

I continue this week on the topic of fasting. The following information is taken from the website (www.draxe.com) of Dr. Josh Axe. Dr. Axe is a Christian as well as a doctor of natural medicine and chiropractic.

What Is a Fast?

Fasting is abstaining from something like food, drink or entertainment for a period of time to create some type of benefit in body, mind or spirit.

There are many types of fasts, which include:

- Standard Fast (water only)
- Absolute Fast (no water or food)
- Partial Fast (restrict certain food and drink categories)
- **Intermittent Fast** (only eating during a small daily window, for example: 1 p.m.–6 p.m.)

There are many variations on these fasts, but they can all have spiritual benefits when we devote the time spent eating to focus on God and serving others.

If you are looking for a healing breakthrough in body, mind and/or spirit, then you may consider doing a Daniel Fast.

What Is a Daniel Fast?

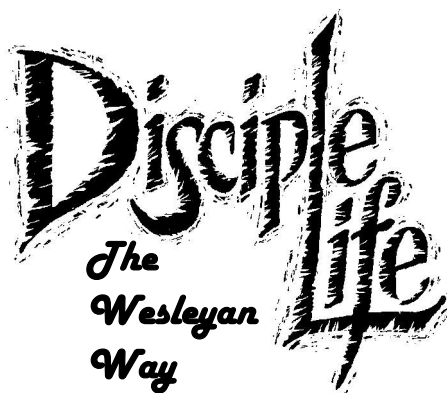
Many people wonder what did Jesus eat? Did Jesus eat meat? The Daniel fast isn't based on what Jesus ate, but it is based upon what one of Jesus' followers consumed and this follower was not surprisingly, Daniel.

The Daniel Fast or Daniel Diet is based upon the prophet Daniel's dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It's a partial fast that focuses very heavily on vegetables and other healthy whole foods, but leaves out any animal sources of protein. Many users of this biblically-based fasting method follow it for 21 consecutive days.

The Daniel Fast is specifically referenced in the Bible in two sections of the Book of Daniel:

Daniel 1:12, which states, "Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink."

Daniel 10: 2-3, which says, "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."



Week # 32



Start the
Conversation:

Provoke One
Another in Love

PROVOKING QUESTION:

This week, you are encouraged to ask a church member the following:

What does it feel like to give up something you are accustomed to doing? Do you think you could give up food to grow closer to God?

Daniel Fast: Food List

According to our understanding of the Hebrew definition of "pulse" that was used in the verse for vegetables can actually mean a range of foods. Here is the Daniel Fast food list of what you are allowed to eat:

Beverages

- Water only — it must be purified/filtered; spring or distilled water is best
- Homemade almond milk, coconut water, **coconut kefir** and vegetable juice

Vegetables (should form the basis of the diet)

- Fresh or cooked
- May be frozen and cooked but not canned

Fruits (consume in moderation 1–3 servings daily)

- Fresh and cooked
- Ideally low **glycemic index** fruits like stone fruits, apples, berries, cherries and citrus fruits
- May be dried but should not contain sulfites, added oils or sweeteners
- May be frozen but not canned

Whole grains (consume in moderation and ideally **sprouted**)

- Brown rice, oats quinoa, **millet**, amaranth, buckwheat, barley cooked in water

Beans & Legumes (consume in moderation)

- Dried and cooked in water
- May be consumed from can as long as no salt or other additives are contained and the only ingredients are beans and water

Nuts & Seeds (sprouted are best)

- Raw, sprouted or dry roasted with no salt added

Please note. You might want to talk with your doctor before engaging in a fast. Next Week I will share the benefits of fasting.

Carry the cross  **and follow me.**
Luke 14:27, NRSV

PRAYER CLOTH



What is the significance of anointing a person with oil or using a prayer cloth?

"The anointing oil is used as a point of contact to help a person release his or her faith. This is taught in James 5:14–15 NKJV: *"Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up."* Use of the oil is symbolic of our dependence on God. The important thing when you are anointed with oil is to release your faith to God for your healing.

Like anointing oil, a prayer cloth can be used as a point of contact to release faith for healing. The Apostle Paul sometimes made use of prayer cloths. This is described in Acts 19:12 NKJV: *"Even handkerchiefs or aprons were brought from his body to the sick, and the diseases left them and the evil spirits went out of them."* The thing that counts is not the prayer cloth itself, but rather our faith in Jesus Christ. Anointing oil and prayer cloths simply help some people to release their faith for healing."

(Quote as found at oralroberts.com/tag/prayer-cloth December 1, 2017)

Anointing Ritual

(The Prayer Team and, any other person that so desires, is asked to gather at the altar.)

Lord, you use the common things of life to remind us of your power and grace.

Water reminds us of our baptism and our rising and dying in your power and presence through our baptism.

The fruit of the vine and the field—the wine and the grain — remind us of your grace found in the elements of Holy Communion.

Today, we come before you with another simple item
—a piece of cloth.

In and of itself, it has no power.

In and of itself, it is just a piece of material.

Our prayers. Our blessings do not impart to it any power.

Yet, we believe and ask that those who receive these cloths will be reminded, of your power and our prayers for them.

May the persons that receive these cloths, turn to you and seek the power that comes only from your Holy presence. May they encounter your love and be reminded of our love and concern for them.

We ask all this in Christ's holy name. **AMEN.**

The cloths that we have blessed today, will be sent by Joyce Palmer to persons residing in local nursing homes.

If you would like to have a prayer cloth to remind you of God's power, or to send to someone else, then please pick one up from the altar rail during communion. If you desire, the pastor can anoint the cloth during the time of anointing during the communion liturgy.