

# NEW CREATION CHRISTIAN FELLOWSHIP

*of San Antonio, Texas*

## New Year Daniel Fast and Consecration

MONDAY, JANUARY 9<sup>TH</sup> THROUGH WEDNESDAY, FEBRUARY 1ST, 2023

**“WE ARE ENGAGING ALL PEOPLE”**

*...BY FASTING*

*...BY PRAYING*

*...BY CONSECRATING*

“Then Joshua said to the people, ‘Consecrate yourselves, for tomorrow the Lord will do wonders among you’”. We believe God will perform miracle, signs, and wonders that we have never seen in this next year. It is the custom at New Creation to have a time of prayer, fasting, and consecration at the beginning of the year as an act of worship to God by setting aside certain foods, drinks and other items to position ourselves to hear God’s voice and to receive His will. In reverence and preparation, we humbly submit our bodies and our wills to God and we will gather together in prayer. Every morning during the fast, we will begin by gathering for prayer at 6:00am on the prayer line for prayer (515) 603-5652. For the first 3 days (January 9, 10, 11), we will observe a water only fast and we will meet in the sanctuary at the main campus at 6:00pm for prayer. For the remaining days, we will observe the Daniel Fast and will resume our normal worship schedules.

*If you have a medical condition or are undergoing any medical treatments, it is advisable to first consult your physician before participating in the Daniel Fast. You may also want to pray, consult a mature Christian or your pastor before fasting.*

### INFORMATION ABOUT THE DANIEL FAST

The Daniel Fast is based on verses from the Bible found in Daniel 10:2-3. “At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.” These three weeks refer to the observance of Passover and the Feast of Unleavened Bread, which take place during the first month of the year (Exodus 12:1-20)

In Daniel 1:8, Daniel did not want to eat the king’s delicacies because it would have included food that was forbidden by the Mosaic Law (Leviticus 11); to eat it would be defiling his body. Another reason would have been because the king’s meats had probably been dedicated to the false Babylonian idols as was their practice. Daniel believed to do so would have been to acknowledge their idols as deities, against God’s commandments.

## THE DANIEL FAST: IT'S PURPOSE

While the Daniel Fast is cleansing your body by omitting certain foods for a limited time, the deeper and true basis of intent is for spiritual connection. The purpose of Christian fasting is to seek a more intimate relationship with God while ridding your physical body of unnatural, self-gratifying food and drink. Your focus is to be on God, not on the fleshly things of the world. Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to set your eyes and your heart completely on Jesus Christ.

## PREPARING FOR THE DANIEL FAST

In order to be successful in this phase of our consecration, we have to be specifically prepared.

**First**, have the right kinds of foods in your house. See the [Daniel Fast Food List](#) below. Also, plan your menus and prepare the foods so they are **easily** available to you.

**Second**, you may want to get rid of or at least put away foods that are tempting. There are historical accounts of Jewish women who prepared for the Passover by cleaning their houses from top to bottom and removed all yeast from their homes. Prepare your homes for the presence of God.

**Third**, plan time to prepare meals as they will likely take a little longer than when you are not fasting. Most of the meals you prepare will be from scratch since there are so few prepared products that don't have chemicals in them. Prepare foods for your home and for work or when you are traveling.

## DURING THE DANIEL FAST: PERSONAL DEVOTION

You have a choice when you fast. You can focus on the food and matters of the flesh or you can enter into a deep spiritual experience with the Lord so He can work in your life and on your behalf. Reach out for the best and allow God to minister to you and through you. Read the word and study the Word during this time. You may want to get a 21 day devotional to read during this time. Have special moments to be with the Lord to commune with him during this time

## PRAYER AND FASTING

Prayer and fasting is defined as voluntarily going without food in order to focus on prayer and fellowship with God. Prayer and fasting often go hand in hand, but this is not always the case. You can pray without fasting, and fast without prayer. **It is when these two activities are combined and dedicated to God's glory that they reach their full effectiveness.** Having a

dedicated time of prayer and fasting is not a way of manipulating God into doing what you desire. Rather, it is simply pushing yourself to focus and rely on God for the strength, provision, and wisdom you need.



We will pray every day (Monday – Friday) at 6:00 AM – 7:00 AM. There is power when God’s people come together to pray. Let us come together to pray during this time of consecration. Please invite family and friends to join us on the Prayer Call.

**Dial In Number: 515-603-5652 (No Passcode needed)**



### **Daniel Fast - Meal Options List**

*“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”*

Daniel 10:2-3


One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you eat. The Daniel Fast is limited to vegetables, fresh fruits, assorted beans and water.


***Special Note: if you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast.***


This is not bondage, so please see this as a divine opportunity to be set free from disease-causing habits.


Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.


### Foods to include in your diet during the Daniel Fast:


 **All fruits:** These can be fresh, frozen, dried or juiced. Avoid canned fruit. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon


 **All vegetables:** These can be fresh, frozen, dried, or juiced. Avoid canned vegetables. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.


 **Fish:** can be eaten on Sundays **only if you wish. (Not fried). If possible, try to abstain from eating any kind of meat or fish.**


 **All whole grains:** including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

 **All nuts and seeds:** including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.


 **All legumes:** These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans. (Avoid canned soup; *it's too high in sodium*).


 **All quality oils:** including but not limited to olive, canola, grape seed, peanut, and sesame.

 **Beverages:** spring water, distilled water or other pure waters.

 **Other:** tofu, soy products, vinegar, seasonings, salt, herbs and spices.

### Foods to avoid on the Daniel Fast:

 **All meat and animal products:** including but not limited to chicken, beef, lamb, pork, poultry, and fish.

 **All processed sweeteners:** Avoid white sugar. If you must, use only **small amounts of agave**, raw sugar, honey, molasses, cane juice or **pure maple syrups**.



**All white and white flour goods.**



**All refined and processed food products:** including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.



**All deep fried foods and junk food:** including but not limited to potato chips, French fries, corn chips, etc.



**All solid fats:** including shortening, margarine, lard and foods high in fat.

**Remember, READ THE LABELS!**

New Creation, God is pouring in New Wine into our New Wineskins and it begins with our Fasting and Prayer during this time of Consecration. Know that Pastor Emerita Copeland and Bishop Copeland are praying for you and asking God to give you the strength and ability to make it through the entire 21 day period.

Expect Deliverance and begin to Decree and Declare God's best over your life. Have the faith to believe that you will make it through this fast and come out stronger and more focused. Remember that God rewards those who diligently seek Him. Let's seek Him together!

*Acts 4:31 – And when they had prayed,  
the place which they were gathered together was shaken,  
and they were all filled with the Holy Spirit  
and continued to speak the word of God with boldness.*



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