



Overseer A.J. Wright, Founder/Lead Pastor

21 days of Fasting/Praying and Consecration

January 10th – January 31st, 2011

Things to Prayer for:

1. Manifestation of the Holy Spirit to move like never before.
2. Manifestation of Souls being Saved, Delivered and Set Free.
3. Manifestation of 100% Tithers & Givers in the Ministry.
4. Manifestation of Financial Wealth and Divine Favor.
5. Manifestation of Financial Overflow to renovate and furnish 2275 PB Lakes Blvd. Phase 2 **"Debt Free"**.
6. Manifestation of State of the Art equipment **"Audio/Video/Lighting/Technical"**.
7. Manifestation of all building permits **"Passed & Approved within 30 days"**.
8. Manifestation of Servitude and Commitment to S.F.W.C
9. Manifestation of every personal need met within S.F.W.C.
10. For God to get all the Glory in this process.

Luke 1:37 “ For with God nothing shall be impossible.”

Please, I ask during this fast and consecration that you would limit your conversations via Verbal, Texting, Facebook, Twitter, and email. Let them be Yea and Amen. Guard your ears and eyes.

The Daniel Fast

Foods to Avoid

- All meat product including sea food, beef and chicken broths etc
- Imitation meat products
- Dairy products such as milk, cheese, sour cream, etc
- All egg products
- Grains that have been bleached and processed such as white flour and all products containing it
- White sugar and all products containing it
- White rice
- Artificial Sweeteners (Splenda® (sucralose), NutraSweet® (aspartame), Sweet'N Low® (saccharine), etc.)
- Carbonated beverages (soda, soft drinks, carbonated flavored water, etc)
- Foods containing additives, chemicals and dyes
- Soy sauce (fermented)
- Artificial anything including flavors and colors
- Hydrogenated oils (margarine, shortening and all products containing it)
- Fried food should be avoided (most fried foods are fried in Hydrogenated oil)
- Corn Syrup (high fructose corn syrup)
- Alcohol - Daniel didn't drink the king's wine
- Vinegar - made by a fermentation process like wine
- Black Tea- fully fermented

- Baking powder - it is baking soda (natural) and an acid like cream of tartar mixed together. Cream of tartar is a byproduct of wine making
- Caffeine*
- Yeast*

*Foods for personal conviction.

Foods to Enjoy

- All fruits and vegetables- fresh, frozen dried or canned
- All grains, beans, legumes, that have not been bleached stripped and processed. Grains should be whole. Such as whole brown rice, whole wheat flour etc
- All nuts
- All herbs and seasonings and spices -salt is fine. Try and use natural herbs and seasoning
- Baking soda- all natural
- Agave Nectar- this is great! It is all-natural and has a consistency similar to honey... just a little thinner. PLUS- the glycemic index of Agave nectar is VERY low.
- Stevia
- Bragg Liquid Aminos® (natural alternative to soy sauce)
- Water, naturally decaffeinated tea, fruit and vegetable juices
- Cold pressed oils such as olive oil, unprocessed coconut, peanut, sesame, walnut, almond, and mustard seed oil
- Soy Milk (read the nutritional label)
- Tofu (whole soy beans and water)
- Pasta (whole-grain flour and water) NO EGGS or WHITE flour
- Honey
- Maple syrup
- Natural, raw sugar cane