

21 DAYS

Prayer & Fasting

JAN 5TH-25TH

ABOVE AND BEYOND: EQUAL SACRIFICE,
UNEQUAL GIVING.

NEW 
BEGINNINGS
CHURCH

Happy New Year, NBC Family!

The Lord has blessed us to see another year! We spent 2025 learning how to abide in the True Vine. We learned that if we are to go, grow, and fulfill our purpose, we must abide in Christ. Now it's time to go deeper. Living a sacrificial life mandates that we properly steward our time, talents, and treasures. As we enter 2026, let's recalibrate during this consecration to see His will revealed in us individually & corporately.

This year's theme is ***Above and Beyond: Equal Sacrifice, Unequal Giving.***

Now concerning the collection for the saints, as I have given orders to the churches of Galatia, so you must do also: 2 On the first day of the week let each one of you lay something aside, storing up as he may prosper, that there be no collections when I come.

I Corinthians 16:1-2 [NKJV]

For the next 21 days, step away from distractions, deny your flesh, and fervently seek His face. Ask the Lord to reveal to you the areas that you need to surrender to Him. Now is the time to embrace, ***Above and Beyond: Equal Sacrifice, Unequal Giving.***

Let's seek the Lord together and see His will, His Word, and His way revealed in us.

In His Service,

Min. Simone Milton

Min. Simone Milton

Associate Minister



New Beginnings Church

A Place to Go and Grow

Founder & Sr. Pastor, Joseph R. Fields

Biblical Fasting

Biblical fasting is a spiritual discipline that requires strength we can only receive from God. The purpose is not to make an outward show of religious obligation, but rather to make a personal commitment to God. Like any spiritual discipline, you will encounter resistance and opposition. Prepare yourself with full understanding of what you are doing and why you're doing it (Isaiah 58). Your private discipline will bring you rewards in heaven (Matthew 6:16-18).



What Is It?

Fasting is abstaining from food...period. Once you've eaten, you've broken your fast. Think of your first meal after sleeping...it's called *breakfast* for this very reason, because you are breaking your fast.

When deciding to fast, determine how long and what type of fast you will observe. There is more than one way to fast. A fast can be individual or corporate. They can last for four hours or forty days. There are four basic types of fasts.

- 1) **Traditional fasting** - no food, only liquids (water or juice; not coffee and soda).
- 2) **Absolute fasting** - no food or liquids at all.
- 3) **Partial fasting** - only fruit, vegetables, and whole grains (like the Daniel Fast)
- 4) **Intermittent fasting** - eating is restricted to certain hours of the day, for example, a 16:8 fast is an absolute fast for sixteen

hours with a reasonable meal eaten within the eight-hour window.

The different types of fasts are classified according to the level of abstinence from food and drink. For all types of fasting, the sacrifice goes beyond food. TV, social media, gaming, etc., should be postponed until **after** your fast. Distractions take you away from your focus on what God is saying to you through His word and prayer.

The Purpose of Fasting

Again, the purpose of fasting is not an outward show, but to cultivate spiritual growth. It opens the door for us to divest of self and delve deeper into knowing God's heart and His desires for us.

Isaiah 58:6-7 shows us it's not just ritual or tradition to impress men. We seek God's will instead of our own, and our lives reflect His character.

*"Is this not the fast that I have chosen:
To loose the bonds of wickedness,
To undo the heavy burdens,
To let the oppressed go free,
And that you break every yoke?*

*7 Is it not to share your bread with the hungry,
And that you bring to your house the poor who are cast out;
When you see the naked, that you cover him,
And not hide yourself from your own flesh?*

Fasting is the discipline that...

- ❖ checks our motives - Isaiah 58
- ❖ chastens the soul- Psalm 69:10
- ❖ humbles the soul - Ezra 8:21
- ❖ crucifies the appetites - II Samuel 12:16-23, Matthew 4:1-11

- ❖ shows earnestness in seeking God - II Chronicles 20:3-4
- ❖ prepares us for spiritual warfare - Matthew 17:21, and
- ❖ develops faith, crucifies unbelief, and aids in prayer - Matthew 4:1-11, 17:14-21

Preparing Spiritually for Fasting

Fasting is a key part of developing a deeper spiritual walk with God. It brings a sacrificial dimension to prayer while bringing the flesh into submission. It is the willing deprivation of things that satisfy us, so we must be totally focused on God to strengthen us. We must humble ourselves, repent of our sins, and fervently seek Him in prayer (II Chronicles 7:14).

In the midst of uncertainty in every area of our lives, we quiet our souls to clearly hear the Shepherd's voice. This is when we turn off TVs, video games, radios, social media, and other entertaining distractions in order to focus on Christ. We take a break from our regularly scheduled habits to wait on the Lord and hear what He has to say to and through us. We turn our focus from ourselves to others, lifting up the hurting in our church and our community. We intercede for our families, our nation, and the Church, asking for forgiveness, grace, and mercy.

Let's pursue the Lord with our whole heart to see the bonds of wickedness broken, burdens lifted, and the oppressed set free. Persist in your praying, trust His sovereignty, and position yourself to see God go **Above and Beyond: Equal Sacrifice, Unequal Giving!**

Focus Scripture

Now concerning the collection for the saints, as I have given orders to the churches of Galatia, so you must do also: 2 On the first day of the week let each one of you lay something aside, storing up as he may prosper, that there

be no collections when I come.

II Corinthians 16:1-2 [NKJV]

Your Consecration

Starting the Fast

Be mindful of what you are consuming. We feed the body with food, but we also feed the soul with what we allow to reside in our hearts and minds. A focused consecration includes abstinence from social media. Replace your “doom scrolling” with quality time in God’s word.

There are three options for the fast this year: the Traditional Daniel’s Fast, the Progressive Fast, and the Intermittent Fast.

1 Traditional Daniel Fast

Acceptable Foods

All fruits - these can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apple, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, cranberries, dates, figs, grapefruit, grapes, guava, honeydew, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.

All vegetables - these can be fresh, frozen, dried, juiced or canned. 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, kale, leeks, lettuce, mushrooms, greens, okra, onions, parsley, red potatoes, white potatoes, radishes, rutabagas, scallions, spinach, sprouts, squash, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, and veggie burgers are an option if you are not allergic to soy.

All nuts and seeds - this includes but not limited to sunflower seeds, cashews, peanuts, sesame seeds. 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, and white beans.

All whole grains - this includes but is not limited to whole wheat, brown rice, millet, quinoa, oat, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn

All quality oils - this includes but is 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

All meat and animal products - this includes, but is not limited to beef, bison, lamb, pork, poultry, fish, and seafood.

All animal by-products - this includes, but is not limited to milk, cheese, cream, butter, and eggs.

All sweeteners - this includes but is not limited to sugar, raw sugar, honey, nectar, syrups, molasses, and cane juice.

All leavened bread - this includes Ezekiel Bread (it contains yeast and honey) and other baked goods.

All refined & processed food products - this includes, but is not limited to artificial flavorings, food additives, chemicals,

white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods - This includes but is not limited to potato chips, french fries, and corn chips.

All solid fats - This includes shortening, margarine, lard, and foods high in fat.

Beverages - This includes but not limited to alcohol, carbonated beverages, energy drinks, iced tea, herbal teas, and coffee.

TL;DR: Eat plant-based. Avoid sweets, treats, and meats.

2 Progressive Fast

Phase 1 | Jan 06 - Jan 12

No “Tweets”, No Treats & No Sweets

Abstain from or limit social media during your time of consecration. Sacrifice your favorite snacks, fast food, highly processed foods, sodas, all added sugar, and alcohol.

Phase 2 | Jan 13 - Jan 19

No Meats

Phase 1 AND remove meat and dairy. Eat only fruits, vegetables, legumes, nuts, and drink water (this is the same as the Traditional DF)

Phase 3 | Jan 20 - Jan 26

No Eats

Liquids Only Until 3 pm, then return to phase 2 after 3 pm

3 Intermittent Fast

Abstinence from all food, consuming only water/liquids until 3 pm, then eat a clean sensible meal after 3 pm (see phase 2 guidelines).



Caution!

Fasting can be difficult as it involves silencing and denying your flesh. Hunger pangs, cravings, and caffeine withdrawal are real and should not come as a surprise. However, if you need to modify your fast **for medical reasons, consult your doctor.** Determine what, how, and when to adjust to maintain health while maintaining your consecration.

Also, carefully read the labels/list of ingredients when purchasing packaged and processed foods. Many foods are usually full of hidden sugar and preservatives. Keep this in mind as you review the list of acceptable foods.

Breaking the Fast

When breaking your fast, **gradually** return to your normal diet. The way you break your fast is extremely important for your physical and spiritual well-being. The longer and more restricted your fast, the longer you should take returning to a normal diet. Do not eat heavy meals or processed foods immediately after your fast.

Suddenly reintroducing these foods to your digestive tract after it's been on vacation will likely have uncomfortable, and potentially dangerous, consequences. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Also, be mindful that dependencies like caffeine, sugar, or cigarettes can be broken during the fast. This would be a great opportunity to **not** reintroduce bad habits.

Fast Guidance

Disclaimer

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.



Purpose



The purpose of this prayer & fasting guide is to align the entire church with the same focus and vision for New Beginnings Church. Our desire over these next three weeks is that your spiritual connection with the Lord will intensify individually and corporately. Denying self, feeling hunger, and struggling with unsatisfied flesh are meaningless if our motives are selfish and we neglect nurturing our relationship with the Lord.

Benefits

It is our prayer that your desire to grow during this process will exponentially increase as the Holy Spirit reveals more of His will and His way to you during this precious time. Remember, the fast is less about what we give up and more about what we will spiritually gain.



Scriptures and Journaling

The next section is designed to focus on a topic and text each day of the fast. Read, meditate, and pray over the scripture passage daily. Allow the Lord to speak to your heart as you seek to have a closer walk with Him.



Pray the topic and the text for yourself and for the corporate body. You may also want to record your thoughts and prayers each day in a separate personal prayer journal that will allow you to continue the practice after this fast concludes.

HONOR GOD WITH YOUR TIME

Monday, January 05

REPENT

Lamentations 3:40-41

**Let us search out and examine our ways,
And turn back to the Lord;
41 Let us lift our hearts and hands
To God in heaven.**

Lamentations 3:40-41

Tuesday, January 06

SEEK

Jeremiah 29:12-13

Then you will call upon Me and go and pray to Me, and I will listen to you. 13 And you will seek Me and find Me, when you search for Me with all your heart.

Jeremiah 29:12-13

Wednesday, January 07

STUDY

Psalm 119:9-11

How can a young man cleanse his way?
By taking heed according to Your word.
10 With my whole heart I have sought You;
Oh, let me not wander from Your commandments!
11 Your word I have hidden in my heart,
That I might not sin against You.

Psalm 119:9-11

Thursday, January 08

WORSHIP

Hebrews 13:15-16

Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name. 16 But do not forget to do good and to share, for with such sacrifices God is well pleased.

Hebrews 13:15-16

Friday, January 09

Micah 6:8

**He has shown you, O man, what is good;
And what does the Lord require of you
But to do justly,
To love mercy,
And to walk humbly with your God?**

Micah 6:8

Saturday, January 10

REFLECT

Psalm 4:4-5

Be angry, and do not sin.

Meditate within your heart on your bed, and be still.

Selah

5 Offer the sacrifices of righteousness, And put your trust in the Lord.

Psalm 4:4-5

Sunday, January 11

COMMIT

Proverbs 16:9
Galatians 6:7-9

**Commit your works to the Lord,
And your thoughts will be established.**

Proverbs 16:9

**Do not be deceived, God is not mocked; for whatever
a man sows, that he will also reap. 8 For he who
sows to his flesh will of the flesh reap corruption,
but he who sows to the Spirit will of the Spirit reap
everlasting life. 9 And let us not grow weary while
doing good, for in due season we shall reap if we do
not lose heart.**

Galatians 6:7-9

HONOR GOD WITH YOUR TALENT

Monday, January 12

ASPIRE TO MORE

I Thessalonians 4:10-12

But we urge you, brethren, that you increase more and more; 11 that you also aspire to lead a quiet life, to mind your own business, and to work with your own hands, as we commanded you, 12 that you may walk properly toward those who are outside, and that you may lack nothing.

I Thessalonians 4:10-12

Tuesday, January 13

PERSIST IN PRAYER

Luke 11:9-10

“So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 10 For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.

Luke 11:9-10

Wednesday, January 14

GIVE IT TO GOD

Psalm 55:22

**Cast your burden on the Lord,
And He shall sustain you;
He shall never permit the righteous to be moved.**

Psalm 55:22

Thursday, January 15

STAND FIRM

I Corinthians 15:58

Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.

I Corinthians 15:58

Friday, January 16

TRUST THE PROCESS

Proverbs 3:5-6

Trust in the Lord with all your heart,
And lean not on your own understanding;
6 In all your ways acknowledge Him,
And He shall direct your paths.

Proverbs 3:5-6

Saturday, January 17

GUARD YOUR WITNESS

Romans 12:9-13

Let love be without hypocrisy. Abhor what is evil. Cling to what is good. 10 Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; 11 not lagging in diligence, fervent in spirit, serving the Lord; 12 rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; 13 distributing to the needs of the saints, given to hospitality.

Romans 12:9-13



Sunday, January 18

HONOR THE LORD

Proverbs 3:9-10

Honor the Lord with your possessions,
And with the firstfruits of all your increase;
10 So your barns will be filled with plenty,
And your vats will overflow with new wine.

Proverbs 3:9-10

HONOR GOD WITH YOUR TREASURE

Monday, January 19

BE TRANSPARENT

Psalm 139:23-24

Search me, O God, and know my heart;
Try me, and know my anxieties;
24 And see if there is any wicked way in me,
And lead me in the way everlasting.

Psalm 139:23-24

Tuesday, January 20

BE PREPARED

I Corinthians 16:1-2

Now concerning the collection for the saints, as I have given orders to the churches of Galatia, so you must do also: 2 On the first day of the week let each one of you lay something aside, storing up as he may prosper, that there be no collections when I come.

I Corinthians 16:1-2

Wednesday, January 21

BE UNIFIED

Nehemiah 4:6

So we built the wall, and the entire wall was joined together up to half its height, for the people had a mind to work.

Nehemiah 4:6

Thursday, January 22

BE A BLESSING

II Corinthians 9:6-8

But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. 7 So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver. 8 And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.

II Corinthians 9:6-8

Friday, January 23

BE ASSURED

Matthew 6:31-33

“Therefore do not worry, saying, ‘What shall we eat? or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

Matthew 6:31-33

Saturday, January 24

BE WILLING

I Chronicles 29:16-17

“O Lord our God, all this abundance that we have prepared to build You a house for Your holy name is from Your hand, and is all Your own. 17 I know also, my God, that You test the heart and have pleasure in uprightness. As for me, in the uprightness of my heart I have willingly offered all these things; and now with joy I have seen Your people, who are present here to offer willingly to You.

I Chronicles 29:16-17

Sunday, January 25

BE ENCOURAGED!

Ephesians 3:20-21 [CSB]

Now to him who is able to do *above and beyond* all that we ask or think according to the power that works in us— 21 to him be glory in the church and in Christ Jesus to all generations, forever and ever.

Amen.

Ephesians 3:20-21 [CSB]

CC Approved Recipes

Blueberry Mango Smoothie

1 serving

Ingredients

1 c.	unsweetened almond/coconut/rice milk
1 c.	fresh /frozen mango chunks
1 c.	fresh/frozen banana, peeled and sliced
½ c.	fresh/frozen blueberries
1 Tbsp	flaxseed meal, optional
1 Tbsp	unsweetened coconut flakes

Directions

Blend all ingredients in a blender until smooth.

Enjoy

Recipe Notes

Make sure at least one fruit is frozen to have a chilled smoothie; you can also use ice.

When freezing bananas, peel first, then place in freezer bag.

**Allergic to bananas? Remove bananas and double the mango or replace with fresh/frozen peaches or strawberries.*

Make the recipe “green” by adding a cup of chopped kale or spinach leaves.

Nutrition Facts

Calories: 418* Fat: 9 g Carbs: 87 g Protein: 7 g

**Values calculated for unsweetened almond milk*

Rice & Cabbage Casserole

8 one-cup servings

Ingredients

1/2 Tbsp	extra virgin olive oil
1/2 c.	chopped onion
2 cloves	garlic, minced
1 c.	chopped white button mushrooms
1 can (15 oz)	black beans, rinsed and drained
2 cans (14.5 oz)	diced tomatoes
2 Tbsp	chopped fresh parsley
1 tsp	dried oregano
1 tsp	salt
1/8 tsp	pepper
4 c	chopped green cabbage
1 c	cooked brown/wild rice

Directions

Preheat oven to 350 degrees.

Put diced tomatoes in a food processor/blender, and process until smooth. Divide puree equally in half and set aside.

Heat olive oil over medium heat in a large skillet. Add onions, and cook until soft & translucent. Stir in garlic, mushrooms, half of the tomato puree, parsley, oregano, salt, and pepper. Reduce heat to low, and cook 20 minutes, stirring occasionally.

Steam cabbage 8 - 10 minutes or until tender crisp (or cook cabbage in boiling water for 5 - 7 minutes). Lightly oil a 9 x 13 baking dish with olive oil, and cover bottom of dish with cooked cabbage. Place rice and beans on top of cabbage. Cover with remaining tomato puree. Bake 20 minutes.

Nutrition Facts

Calories: 238 Fat: 2 g Carbs: 43 g Protein: 13 g

Hearty Vegetable Split Pea Soup

8 one-cup servings

Ingredients

1 pkg (16 oz)	dried green split peas, rinsed
1	large carrot
1	celery rib, chopped
1	small onion, chopped
1	bay leaf
1 ½ tsp	salt
½ tsp	dried thyme
½ tsp	pepper
6 c	water

Directions

In a 3- or 4-qt slow cooker, combine all ingredients. Cook covered, on low 7-9 hours or until peas are tender. Discard bay leaf and stir before serving.

Nutrition Facts

Calories: 204 Fat: 1 g Carbs: 36 g Protein: 13 g

Ethiopian Cabbage Dish

4 one-cup servings

Ingredients

1/2 c	olive oil
4	Carrots, thinly sliced
1	onion, thinly sliced
1/2 tsp	ground cumin
1/4 tsp	ground turmeric
1/2 tsp	ground ginger
1 tsp	sea salt
1/2 tsp	ground black pepper
1/2 head	cabbage, shredded
2 cloves	garlic, minced
5 potatoes	peeled & cut into 1-inch cubes

Directions

Heat olive oil in large pot over medium heat. Saute carrots in oil until slightly softened, about 5 minutes. Add onion, saute another 2 minutes. Stir in seasoning & spices; cook until fragrant.

Stir cabbage and garlic into carrot mixture.

Cook about 10 - 15 minutes, stirring occasionally until the cabbage wilts. Reduce heat to medium-low, add potatoes and cover. Let the mixture cook for another 20 - 30 minutes, stirring occasionally, until potatoes are soft.

Nutrition Facts

Calories: 477 Fat: 28 g Carbs: 43 g Protein: 8 g

Thick & Creamy Corn-Potato Soup

10 one-cup servings

Ingredients

6 ears	corn, shucked from the cob
6 medium	large red potatoes, chopped in $\frac{1}{2}$ in. cubes
6	carrots, finely chopped
2	green sweet peppers, finely chopped
1 med/lg	yellow onion, finely chopped
2	bay leaves
3 tsp	thyme
2 tsp	marjoram
3 tsp	cumin
2 tsp	sea salt
2 tsp	pepper
3 qt	vegetable broth
water	

Directions

Braise vegetables and spices in water on medium heat in a large stockpot for about 15 minutes. Stir occasionally and use enough water to prevent vegetables sticking and spices scorching. Add broth and maintain a light boil. Cook for 45 minutes to an hour. Remove from heat. Blend $\frac{3}{4}$ of the soup mixture to a smooth consistency in small batches in a blender. Set blended batches aside in a separate container until blending is complete. Pour the blended soup back into the pot, adding water to thin and obtain the desired consistency. Heat thoroughly and serve.

Nutrition Facts

Calories: 448 Fat: 3 g Carbs: 103 g Protein: 17 g

Cool as a Cucumber Salad

8 half-cup servings

Ingredients

2 c.	sliced cucumber, peeled
2 c.	halved cherry tomatoes
½ c.	thinly-sliced red onion, sliced pole-to-pole
2 Tbsp	extra-virgin olive oil
½ tsp	dried dill
½ tsp	salt

Directions

Place cucumbers, tomatoes, and onions in a 1-quart ceramic dish.

Pour olive oil over all and stir well to combine. Add dill and salt, and stir again.

Cover and marinate for 2 hours in refrigerator. Serve cold.

Nutrition Facts

Calories: 47 Fat: 4 g Carbs: 3 g Protein: 1 g

Caribbean Wild Rice

6 one-cup servings

Ingredients

1 Tbsp	extra virgin olive oil
1/2 c.	chopped onion
1 clove	garlic, minced
1 can (8 oz)	unsweetened pineapple tidbits, juice reserved
2 Tbsp	Bragg's Liquid Aminos or soy sauce
1 1/2 Tbsp	fresh lime juice
1 c	sliced carrots
1 c	chopped snow peas
1 c	chopped zucchini
1 c	chopped jarred roasted red bell peppers, drained
1/2 c	black beans, rinsed and drained
1/2 c	canned chickpeas, rinsed and drained
2 c	cooked wild rice

Avocado slices (not included in Nutrition values)

Chopped macadamia nuts (not included in Nutrition values)

Directions

Heat olive oil in large skillet over medium heat. Stir in onions, and cook until soft & translucent. Add garlic, and cook 1 minute, stirring constantly so garlic doesn't burn. Add 1/2 c of pineapple juice, Bragg's Liquid Aminos, and lime juice. Stir in carrots, snow peas, zucchini, red peppers, black beans, and chickpeas.

Increase heat to medium high, stirring often. Cook 5 minutes, or until 3/4 of the liquid is absorbed and vegetables are slightly softened. Add wild rice and pineapple. Increase heat, and stir-fry until heated through.

Serve immediately. Garnish with avocado slices and chopped macadamia nuts.

Nutrition Facts

Calories: 206 Fat: 3 g Carbs: 38 g Protein: 8 g

Fast Snacks

It's a good idea to have several snack foods available for those times when you 'need a little something'. Be mindful of snack servings and portion control so you don't overeat on these sometimes high-calorie foods.

- ❖ Rice cakes, plain
- ❖ Rice cakes, with peanut butter and raisins
- ❖ Almonds
- ❖ Fruit - dried, fresh, frozen, or canned in unsweetened juice
- ❖ Apples, dipped in peanut/cashew/almond butter
- ❖ Raw veggies with non-dairy dip
- ❖ Popcorn, no butter
- ❖ Trail mix, with no added sugar
- ❖ Fruit kabobs
- ❖ Granola, unsweetened

Fast-Friendly Restaurants

Here's a short list of restaurants that have fast-friendly options for dining away from home.

- ❖ Luna Grill
- ❖ Chipotle Mexican Grill
- ❖ Pei Wei
- ❖ Zoes Kitchen
- ❖ Hawaiian Brothers
- ❖ Salad and Go

Have a recipe you'd like to share? Send it to prayer@nbcfm.org.

Conclusion

Thank you for joining us in our **2026 Church Consecration!** For the last three weeks, we have prayed about proper stewardship of our **time, talents, and treasures.** Prayerfully, this time has sparked a new commitment to prioritizing your personal spiritual growth and corporate fellowship. We pray that you have developed, revitalized, and strengthened habits of spiritual discipline through study and prayer.

Maintaining a healthy posture of worship and living sacrificially are the best ways to keep the momentum of spiritual growth. Continue growing spiritually through worship, prayer, discipleship, and sacrifice. Submit to God. Let His power work in us a testimony of how He goes above and beyond what we could ever imagine! Amen!



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Myths About Fasting...BUSTED!

Myth #1 ~ Fasting is about weight loss and cleansing. If your purpose is to 'repent' for holiday indulgence or to jumpstart a new year's resolution, you've missed the point. **The purpose of consecration is to strengthen & realign our relationship with God ...period.** Anything more is a bonus.

Myth #2 ~ Spiritual fasting is about food. A fruit & veggie binge is NOT fasting and can easily become overeating. **Fasting is about sacrificing your desires and denying your flesh to become more sensitive to the Holy Spirit.** It's hard to focus on God when you're constantly focused on hunger and mourning your favorite foods.

Myth #3 ~ Accidental eating ends a fast. If you accidentally slip up on your fast, we tend to think "I blew it; may as well head to Chik-fil-A!" **One bite doesn't derail your journey...see Myth #2.**

Myth #4 ~ A spiritual fast doesn't require medical clearance. If you are under a doctor's care for health issues, especially if you're taking prescribed medication, **please consult your medical professional BEFORE fasting or altering your diet in any way.** Many chronic health concerns require expert planning with a physician. **Making necessary medical provisions for a successful fast is wisdom, not weak faith.**

Myth #5 ~ I should warn everyone that I'm fasting; they need to know!. Fasting is an **intimate spiritual discipline.** It shouldn't be broadcasted for sympathy or approval (see Matthew 6:16-18). Don't neglect your appearance as though you're suffering; the attention you get will be your only reward.

Myth #6 ~ The longer I fast, the more spiritual I will be and my prayers will be answered. Fasting shifts our perspective and quiets our flesh...when done right. **Think quality over quantity.** How we fast is far more life-changing than how long we fast. Fasting is not manipulation nor is it spiritual brownie points that can be cashed in for what we want. **Prayer and fasting are ALWAYS about aligning our will to God's will.**