



2018

SOUL DETOX

21-DAY CHURCHWIDE FAST

JAN. 7TH (10 p.m.) - JAN. 28TH (10 a.m.)

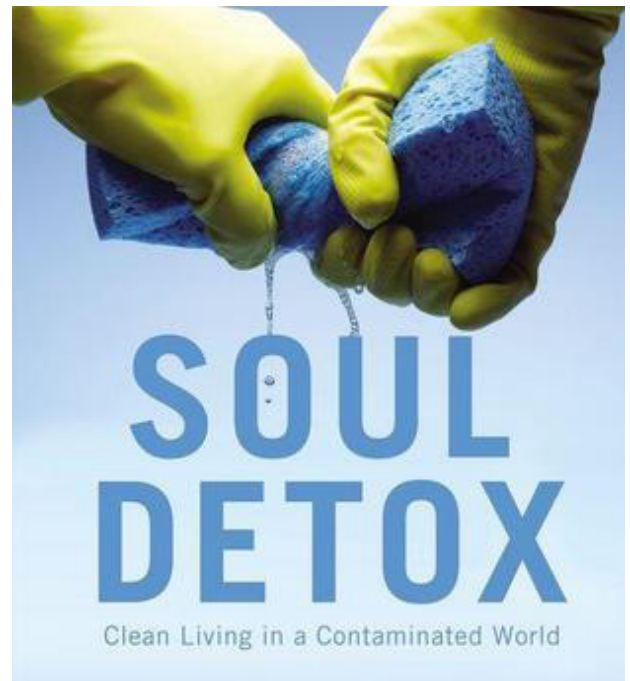
Get ready for the 21-Day Soul Detox Fast beginning January 7th! We will follow the Daniel Fast model as we pray and rid ourselves of toxic habits. Fasting is to deny oneself food for spiritual purposes. It is a spiritual discipline that allows one to reset and refocus on God by removing things we normally enjoy. We will be practicing a Daniel fast, which is a vegetarian fast.

Our churchwide fast begins at 10 p.m. on January 7th and will end at 10 a.m. on January 28th.

Join us for **We Can Do It Wednesday**, a time of worship and prayer every Wednesday in the Chapel at 6 p.m. during the fast.

FASTING 101

1. Fasting is a Christian's voluntary abstinence from food for spiritual purposes.
2. Fasting does not have to be specifically food, but the denial of any legitimate desire for spiritual purposes.
3. Scripture describes the fasting of numerous individuals including Jesus (*Matthew 4:2*), Daniel (*Daniel 1:12*), John the Baptist (*Matthew 3:4*) and Esther (*Esther 4:16*).



"Without even knowing it, people willingly inhale second-hand toxins poisoning their relationship with God and stunting their spiritual growth. Soul Detox examines the toxins that assault us daily including: toxic influences, toxic emotions, and toxic behaviors. By examining the toxins that assault us daily, [we can] remain clean, pure, and focused on the standard of God's holiness." - Craig Groeschel

WWW.SPBAPTIST.ORG/2018FAST

BIBLE STUDY

TOOLS & RESOURCES

God's Word gives us the instruction and inspiration we need for our lives.



The most transformative thing we can do as followers of Christ is to READ THE WORD. Real change comes when we dive into the Word of God! The Bible Project is a chronological journey through the entire Bible over the course of one year. As a bonus, each book will have videos designed to enhance your understanding and engagement with the Word. Visit spbaptist.org to download the reading plan and access resources to help you along this journey.

YOUVERSION: Search "The Bible Project: The Bible"

During the Fast, we encourage you to pray and follow along with us as we continue our journey reading through the bible as part of the Bible Project.

READING PLAN

Additional reading resources: *Soul Detox* by Craig Groeschel & *Resisting Happiness* by Matthew Kelly

SOUL DETOX READING PLAN		
	READING	**VIDEO
7 JAN	GENESIS 22-24	
8 JAN	GENESIS 25-26	
9 JAN	GENESIS 27-29	
10 JAN	GENESIS 30-31	
11 JAN	GENESIS 32-34	
12 JAN	GENESIS 35-37	GENESIS 12-50
13 JAN	GENESIS 38-40	
14 JAN	GENESIS 41-42	
15 JAN	GENESIS 43-45	
16 JAN	GENESIS 46-47	
17 JAN	GENESIS 48-50	
18 JAN	EXODUS 1-3	EXODUS 1-18
19 JAN	EXODUS 4-6	
20 JAN	EXODUS 7-9	
21 JAN	EXODUS 10-12	
22 JAN	EXODUS 13-15	
23 JAN	EXODUS 16-18	EXODUS 19-40
24 JAN	EXODUS 19-21	
25 JAN	EXODUS 22-24	
26 JAN	EXODUS 25-27	
27 JAN	EXODUS 28-29	

****Watch videos at:** thebibleproject.com/ explore (under "The Old Testament")

FASTING GUIDE

Fasting is a Christian's voluntary abstinence from food for spiritual purposes. Fasting does not have to be specifically food, but the denial of any legitimate desire for spiritual purposes. Scripture describes the fasting of numerous individuals including Jesus (*Matthew 4:2*), Daniel (*Daniel 1:12*), John the Baptist (*Matthew 3:4*) and Esther (*Esther 4:16*).

TYPES OF FOOD INCLUDED IN THIS DANIEL FAST:

Vegetables, such as potatoes, beans, and soybeans will help provide substance. Fresh or frozen vegetables are recommended. If canned vegetables are desired, use sodium free or drain and wash prior to cooking.

**Individuals who have an intolerance to beans should substitute with soy products. It is advisable to take a multi-vitamin/mineral supplement during the fast (1 per day). You may also include various nuts to serve as a protein supplement.

Whole Grains: Brown Rice, Oats (including Oatmeal), Barley and Pasta

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oranges, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon (Limit your intake to 2 citrus fruits per day i.e. lemons, limes, grapefruits and oranges)

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Collard greens, Turnip greens

Seeds: Nuts, Sprouts, Olive Oil, Seasonings and Spices

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices (apple juice, orange juice, grapefruit juice, cranberry juice, etc.) No sweetened drinks or sweetened fruit.

To maintain portion control refer to the USDA Food Pyramid on www.mypyramid.gov for the recommended number of servings per day. For example, limit fruits or vegetables to 7-10 per day and nuts to 12-15 per meal.

Water: Drink 6-8 glasses of water daily throughout the fast. This is very important.

- Side effects: You may experience moderate to severe headaches for the first day or two as your body rids itself of caffeine, salt, sugar, and various impurities. You may need to take Advil or aspirin. If your doctor has advised against Advil or aspirin, please contact your doctor for an alternative.
- Important exceptions: Use your discretion along with the advice of your physician and prayer to modify the Daniel Fast to adhere to your medical needs. Anyone with a medical condition related to eating or under the treatment of a physician must consult their doctor before proceeding. Also, if you have extreme difficulty with the fast, such as an impairment of your ability to work at your job, you will have to make adjustments. Utilize wisdom. Seek the Lord and discuss it with other Christians involved in the fast, to find alternatives.

FOODS NOT INCLUDED IN THIS DANIEL FAST:

Sugar, sugar substitutes and sugar products (desserts, soft drinks, etc.) • Table or box **Salt** • Drinks including **Caffeine** (coffee, tea, etc.) **Bread**, enriched grains, and rice **Meats**, fish, poultry, **Dairy products**, eggs
Fried foods • Margarine, shortening, high fat products

Additional Resources

For access to reading plans, videos, and more:

Visit

www.spbaptist.org/2018Fast