



The Revival Center

danielFAST

21 days of Prayer and Fasting

Experience the power...
of fasting & praying.

Why Do We Fast?

Jesus states:

“It is written, “Man shall not live by bread alone, but by every word that comes from the mouth of God” (Matthew 4:4).

Why Do We Fast?

The prophet Daniel states:

“In those days I, Daniel, was mourning for three weeks. I ate no pleasant bread, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks (Daniel 10:2-3).

Fasting: Spiritual Reasons

Isaiah 58: 6-12

- to loose the bonds of wickedness
- to undo the straps of the yoke
- to let the oppressed go free
- to share your bread with the hungry and bring the poor into your house
- your healing shall spring up speedily
- the glory of the LORD shall be your guard

Fasting: Spiritual Reasons

Isaiah 58: 6-12

- You shall call, and the LORD will answer;
“Here I am”
- Your light shall rise in darkness
- The LORD will guide you continually and
make your bones strong
- You shall be like a watered garden, like a
spring of water, whose waters do not fail.
- You shall raise up the foundations of many
generations



How Fasting Benefits The Body...



Scientific Benefits

1. Reduces oxidative stress –

Fasting decreases the accumulation of oxidative radicals in the cell, and thereby prevents oxidative damage to cellular proteins, lipids, and nucleic acids associated with aging and disease.



Scientific Benefits

2. **Increased insulin sensitivity and mitochondrial energy efficiency –**
Fasting increases insulin sensitivity along with mitochondrial energy efficiency, and thereby retards aging and disease, which are typically associated with loss of insulin sensitivity and declined mitochondrial energy.

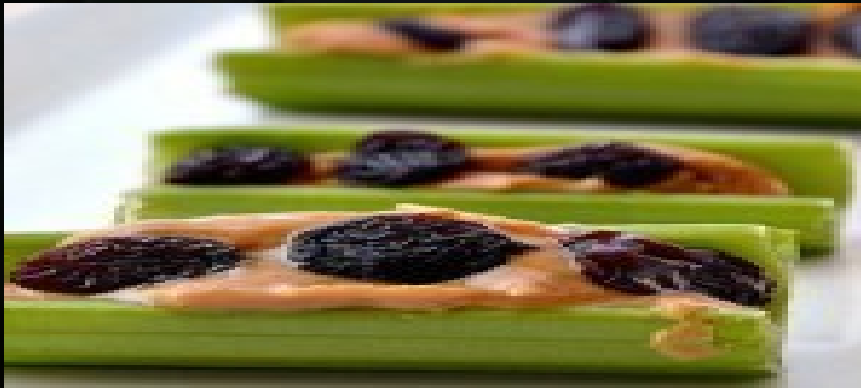


Scientific Benefits

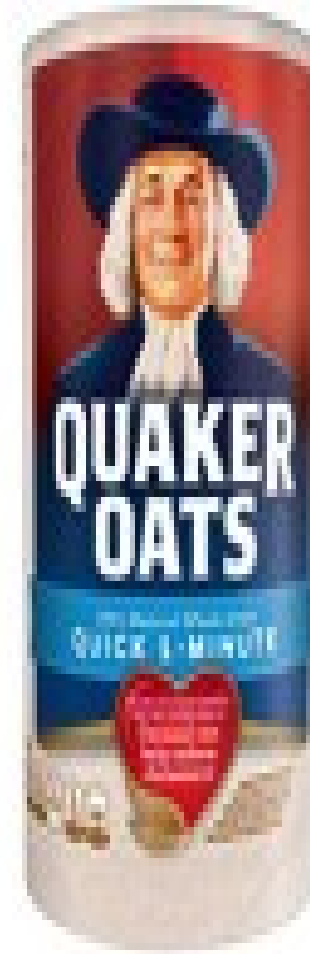
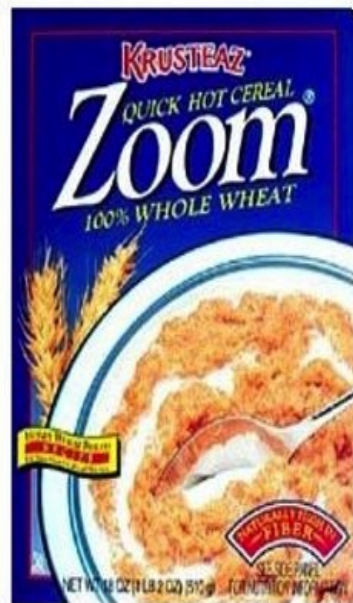
3. Increased capacity to resist stress, disease and aging –

Fasting induces a cellular stress response (similar to that induced by exercise) in which cells up-regulate the expression of genes that increase the capacity to cope with stress and resist disease and aging.

Breakfast Ideas



Breakfast Ideas



Lunch Ideas



Snack Ideas



Dinner Ideas





Foods to Avoid:

No meat or animal products including fish

No dairy or animal bi-products (cheese, milk, yogurt)

No caffeine or soda

No white refined products (rice, sugar)

No yeast (bread or tortillas)

No dressings, mayonnaise or butter

No processed frozen food (frozen burritos)



Foods You can Eat!

All fruits, melons and vegetables

Whole grains (brown rice, pasta, yeast free/
whole wheat bread and tortillas)

Olive oil, grape seed oil, coconut oil

All beans and nuts incl. Peanut butter

All soy products including tofu

100% fruit juice, water, decaf tea or coffee

All herbs, spices & organic sweeteners

Important Info. for Diabetics

While fruit is allowed, it is best in moderation.

Diabetics can maintain sugar levels with a consistent amount of protein intake per day: Protein needs are commonly calculated based on body weight. The Institute of Medicine's Dietary Reference Intakes recommend average adult women take in 46 grams of protein per day and males, 56 grams per day.

Expert nutritionist Dr. Cindy Heiss of Cal Poly State University recommends 0.8 g protein per day per kilogram body weight. To calculate your weight in kilograms, divide your weight in pounds by 2.2. For example, let us figure protein requirements for a 200 lb man. 200 lbs converts to 90.9 kilograms. $200 / 2.2 = 90.90 \times 0.8 = 72.73$ or 73 g of protein per day.

Foods rich in protein should be added to EACH meal of the Daniel Fast for a diabetic.



RECIPES



Peanut Butter and Jelly with Oatmeal Smoothie

Ingredients:

1 cup of cooked rolled oats
1 Tbsp. of all natural peanut butter or almond butter
Blueberries (as desired)
Strawberries (as desired)
a dash of Cinnamon
Unsweetened Almond Milk
A packet of Stevia or Tru Via in the raw.

Directions:

Blend all ingredients on Liquify setting. Pour and enjoy!

Momma' Js Sweet and Hearty Trail Mix

Ingredients:

2 cups Old Fashioned Oats	½ cup sunflower seeds
1 cup whole grain, whole wheat flour	½ cup sliced almonds
1 cup dried cranberries	½ cup flax seed
1 cup unsalted cashew nuts	½ cup pistachios
½ cup dried cherries	½ cup peanut oil
½ cup walnuts	1 cup raw agave nectar
½ cup pepitas (pumpkin seed kernels)	¼ cup pure natural maple syrup
½ cup pistachios	1 tsp. Sea Salt

Directions:

Pre-heat oven to 375 degrees.

In a large bowl, mix oats, flour, salt, cranberries, cherries, cashews, pepitas, pistachios, walnuts, sunflower seeds, almond slices, flax seed, and toss.

In a small bowl, combine agave nectar, peanut oil, and maple syrup and mix until well blended. Combine the two mixtures and mix well. Crumble the trail mix on a cookie sheet and bake at 375 for 10 to 12 minutes.

You can also add pecans to make it even nuttier. This is so good, you will feel guilty eating it!

Simple Italian Dinner

Ingredients:

1 pkg. Whole wheat Spaghetti noodles
8 Roma tomatoes, peeled and diced
lots of fresh minced garlic
1 handful of fresh Basil, chopped
Sea Salt
3-4 tsp. Olive oil
¼ cup Balsamic vinegar
a pinch of fresh Oregano
Yeast free whole wheat bread

Directions:

In a fry pan over high heat, heat 1 tsp. of olive oil with garlic and basil, then add tomato. Stir frequently until well heated.
Bring a pot of salted water with olive oil to a boil and add dry Spaghetti. Cook until desired tenderness is reached- approximately 8-10 minutes.

The Bread:

On a plate pour 1-2 tsp. of olive oil and Balsamic vinegar and top with a pinch of Oregano. Take bread and dip into the oil and vinegar mix while enjoying the Spaghetti.

Stuffed Bell Peppers

Ingredients:

6 Yellow or Orange Bell Peppers

Frozen vegetables "Fiesta Mix"

2 c. Brown Rice

Mrs. Dash Fiesta Lime

olive oil

½ tsp. minced garlic

sea salt

Directions:

Pre-Heat oven to 350 degrees. Prepare the brown rice by putting 1 tsp. of olive oil in a 2 qt. Pot. On high heat, add rice, minced garlic, and sea salt and blend all seasonings into the rice then add 4 ½ c. water. Bring to a boil and then cover and lower heat to medium and let simmer until cooked. Remove stems from peppers and slice the peppers in half the wide way- creating cups to stuff. Place sliced peppers on a cookie sheet. Place in oven. Cook for 25 minutes. Meanwhile, in another pot, season vegetables with Mrs. Dash.

Mix cooked rice and cooked vegetables together and fill heated peppers.

Serves 6

Mexican Breakfast Burritos

Ingredients:

¼ pkg. Firm Tofu
1 large russet potato, diced
¼ pkg. soy chorizo
4 whole wheat tortillas
sea salt

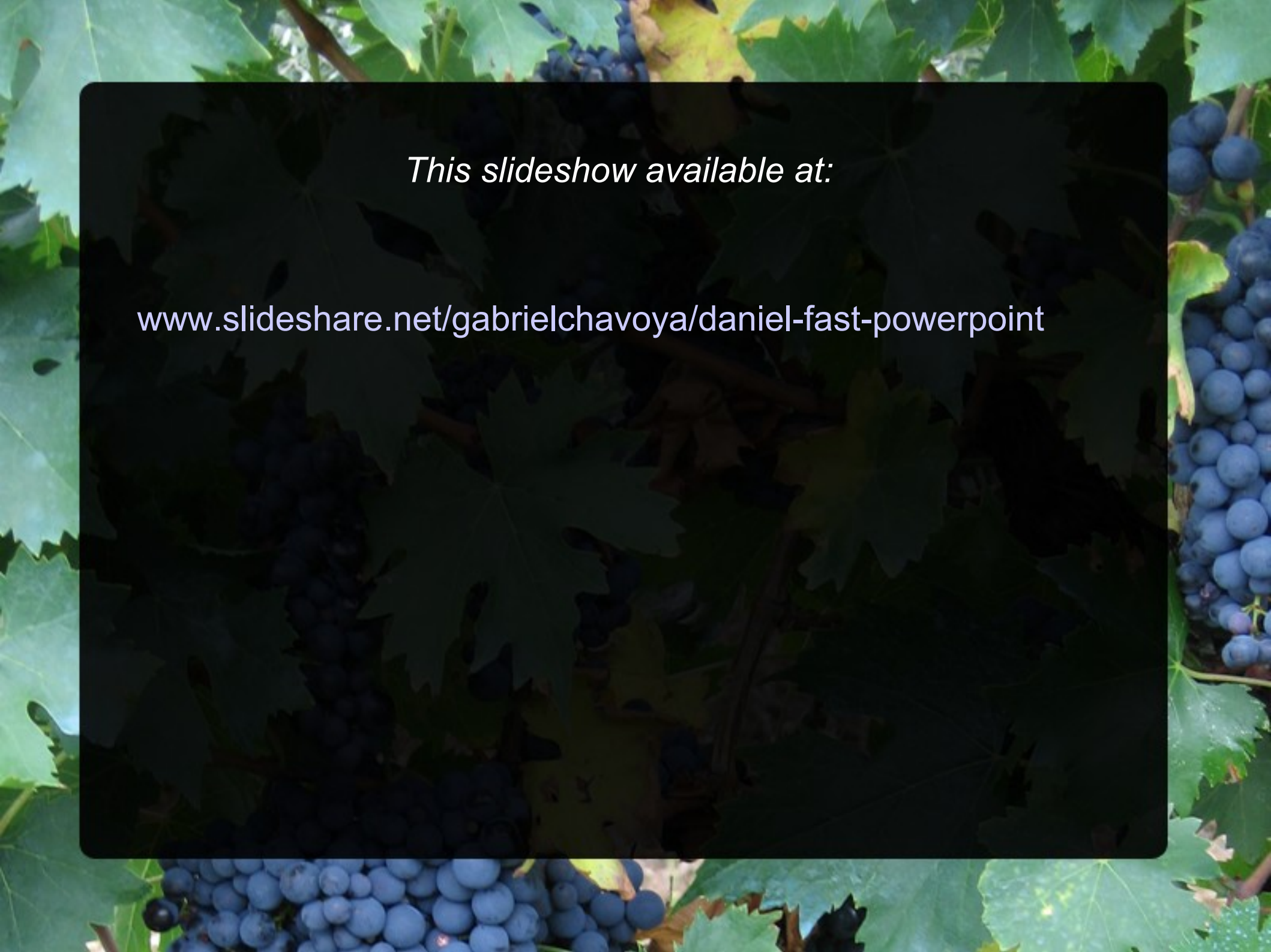
Directions:

In a large skillet or fry pan, take the soy chorizo and the potato and mix together over high heat until well mixed. Cover and lower to medium heat. Cook for 10 minutes. Add tofu and mash it into the mixture so that it resembles scrambled eggs- mix all ingredients and add sea salt to taste. Cover and cook another 10 minutes or until potatoes are tender. Warm up tortillas on a burner so that they are soft and pliable. Fill tortillas with the mixture, fold the tortilla from bottom up, and then fold both sides.

Serves 2

FYI,

Tofu takes on the flavor of what you add to it, in this case the soy chorizo. So you can try getting creative!



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