

The Feast of Trumpets

The Feast of Trumpets, also known as Rosh Hashana, often arrives in late September. It is a time to remember that Jesus wants to resurrect our lives and make them new today. Right now. He wants to do more than we could ever think or imagine. On the evening that the Feast of Trumpets begins, my family will eat apples with honey to symbolize a sweet new year, because the day is like New Year's Eve on God's calendar.

Also, ponder these things:

- Be decisive. To decide means to kill off all other options. It is amazing what happens when we choose to only do things God's way and kill off the other options.
- Walk by faith. We access the grace of God and the resurrected new life by faith, through our words and actions.
- Faith is the confidence or assurance of things hoped for, the evidence of things not seen (Hebrews 11:1). Just because we can't see things doesn't mean they are not real. Walk by what God has promised us.

The final thing to be thinking about today is the combination of action and obedience. This takes courage and boldness—which is another key to the Feast of Trumpets. Be bold, be bold, be BOLD. God has some amazing things waiting on the other side of a bold, obedient step of faith. We can't let fear hold us back.

The 10 Days of Awe

The Feast of Trumpets also starts a 10-day period called the 10 Days of Awe. These are the last 10 days of the 40 Days of Teshuva. During these 10 days, we push to repent, forgive, take action, and make things right. We eat apples with honey on the evening of the Feast of Trumpets to remember that Jesus makes all things new and then the following day, we begin a 10-Day Challenge, which consists of the following three things:

1. Repentance
2. 10-Day Daniel Fast
3. Mental and emotional conditioning

Part 1: Repentance

- Forgive anyone you need to forgive.

- Take steps to reconcile any relationships that are strained.
- Pay back any money that is owed or take steps to make it right.
- Take action on anything in our consciences.
- The goal by the end of 10 days is to have a clean conscience—to have peace with God, peace with all people, and the internal peace of a clean conscience, knowing there is nothing left undone.

Part 2: The Daniel Fast

The Daniel Fast involves eating a vegan diet for 10 days, with water as the only beverage. The fast cleanses the body of toxins and removes many of the most common food intolerances. The Daniel Fast is good for health because many people have underlying food intolerances that they do not know about, and when they remove the problematic foods, the inflammation is reduced, which leads to improvements in body composition, mental clarity, and energy. Many people notice how much better they feel after 10 days.

Keep in mind that this is not a long-term plan. It is only to be done for 10 days. When it's over, resume normal, healthy eating. Also, if you have a medical condition, check with your doctor before starting the fast—particularly the 10th day without food or water. And keep taking any prescribed medications.

During the 10 Days of Awe, I do the Daniel Fast. Before starting the Daniel Fast, make sure to pray and ask God for his help and grace during these 10 days. **When grace is flowing, it will feel easy to complete the 10 days. When done out of willpower, it will feel grueling.**

Feeling Weak or Tired

If you're doing the fast and feeling weak or tired, try increasing orange and red vegetables and fruits, such as sweet potato, carrots, tomatoes, and red peppers. Also, increase cooked food. For example, red tomato sauce and cooked sweet potatoes are some of the best foods to bump up strength and energy. These foods send signals to the body that are similar to the signals sent by the animal foods that we are avoiding during the 10 days.

How to Eliminate Caffeine Headaches

If caffeine headaches are a concern, increase citrus. Eating an orange every day or adding lemon or lime juice to water can help, because the vitamin C helps the body detox from the caffeine.

Our Meat: To do the work of God

There are some health benefits to cleaning the body out and reducing the amount of pressure in our system, but the bigger spiritual reason is that for 10 days we do what Jesus said: Our “meat” is to do the will/work of God. When done properly, these days should be 10 of the most productive days of the year. They should feel easy and effortless, because it is happening by grace and not our own willpower.

Over these 10 days, focus on reconciling all relationships, following any nudges in the conscience, taking action, and getting your finances right. The goal is to have our mind and conscience completely clean by the Day of Atonement. We should be doing these things all the time, but God gives us a yearly reminder just in case we forget. These are the most important things; the Daniel Fast is just one extra piece. If the Daniel Fast seems like too much, just focus on the other parts or modify it as needed.

How to do the Daniel Fast

Make sure to rely on God’s grace and strength to get you through this time. Trying to do it out of willpower and self-discipline can cause us to go in the wrong direction once the 10 days are over.

- Eat only vegetables, fruit, beans, nuts, seeds, and whole unprocessed grains, such as oatmeal, brown rice, quinoa, or air-popped popcorn.
- Drink only water. No coffee, tea, or alcohol.
- Try to maintain a consistent meal schedule. When hungry, eat.

The 10th day, which is the Day of Atonement, is a total fast for 24 hours with no food or water from 6 p.m. until 6 p.m. the next day. This can be modified as needed (it is between you and God).

One of the reasons I do this fast is to prove to myself that I am in charge, and that food or coffee is not in control of me.

Avoid these:

- All processed foods, artificial ingredients, and preservatives
- All products with yeast, such as breads and baked goods
- All animal foods: meat, dairy, eggs, fish, butter
- All sweeteners: honey, stevia, maple syrup, artificial sweeteners
- Coffee, tea, alcohol, and any beverages other than water

Sample menu for a day:

- Breakfast: Oatmeal with blueberries and natural peanut butter

- Lunch: Large salad topped with black beans, olive oil, and vinegar, and a side of quinoa or brown rice
- Snack: Apple with almonds
- Dinner: Salad with olive oil and vinegar, brown rice and black beans or vegetarian chili
- Dessert, if needed: Banana

Daniel Fast Recipes

Vegetable Soup

- ½ Head green cabbage
- 1 onion
- 2 Cloves Garlic
- 2-3 Stalks celery
- 2-3 Carrots or ½ bag shredded carrots
- 1 Red Pepper
- 1C Vegetable stock
- Coconut or Olive oil – enough to coat the vegetables
- Can add beans or starches as desired
- Chop the vegetables into uniform size so they cook evenly. Heat a pot with the coconut oil. When the pan is hot add the vegetables and cook until the onions and pepper sweat down(about 10-15 min). When this happens you can add the stock and enough water to cover the vegetables. Bring it up to a boil and then reduce the heat and cover for 30 min.

Instructions - If you are using dried beans then soak them overnight in water and then put them in the crockpot for 3 hours on low before chopping the other ingredients and adding them to the crock pot. Once the other ingredients are added cook for 6-8 more hours.

Sweet Potato Chili in the Crock Pot

- 2C Kidney Beans
- 1C black beans
- 2 large sweet potatoes
- 1 zucchini
- 2 tomatoes
- 1 onion
- 2 cloves garlic
- 1 stalk of celery
- 1 carrot
- 1 pepper – green or yellow preferably

- 1 jar salsa
- Chili powder, paprika, cumin, sea salt, and pepper to taste

Put everything in the crock pot and let it cook for 6 hours.

Spaghetti Squash Soup

- 1 spaghetti squash
- 2tbsp coconut oil
- ½ green cabbage
- 2-3 carrots
- 2-3 stalks of celery
- 1 zucchini
- ½ red pepper
- 1 onion
- 2 cloves of garlic
- 1C tomato sauce
- 2-4C vegetable stock
- Salt, pepper, oregano to taste

Directions

1. Cut the spaghetti squash in half and place it face down in a baking dish with enough water to cover the bottom of the dish. Allow the squash to cook for 20-30 minutes or until you can shred the squash with a fork.
2. Chop all the vegetables into uniform size pieces and cook them in the coconut oil in the bottom of a large soup pot for 10-15 minutes or until the onions are translucent.
3. Add the stock and enough water to cover all the vegetables
4. Shred the squash into the soup. Then add the tomato sauce and spices
5. Bring the soup to a boil and then reduce the heat to low and let simmer for 30 minutes

Homemade Sweet Potato Fries

- 3-4 Large sweet potatoes
- 2 tablespoons olive oil
- Cinnamon and Nutmeg to taste
- Sea salt and black pepper to taste

Directions

- 1.) Pre-heat oven 400 degrees.
- 2.) Cut sweet potatoes into fry-like pieces.
- 3.) Toss sweet potatoes with olive oil.
- 4.) Spread fries on flat baking sheet.

- 5.) Sprinkle cinnamon, nutmeg, sea salt, and black pepper to taste.
- 6.) Bake for 20-25 minutes depending on oven.
- 7.) Flip sweet potatoes after baking 12-15 minutes

Spicy Quinoa

- 1 carrot
- ½ red pepper
- 1 stalk celery
- ½ purple onion
- 1 clove garlic
- 1 tbsp coconut or olive oil
- 1 C yellow quinoa
- 2 C vegetable stock
- Cumin to taste
- Chili powder to taste

Directions – Heat a pot with the oil in the bottom. When the pot is hot add chopped carrot, pepper, celery, onion, and garlic. Saute for 10-15 min until onions are translucent. Then add quinoa, chicken stock, and seasonings to the pot. Bring it to a boil and then reduce the heat to medium and cook for 15-20 min or until all liquid has evaporated.

Roasted Brussel Sprouts

- 1 Package of brussel sprouts
- Olive oil
- Sea salt
- Black pepper
- Optional 1 clove of garlic

Directions- Pre heat the oven to 350 degrees. Cut the brussel sprouts in half and place them in a large bowl. Use enough olive oil to put a light coating on the brussel sprouts. Then salt and pepper to taste. You can also add 1 clove of garlic minced into this bowl if you would like. Stir all the ingredients together in the bowl then place on a cookie sheet and bake for 30-45 minutes or until vegetables start to slightly brown. You can use this recipe with any other veggies that you like as well.

Black Bean Salsa

- 3 cups black beans
- ½ cup diced red onion
- 1 tsp olive oil
- 1 whole tomato diced
- 1 whole avocado diced
- 1 fresh lime

- Fresh cilantro and lime to taste

Fruit salad

- 3 oranges
- 3 grapefruits
- 1 pint blueberries
- 1 pineapple
- 1 canteloupe
- 3 apples
- 3 kiwis
- Grapes
- 1 pint raspberries or fresh cherries if available
- Any other seasonal fruit that you like.

Directions

With a knife cut off the rinds of the oranges and grapefruits. Squeeze any juice on the rinds into a large bowl. The citrus juice preserves the fruit salad for almost a week. Then section out each piece of orange and grapefruit individually. Then cut the rest of the fruit into the bowl and stir it all together. Make sure to try and have a fruit of every color. This can be kept in the fridge during the week and makes a great snack.

During the challenge, keep in mind that the most important thing is our heart. The challenge should be done with a heart positioned to seek and honor God. It should be out of a desire to please him that we take these steps. This is the No. 1 thing; everything else is secondary. If God directs you to do something a little differently than what I have done, then follow his leading. My goal is to point you toward him.

Part 3: Mental and Emotional Conditioning

During the 10 days, if negative thoughts or emotions arise, the goal is to turn it around immediately by switching our focus. Again, we should be doing this every day but we have a yearly reminder just in case we forget.

Negative emotions often let us know when we need to make adjustments. Focus on joy. If anything tries to steal your joy, work to put your focus back on God immediately.

Enhanced Clarity

The steps during these days have an amazing ability to produce mental clarity. Some of the clearest things I have ever heard from God have all come on the Day of Atonement after following these steps.

The Day of Atonement

As I was writing this, the feast ran from 6 p.m. Oct. 8 to 6 p.m. Oct. 9. I did a total fast on this day, with no food or water. If we have focused on forgiving, reconciling, taking action, and following the nudges, we may hear some very clear messages from God.

Clear Messages

The Day of Atonement (Yom Kippur) was considered the holiest day of the year. It was the one day of the year when the high priest could enter into the inner temple and make atonement for the sins of the people. The good news is that Jesus tore the veil and has given us access all the time.

When you think of atonement, think of it as “**AT—ONE—MENT.**” This means that we should be reconciled with God and be one with him. Jesus paid a tremendous price for us to be one with God. This is a day to remember what he did for us. He is our high priest, and he knows how to navigate us through the tests and trials of life and get us safely to the other side.

The Day of Atonement was also the day that started the Year of Jubilee, which was a time when all debts were forgiven and the people were restored to their land. God wants to wipe out all our debt, both spiritual and financial. This day is a reminder of that.

As we’ve discussed, the Day of Atonement involves a 24-hour total fast without food or water. If this is too much, either stick with the Daniel Fast or your normal diet. When doing the total fast, make sure to hydrate well in the 24 hours leading up to the 6 p.m. starting time.

Be sure to be tuned into what God is saying. He often gives me a major word that carries through the whole next year. Most of the concepts for my books “7 Dates With Jesus” and “Cracking Heaven’s Code” arrived on the Day of Atonement.

Atonement Recap

Each year as I finish the 10 Days of Awe with the Day of Atonement, God gives me something new. I hope that he also gives you some new insights.

Here's what he spoke to me at the time of this writing: If you can love sacrificially when you don't feel like it, and when you don't feel love coming back to you, then you are ready for partnership. To put it another way, if we can love through sacrifice when we don't want to, then we are ready to partner with God.

This ties in nicely with the concepts in "The 8th Date." If we are willing to love people unconditionally even when they are not good to us, God wants to partner with us.

Other Insights

When I operated a personal training and fitness business, one of the trainers at the gym was Jewish by birth. He told me that Jews typically break their fast on the Day of Atonement with bagels. That same day, my daughter randomly asked if we could get some bagels—and so I broke my fast with a bagel and cream cheese. In the Jewish culture, many foods that are eaten on the holidays are symbolic. Initially, I couldn't discover anything symbolic about bagels, but then I found my answer: Bagels are closed circles. In the Abundant Life Blueprint, circles are a reminder that God has us covered from every angle. The Day of Atonement is the day that closes the year before we celebrate, so it closes the circle.

Atonement and Being Clean

A few years ago, a friend did the fast, reconciling and forgiving with me. At the end, I asked him how he felt, and he said, "Clean." My normal cadence of Bible-reading had me in Leviticus, where I happened to read a passage on the Day of Atonement—and it said that on that day the people would be "clean."

Harvest Time

As we approach the Feast of Tabernacles, it's a time to celebrate with a 7-day harvest festival and a time to rejoice.