. Help me Jesus to think about who I will affect when I decide to shy away from my commitments.

February 16 Trustworthy Jairus had a daughter that was very ill. He asked Jesus to heal his daughter. Jesus agreed. As he was going to heal the girl, he was delayed. When he arrived people said the girl was dead. Jesus told Jairus, “Just believe.” He healed the girl. He kept his word. Help me Lord Jesus to be a man of my word despite distractions.

February 17 Reliable God says in the Book of Malachi, “I the Lord do not change.” I like that about God. I can depend on him. Lord, help me to be as dependable as you are.

February 18 Determination I can do all things through Christ who strengthens me. Help me to rely on you Jesus even when I face many challenges. I will go forward in your Name!

Trustworthy:

a reputation that what you say you will do

Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst.

1 Timothy 1:15 NIV

March 10 Reliable Fred Hammond, the gospel singer, wrote that “God will do what He say He would do. He will stand by his word. And he will come through.” That is what Reliable looks like. Let’s follow in the footsteps of our Lord!

March 11 Determination The only way to reach your goal is to keep you eye on the goal. You cannot get distracted by shiny objects or struggles. You have to keep pressing for the goal in spite of what might befall you. Paul says, “I press towards the mark for the prize of the high calling in Christ Jesus.

March 12 Endurance God told Abraham to leave his country and go to a land that God would show him. Abraham walked about 900 miles from his homeland to the place God wanted him to be. He continued without focusing on the distance or difficulty. He continue because He trusted God to lead and protect him. Help me Jesus to continue on my journey without focusing on the hardship.

March 13 Steadfast When you are steadfast you just keep going. You let nothing move you from your goal. You push aside anything that distracts you or up sets you. You get up when you stumble. You trust the Lord to give you the strength to keep moving. Most of all you never give up because you know that God is ahead and setting things up for you.

March 14 Faithfulness Although Ruth was a widow, she stayed with her mother in law, Naomi. When they arrived in Israel, Ruth picked grain every day from the field so they could eat. Naomi could rely on Ruth. She could depend on Ruth. This is what faithfulness looks like! Let’s imitate Ruth!

March 15 Accountability You felt God calling you to be an usher, a choir member, a trustee, a deacon, a prayer shawl member. Just do it!

Accountability

Being responsible for things that happen and can give a satisfactory reason for it.

So then, each of us will give an account of ourselves to God.

Romans 14:12 NIV

March 5 Endurance Athletes win because they push through their exhaustion. They push through their desire to want to rest. They focus on the prize. Christians are called to run in this race with the prize in mind. (1 Corin. 9:24) I want to hear Jesus say, "Well done!" after I fulfill my calling. Holy Spirit, help me to push through when I want to stop doing what you called me do.

March 6 Steadfast People win races because they put one foot in front of the other. They do not focus on long it takes. They do not focus on what might happen on the journey. They keep putting one foot in front of the other until they reach the end. Jesus has called me to do something for his glory. My job is keep doing what he has called me in spite of the challenges. Help me Jesus to keep putting one foot in front of the other as I fulfill your calling.

March 7 Faithfulness Timothy, Luke, Aquila, Priscilla, Euodias, Syntyche and Barnabas were a group of people that Paul relied on. He knew that he could trust them to help people understand the gospel. Paul knew he could rely on them to follow through with their ministry. Can my church family rely on me? Show me Lord how to be a person that is follows through consistently.

March 8 Accountability Paul was in jail twice for preaching the gospel. He understood the cost of preaching about Jesus. He was not ashamed of being imprisoned. He was more concerned about doing Jesus' will. Help me Lord to stop thinking about what others will think about me. Help me to focus on how you think about me.

March 9 Trustworthy Has anyone asked you to help them with a job that takes several weeks to complete? Have you volunteered to do a certain thing? Did you do it or did something else come up? Jesus, untangle me from excuses that keep me doing your will.

Endurance:

the ability to do something for a long time

God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. James 1:12 New Living Translation

February 19 Endurance It is easy to get discouraged when no one praises you for what you do. However, when I do things for Jesus and not for the praise of others I am motivated to keep doing what I committed to do in spite of the lack of support from others. Jesus, I need your help to keep on keeping on in Your Name.

February 20 Steadfast Jesus knew why he came to earth. He did not need reminders. All of his actions were based on his decision to die for me. I want remained focused in following Jesus. I want my actions to reflect my commitment to Jesus. Help me Lord to stay focused on what you have called me to do.

February 21 Faithfulness Jesus said that he came to offer his life as a ransom for many. He did exactly that. He did what he said he was going to do. When the devil tried to distract Jesus, he kept his face towards the cross. When Peter try to persuade Jesus not to go to Jerusalem, Jesus told Peter, "Get behind me Satan!". That's why I trust Jesus. He has a history of being reliable. I want to have that same reputation of being a reliable person. Show me, O Holy Spirit, how to be reliable.

February 22 Accountability Judas Iscariot was in charge of the disciples' money. He stole their money because Judas did not realize it was really God's money. Judas looked at the money as ordinary, not sacred. God has entrusted responsibility to me. It is the divine calling I must fulfill. Help me Lord Jesus to always live in awareness that I am fulfilling your divine calling.

February 23 Trustworthy The first deacons were selected based on their reputation of doing what they say would do. They had a reputation of honesty, integrity and faithfully serving the Lord. People knew they could depend on these men. I want that type of reputation. Show me Lord!