

United Churches of God in Christ, Inc.

Presiding Bishop Aaron B. Lackey, Sr.

and the

Executive Board of Bishops

presents the

2015 Annual "Daniel Fast" Consecration

(Sunday, June 28th until Sunday, July 19th)

1. Corporate Time of Fasting:

- a. From June 28th until July 19th 2015, the United Churches of God in Christ, Inc. (UCOGIC) will honor the Lord in our Annual "Daniel Fast" Consecration. During this consecration, UCOGIC will unite in a special time of Fasting and Prayer. *If you have medical conditions and/or concerns, please consult your physician before altering your diet in any way!* Every Christian must learn the blessings of fasting and prayer. Jesus taught that there are certain miracles that will not be wrought without prayer and fasting (Matthew 17:21). For additional instructions on fasting, read Matthew 6:16-18 and Daniel Chapter 10.
- b. During this special season, we will be fasting, praying, and interceding for UCOGIC's Leadership (at all levels), the success of our 35th Annual International Holy Convocation, the Body of Christ at large, the growth and expansion of UCOGIC, our youth, our communities, World Peace, our Armed Forces, presidents, prime ministers, those in authority throughout the world, and any other needs or requests that may be presented to us.
- c. For these twenty-one days, we ask the members of UCOGIC to follow our variation of "The Daniel Fast" by refraining from ALL meats, bread with leaven (yeast), sweeteners (natural & artificial), eliminate caffeine, teas, coffees, sodas, juices, animal milk, etc.
- d. This fast is based on the 10th chapter of Daniel. There are no *daily meal limits*. **Remember, the fasting restrictions are not based on the amount of meals consumed, but they are based on the types of foods that will be eliminated during the 21 day period.** We also ask you to make a commitment to give God some additional time in prayer, praise, worship, reading and studying the Bible.
- e. If you follow the guidelines of the fast, pray and seek God's guidance, many of you will experience deliverance, greater temperance, physical healings and a closer walk with the Lord.

2. Opportunities to Pray Corporately during the Consecration:

- a. Consult your pastor for additional prayer times and prayer services at your local church.
- b. The "UCOGIC Prayer Line" will be open and available ALL 21 DAYS of the Consecration at the following times: 6:00am, 9:00am, 6:00pm & 9:00pm (Eastern Standard Time). The number to call is, 1-(415)464-6800 access number 6745962#. Your participation on the Prayer Line is VITAL. Our Presiding Bishop wants the Prayer Line filled with UCOGIC saints from all over the world!

3. Foods & Beverages That Will Be Eliminated From Our Diet During the Consecration:

- a. ALL meats including seafood
- b. Vegetables fried or prepared in lard or animal fat
- c. Vegetables seasoned with meat
- d. Breads with yeast (leaven)

- e. Processed foods (except pre-packaged Vegan Meals).
- f. Canned fruits and canned vegetables. Many times their nutritional value is destroyed through the addition of salts, sugars and syrups.
- g. Sweeteners (natural & artificial)
- h. All teas (including herbal)
- i. All fruit and vegetable juices (based on Daniel 10:3).
- j. All coffees (including decaffeinated)
- k. All sodas (including diet, decaffeinated, carbonated and non-carbonated)
- l. Animal milk. (If consuming cereals, use a very small amount of soy milk, coconut milk or almond milk as an alternative).
- m. Breath mints & gum. (Use sparingly, but use common sense. Consider natural breath freshening alternatives like: cinnamon sticks, fresh parsley and fresh mint leaves).

4 Foods & Beverages That Are Allowed

- a. All fresh or frozen fruits (although we will consume fruits and vegetables that naturally contain juice, remember, we will not drink juices as beverages during this time of consecration).
- b. All fresh or frozen vegetables. (When eating at restaurants, strive to make selections that have not been prepared with and/or seasoned with meats).
- c. Nuts, grains, herbs, spices, seasonings. Use salt sparingly.
- d. Whole grain cereals
- e. Starches (i.e. Rice, Noodles & Potatoes). Use brown rice, whole grain noodles or sweet potatoes instead of their traditional "white" counterparts.
- f. Tofu and other meat-less "prepared" foods
- g. Medicines & supplements (please do not stop taking your medicines unless advised by your doctor).
- h. Vegan cheese substitutes

5 Saturday, July 4th USA (Independence Day Holiday)

- a. The fast will be lifted for that one day.
- b. Enjoy the holiday with your family, friends, etc.
- c. An equivalent holiday in jurisdictions outside of the USA

6 Suggested Bible Reading During the Consecration:

- a. Week 1 (June 28th until July 4th)—Daniel, Chapter 1 through Chapter 10
- b. Week 2 (July 5th until July 11th)—Book of Ecclesiastes.
- c. Week 3 (July 12th until July 18th)—Luke, Chapter 9 through Chapter 14, & Acts, Chapters 1 & 2.