

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.

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
Whole Wheat Pasta, Brown Rice, Potatoes, Plain Rice Cakes, Tortillas
Water, Milk, Soy Milk, Almond Milk, Juices, Coffee, Tea, Yogurt, Cheese, Eggs
Veggie Dogs, Veggie Burgers, Tofu Plant base Foods
Herbs, Mustard, Ketchup , Salad Dressing, and Oil
Whole Wheat Bread; Vegetarian Pizza

Foods You <u>Can Not</u> Eat
Pork, Lamb, Chicken, Turkey, Beef, Wild Meat or Fish
Beef or Chicken Bouillon
Cold Cuts, Pepperoni, Sausage
Potato Chips, Skins, Pretzels or Junk Food
Sodas, Energy Drinks, Carbonated Drinks
Butter, Cream Cheese
Mayonnaise, Miracle Whip
Fast Foods

Riverview Missionary Baptist Church

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A Fast for the Lord God to Show Us How To Engage Our Community

February 26 to April 5, 2020

The Spirit of the Sovereign Lord is on me because he has anointed me to preach good news to the poor...bind up the broken hearted...proclaim freedom to the captives...release from darkness for the prisoners...to proclaim the year of the Lord's favor...the day of vengeance of our God... to comfort those who mourn...to bestow on them a crown of beauty instead of ashes... the oil of gladness instead of mourning...a garment of praise instead of a spirit of despair...They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.

Isaiah 61:1-3

***Engaging our community through our
faith and service by the transformational
love of Jesus
Isaiah 61:1-3***

Day 1 The Spirit of the Sovereign Lord Jesus did not leave us alone on this earth to accomplish his work. He stated in John 16:7, “Unless I go away the Counselor will not come to you; but if I go I will send him to you. To accomplish the will of Jesus, we must have the Holy Spirit working in our lives. He leads us. He guides us. The Holy Spirit helps us. Wait for the Holy Spirit’s guidance before deciding what ministry God wants you to do in the community.

Day 2 The Spirit of the Sovereign Lord Jesus tells us that the Holy Spirit will guide us into all truth. (John 16:13) In order to minister to the community we need the Holy Spirit to help us speak to people in the community in a way that they can understand. He will show us the needs of the community that we should address. He will show us how. Pray and ask the Holy Spirit to open your eyes to the needs of the community. Do not rely on what you think you know is best for this community. What God sees is not always what we see. Pray that the Holy Spirit will open your eyes to see what God sees about this community.

Day 3 The Spirit of the Sovereign Lord We cannot minister to the community using only our human resources— knowledge, skills or talents. Jesus told the disciples in Acts 1 to wait for the Holy Spirit to give them power to be his witnesses. We need the power of the Holy Spirit to minister to the community. We are not just dealing with poverty or drugs or alcohol or abuse or materialism. We are dealing with broken hearts, enslaved people, poor self-esteem and emotionally empty people. We need God’s Spirit to empower us to heal, to set free, to lift up and to show them real meaning. We need God’s power working in us to effectively minister. Pray for God’s Holy Spirit to give you the power to minister to this community.

Day 4 The Spirit of the Sovereign Lord Paul wrote to the Corinthians: “We are human, but we don’t wage war as humans do. We use God’s mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.” (2 Corinthians. 10:3-5 *New Living Translation*) Trust the Holy Spirit to give you the tools to accomplish His will.

Day 5 The Spirit of the Sovereign Lord As a Christian, you already have the Holy Spirit in you. Your job is to become more sensitive to His leading and guidance. Rely on Him to speak through you. God does not need smart or clever people. He uses people that rely on Him, that trust Him. Pray and ask for His guidance and you will be amazed at what He will accomplish through you.

Day 36 Our community: Poor God is calling us to minister to the needs of the poor. The bible speaks a lot about those that are economically poor. In the Old Testament the Lord God required farmers to leave some of their harvest so that the poor and widows could collect it and feed themselves. In the New Testament the first deacons were appointed to take care of poor widows. As we go into our community we will meet many that are economically poor. Know that God anointed you to be in that community and He will show you how to respond.

Day 37: Our community: Brokenhearted Lord Jesus we pray for people that have endured many disappointments. We pray that you remind that you can change their circumstances if they would turn their hearts and minds to you. We pray that you will show them that you are the God that likes to turn lemons to lemonade. You are the God that makes a test a testimony of your deliverance. So Lord God show us how to lead people that keep relying on their own circumstances into learning how to trust in the Lord with all their hearts and lean not on their own understanding.

Day 38 Our Community: In Prison Lord, we pray for those in our community that have been in jail for various reasons. We pray that you will use us to give them hope. Use us to help them. Use us to help them find jobs. Use us to keep them from giving up and returning to bad habits or old lifestyles. You called us to meet that person. Empower us with a word of wisdom that will give them guidance to succeed. Give us freedom to pray for them. Help us to lead them to you Jesus!

Day 39: Our Community: Mourning We pray for those experiencing deep sadness. We confess that we do not have all the answers in how to minister to their hurt, their pain. However, we trust that you do Jesus. Give us a scripture that can lift their spirits. Give us words that can comfort them. Give us boldness to encourage them to worship so that they can feel your ministering presence. Show us how to help them tap into your Comforting Presence.

Day 40 Our Community: Changed! We are asking you O Lord to change our community. You put Riverview Baptist Church in this community. You knew that the demographics would change. So, we are giving ourselves to you to show us how to impact this community in a positive way. We need you Jesus. We need your guidance Holy Spirit. We need your prompting Heavenly Father. We are praying for a great harvest of souls being saved.

Day 31 To be released from darkness. Darkness represents sin. Walking in darkness means you are living sinfully. John writes in his first letter that anyone claiming to have fellowship with Jesus yet walks in darkness is a liar. (1 John 1:6) Light and darkness does not mix. When you are at TOWARDS, you will meet people that do not know that they are living in sin. They have gotten accustomed to living sinfully. God sent you to that person's life to shed God's heavenly light on their situation. Share the Light and Jesus will do the releasing.

Day 32 To be released from darkness Isaiah gives us a picture of people that are engulfed in darkness. They are so engulfed in sin that they cannot see their way out of it. It is like being in a cave without any light. You become disoriented. You don't have a clue if you are going to mouth of the cave or deeper inside of it. Only a light can give you a sense of direction. Only a light, regardless of how small, can change your orientation. God has appointed you to carry the light of his love and salvation to people that are walking in sin. God is calling you to share your light; thereby rescuing those walking in darkness.

Day 33 To comfort those that mourn Some of the people that we will meet in our community will have face a loss. They will have lost a loved one through an unexpected death. This death could result from a drug overdose, a suicide, a drowning, a terminal illness or due to aging. The Lord God is sending you to that person because God has equipped you to show compassion. He will give you words of comfort. He will lead you into openly praying God's strength on that person's behalf.

Day 34 To comfort those that mourn As Christians we see death as the door to eternity. We do not live as if we only have hope in this life. We know that one day we will transition from this life to the next. Therefore, we put our hope in the Lord. When God sends you in the community, you will meet people that are afraid of dying. You will meet people that are not ready to die. God appointed you to be with that person to let them know Jesus said that in his Father's house are many mansions. He left to prepare them for us. (John 14:1-6) Show them the way to eternal life. Tell them about John 3:16.

Day 35 To comfort those that mourn Isaiah lets us know that we are not indifferent to those that are in pain or anguish. God has given us sensitive hearts to those requiring comfort. We must follow the example of Jesus when he wept over the death of Lazarus. We must weep with those that weep. Even so, in identifying with their sorrow, we must show how our faith in Jesus sustains us during our darkest hours. It is our faith in Jesus that motivates us to get up and face each day. God is calling you to share how Jesus gives you strength as mourn.

Day 6 The Lord has anointed me In the Old Testament when a priest or king was raised up, a prophet would pour oil on them to dedicate them to the task. Jacob poured oil on the rock where he slept when God assured Jacob in a dream that He would watch over him (Genesis 28:18-20). In pouring oil on the rock, Jacob dedicated that spot as a sacred place. You have the oil of the Holy Spirit resting upon when you gave your life to Jesus. You have been dedicated by God for a specific use. Rely on the Holy Spirit and He will show you what He has called you to accomplish in his Name and by His Spirit.

Day 7 The Lord has anointed me When we gave our lives to Jesus, the Holy Spirit anointed us to do his will. That is, the Lord God set us apart to do works in His Name. The work we do in the community has to be Spirit led and guided. If it is Spirit-led then we will know that God has dedicated us to that work. It is a work that can not be based on what others are doing. It can not be based on what we think we ought to be doing. It is based on our assurance of knowing that God called us to do it.

Day 8 The Lord has anointed me When God dedicates you to a task then he has appointed you to do it. John the Baptist was dedicated from birth to prepare people for Jesus' coming. Moses was dedicated to lead the Hebrews out being enslaved in Egypt. Each fulfilled God's purpose. God is anointing you and I to minister to this community. We can be confident that we will fulfill His purpose because we are doing the Lord God's work, not our own.

Day 9 The Lord has anointed me When we know that we are doing what God has called us to do, we become free. Free from being embarrassed about our faith. Free from looking at our shortcomings. Moses stuttered. Jeremiah, the prophet was a young man. Paul states he was not an eloquent speaker. Esther was an orphan. Yet the Spirit of the Lord anointed them and used them to accomplish his will. Are you willing to let God's Spirit free you so that you can be used by Jesus to do great and mighty works in His name?

Day 10 The Lord has anointed me "Not to us Lord, not us, but to your name be the glory for your love and faithfulness." (Psalm 115:1) When God uses us powerfully to minister to people in the community, we have to give glory to the Lord. It was his anointing, appointment, and empowerment that made us effective. Give glory to God when you see addicts or abused women or neglected children or families give their lives to Jesus in the community. It is the Lord's doing and thank God for His using us as His instruments to fulfill his purpose.

Day 11 Me The biggest obstacle in fulfilling God's calling is us. We focus too much on what others are going to say.. When God called Moses to set the Israelites free, he worried about what others would say, "What if they do not believe me or listen to me...?" (Exodus 4:1) Queen Esther was worried about the king's reaction when she came into his presence without being summoned. When we understand we have been anointed by God to his will and empowered by the Spirit of God to accomplish it we stop worrying about what others think or will say about us. Me will be pushed aside and Jesus will be in the forefront.

Day 12 Me Most Christians shirk from ministry because they spend too much time comparing themselves to other Christians. They wish they could be like the pastor or deacon or elder at the church. God has not called you to be like the pastor, or deacon or a seasoned saint in your church. God has called you to be you. He will use your gifts, your talents, your history (good and bad) and your background for His glory. When the Lord God anoints, he appoints and he empowers. Thank God for making you, you. Ask Jesus to use you and all of you for His glory.

Day 13 Me When you look in the mirror, what do you see? Do you see a person with lots of blemishes? Do you see a person with shortcomings— a learning disability, phobias (fears), shy, not a good reader, a poor speaker, a person with lots of emotional failures? God sees all of that too. Guess what? God wants to use you despite the blemishes. All you have to do is submit to the Spirit of God's leading. He will use ALL of you to show the world how God takes the weak things, the despised things to accomplish much in His Name.

Day 14 Me Isaiah 61 begins with the Spirit of the Sovereign Lord is on me...God is calling you. God wants to use you. STOP dwelling on your shortcomings. If God calls you, he will empower you. Look at what he accomplished through unlearned people like Peter and John. Look at what God accomplished through an orphan like Esther. Look at what God did through a stutterer like Moses. Look at what God did to a foreigner like Ruth. Look at what God accomplished through a prostitute like Rahab. Your background and failures and "limitations" cannot hinder God's anointing from working through you.

Day 15 Me Yes God is calling you! He wants to use you to be a blessing to this community. He is calling you to be part of a ministry that will help the congregation minister to the needs of the community. Pray and ask God for wisdom. Pray and ask the Lord God for insight. Pray and ask the Lord God for his will to be accomplished in your life. The insight and wisdom God gives you may be the guide the congregation needs to effectively engage the community.

Day 26 To bind up the broken hearted You will meet people that have been so emotionally devastated that you will feel overwhelmed. Words cannot always heal inner hurt. Words cannot always neutralize the sting of disappointment. This is when you rely on what you have been anointed to do. Jesus did not call you to fix the problem. Jesus called to go that person and present him or her to Jesus. Your job is to tell them about a loving Savior that died on their behalf so that they could have eternal life.

Day 27 To bind up the broken hearted A woman who suffered with an issue of blood for twelve years spent everything she had to get well. Nothing worked. Until she met Jesus. She touched the hem of his garment and was healed. (Luke 8:43-48) You will meet people that have tried all types of things to feel better or to feel whole— yoga, exercise, diet, meditation, etc. They know they need something but cannot put their finger on it. God has sent you to be the person to tell them about the good news of Jesus Christ. "What can make me whole again? Nothing but the blood of Jesus!"

Day 28 To proclaim freedom for the captives God has given you not only a message of healing, but a message of deliverance. People are shackled to the chains of anger. They are shackled to the chains of sexual immorality. They are shackled to the chains of un-forgiveness. They have given themselves over to these sins for so long that they did not realize how they would lose control and their sins would control them. They need help. God has sent you to be a vessel of help. Your job is to pray for God to lead you to that person. When you meet that person, your job is not fuss with them but tell them about the Savior that has the ability to set them free! Bring them to Jesus!

Day 29 To proclaim freedom for the captives Evans Ray received a life sentence for selling cocaine. The judge did not want to charge him with a life sentence, but sentencing guidelines tied his hands. Twelve years he languished in the worst prisons until August 3, 2016 when he got a call from the Obama administration. His sentence was reduced. He was set free. Ray went to his prison cell, got on his knees and thanked God for his mercy. Jesus is going to use you to be a vessel to set people free. Expect the same reaction as Evans. Bring them to Jesus!

Day 30 To be released from darkness When my wife and I lived in the Kingdom of eSwatini we witnessed power failures after major storms. When it happened our house would get so dark that we could not see our hand in front of our faces. Thankfully, we knew where every candle was located in the house. Just a little light seemed to lit up the whole room. Jesus is calling you to bear his light among dark places. Let it shine! Let it shine! Let it shine!

Day 21 To preach good news to the poor The Lord God tells Isaiah what he has to do when he reaches TOWARDS.. The first thing he is told is that he is anointed to preach good news to the poor. Preaching is about telling others about Jesus. It is a message that God so loved the world that He gave His only begotten Son so that whosoever believes in him will not perish but have everlasting life. (John 3:16). It is a message of God's love and concern for people who are thirsty for meaning and purpose.

Day 22 To preach good news to the poor Christina Onassis was one of the riches women in the world. She was dubbed, "the poor little rich girl" because she was so unhappy. She was married four times by the time she was thirty-seven years old. There are lots of people like Onassis. They have everything but remain unfulfilled and unhappy. We are charged to preach Jesus to the poor in spirit. They need to know that Jesus is the way, the truth and the life. Pray that God will give you opportunities to share your faith to people like Onassis. Don't look at what they have. Look at what they need: Jesus!

Day 23 To preach good news to the poor The Samaritan woman at the well in John 4 is example of being poor. She was snubbed by the Jewish community because she was a Samaritan. She was snubbed by own community because she was married five times and is living with a man that is not her husband. When she met Jesus at a well, the woman realized that she needed more than water. She needed to drink from the living water so that she would cease thirsting for meaning and purpose. When you arrive at TOWARDS you will meet poor people like the Samaritan. Preach Jesus to them so that their emotional and spiritual thirst will be satisfied.

Day 24 To preach good news to the poor A man that could not move was brought to Jesus. His friends lowered the man from the roof in front of Jesus. When Jesus saw the man he forgave his sins. This man that was paralyzed for a long time needed to have forgiveness in order to be healed. Sin binds up many. It keeps them in a stupor of anger and bitterness which causes all types of illnesses-high blood pressure, coronary issues, etc. You will meet people like that when you arrive at TOWARDS. Look beyond their anger and bitterness. Bring them to Jesus!

Day 25 To bind up the broken hearted As God leads us to ministering in our community you will meet people that have faced disappointment after disappointment. You will hear their stories of betrayal. You will hear their stories of financial ruin. You will hear their stories of being homeless. You will not be able to fix their situation or heal the hurt they experienced. Your job is to bring them Jesus. Your job is to tell them about a Savior that still loves them and has not forgotten them. Remind them that he carried them when they could not take another step.

Day 16 To This word implies a direction. It implies movement. When God places his anointing upon us, he expects us to go forward in His Name. The congregation is being called to minister to the community God placed it. We are called to go TO this community. We are not called to stay within the four walls of the church building and expect people to come to us. Today think about the word TOWARDS. God is leading us towards a people walking in spiritual darkness. We are letting our light shine so that they will become set free!

Day 17 To Isaiah 61 tells us where God is leading us. TO the poor. TO the broken hearted. TO the captives. TO the prisoners. TO those that are mourning. That is the community that we will be ministering to. When we look at our personal resources we question how can we minister to such vast needs. Stop looking at your limitations. God did not ask you to do it. He is telling us He wants to minister to this community THROUGH us. With assurance that God is doing it, our rallying cry should be: "TOWARDS!" as we march forward in God's power!

Day 18 To The places and people that God leads us are not always on our radar. They may not look like us. They may not be in the same income bracket as us. Their first language may not be English. If this is the TOWARDS that God is leading us to then we have to be open that God wants to share HIS love to them. We have to be open that God wants to share HIS message of hope and salvation to them. Don't shirk back when find TOWARDS does not fit your idea of who you thought you would minister to. TOWARDS!!!

Day 19 To God told Abraham to go to a land that He would show Abraham. This man did not fully understand where God was leading him, but Abraham trusted the Lord God. When God leads us TOWARDS we do not completely understand where He is leading us. Or, what the Lord God is getting us into. TOWARDS takes us to impoverished homes. People need food. People need a job. People need budgeting skills. People need a ride to and from their jobs. TOWARDS takes us to people that are fighting addictions. TOWARDS takes us to people with mental health challenges. Don't shirk back. Jesus sent us there and Jesus will be with us as we minister.

Day 20 To Rid your imagination of what TOWARDS looks like. Take away any fanciful images that when you arrive you will be welcomed and received. You will face opposition because your message will sound strange. You will face people who's hearts have been hardened by betrayal and deceit. You will face children that are bitter because they have been neglected. Faint not! Be of good cheer because Jesus has overcome the world.