

The Cathedral at Pleasant Grove *(The Church of Fellowship)*

2411 Belle Glade Avenue Saint Louis, Missouri 63113
Phone: (314) 533-6765 Fax: (314) 533-1161
Email: pleasant_grove_church@msn.com Website: www.plesantgrovestl.com
Raphaelle P. Darden, Senior Pastor



January 1, 2023

Dear PG Disciple,

As we embark upon a New Year, we begin this year with centering ourselves and seeking God through fasting and praying. As a church family, we will participate in the Daniel Fast. This fast will be for 21 days and will begin January 9, 2023 and conclude on February 4, 2023.

In preparation, for the Fast, this week we will prepare our minds, body and spirit through reading the Word of God, prayer and food prep. This fast is restrictive in that it consists of water, as the only beverage, and primarily fruits and vegetables (more details are given on the attached handout). Please do not skip your medications during this fast and if you have significant medical conditions consult with your healthcare provider regarding the dietary adjustments.

The Fast will be Monday – Friday, only, of each week. *Weekends are at your discretion.* The purpose of the Fast is to seek the Lord Individually and as a Corporate (Church) Body.

As a church body we are seeking the Lord for -

- **A Renewed Commitment to Christ**
- **Strengthen Prayer Life**
- **Preparation for a New Year of Ministry**

Personally, seek the Lord for your Individual goals. Purpose to identify what you want God to do in and through you during this time of Fasting and Prayer.

Significant during this time is a closer relationship with God as we walk out the assignments He has given to this Ministry and you for 2023. Be intentional as God has some awesome plans in store for us.

Here We Grow – God is doing a New Thing!

Because of Calvary,

Raphaelle P. Darden, Senior Pastor

When determining your personal goals for fasting consider the following questions:

- What top three issues in your life cause me stress or concern?
- What five things would you like to accomplish over the next twelve months?
- What three new habits do you want to form?
- What fears do you have that want God to help you conquer?
- What unforgiveness do you harbor in your heart that you need to deal with?
- What areas are “out of order” in your live that you need to address?

After you consider your list and select one or two goals as your focus for prayer, study and action during your Daniel Fast. This will be the purpose for your fast. Write your purpose on a card (cards) and post it where you will see it regularly.

The power of fasting is found when you consecrate yourself to the Lord and discipline yourself to focus on Him. There is sacrifice and discipline involved in the Daniel Fast. Your period of fasting and praying should be different from your typical day

The Daniel Fast confronts each of our three parts – body, soul and spirit – this discipline helps us to understand in a greater way how God created us.

Christ calls to walk according to the Spirit and not the flesh. We are to crucify our flesh – all those worldly thoughts and emotions – and allow the Holy Spirit to guide us and direct us.

One of the benefits of fasting is that it takes us out of our normal routines and creates an opportunity for us to reflect on our relationship with God and better connect with Him. But it won't just happen. We need to decide. **How will you pray, meditate and study during your fast?**

Five Steps for a Successful Fast

1. Pray. From the beginning include God in your fast. Open yourself up to Him and talk to Him about your intentions. Submit the fast and yourself to Him.
2. Plan. Take quality time to plan your fast. What is the purpose for the fast? When will it begin and when will it be completed? Review your calendar for any planned appointments/ activities that may require adjustments. What study/ devotional material will you need? Consider what your day will be like during your fast. Try to imagine your days and plan for them with the fast in mind.
3. Prepare. This is the step where you get busy and get everything ready. A week prior to beginning the fast, you may want to begin preparing your body by drinking a least one half gallon of water each day. **Taper off caffeine consumption and cut down sugar and foods that contain chemicals.**
4. Participate. You are participating in the fast. You might experience several battles during your fast. When your flesh rebels, put your spirit in control and stand your ground. Most important, put God first on your schedule. If you are used to spending time with God, ask the Holy Spirit to guide you and teach you.
5. Praise and process. Thank God for this experience and all the blessings and lessons He's given you during this period. Spend some time looking back on your experience to process what you learned and think about any permanent you may want to make.

The Cathedral at Pleasant Grove Church

Daniel Fast 2023

“Draw near to God and He will draw near to you” . James 4:8

Fasting puts us in a position to set aside a particular time when we can focus our attention on God and draw near to Him. In that nearness is the blessing and the power. In that nearness we experience God’s presence and hear from Him. In that nearness we grow, work our faith muscles, and examine our hearts.

The Daniel Fast is a partial fast modeled after the fasting experience of the prophet Daniel. It is based on the Jewish fasting principles and experiences of the of the prophet in Daniel 1 and Daniel 10. This reference is what anchors the Daniel Fast as a plant-based eating plan with the only beverage being water. Since the fast is totally plant based, no animal products are consumed, including fish, shellfish, dairy products or eggs. We also eliminate sweeteners (sugar, honey, agave, nectar, syrups, etc.), candy, and desserts from the Daniel Fast, along with alcohol – even in recipes.

The Daniel Fast offers you a Spirit-led opportunity to feed your soul, strengthen your spirit and renew your body. The actual fasting experience covers a five-week period: one week of preparation, three weeks (twenty-one days) of fasting and a concluding week of reflection and celebration.

Psalm 34:1-10 is a passage from God’s Word on which to anchor your decisions to participate in the Daniel Fast. Meditate on this psalm while you prepare for the fast.

Almost every leader in the Word of God, when they had great needs or were about to experience a great trial, they sought God’s wisdom and intervention through prayer and fasting:

Moses - Exodus 34:28

Esther – Ester 4:16

Cornelius – Acts 10:30

Elijah – 1 Kings 19:8

Jesus – Luke 4:1-2

Church leaders and elders –
Acts 14:23

Daniel – Daniel 10:3

Paul – 2 Corinthians 11:27

Preparation and Purpose

Read Daniel 1:5-16 and Daniel 10:2-3 and reflect on the experiences of the prophet Daniel upon which we base our fast.

The definition of a biblical fast is “to restrict food for a spiritual purpose.” Whenever fasts are mentioned in the Bible, they are accompanied with a spiritual issue. In other words, when we consider Biblical fasting, it always has to do with restricting food for a spiritual purpose.

The Corporate Goals for our church during this Fast are:

- A renewed commitment to Christ
- Strengthen Prayer Life
- Preparation for a New Year of Ministry