

# Legacy

## BELIEVING TOGETHER FOR BREAKTHROUGH

Having seen God do amazing things in people's lives and setting an incredible platform over the past 25 years at LIFE, we would encourage you to join with us for 3 days of prayer and fasting as we enter into this next season.

In previous years we have done the 21 day Daniel Fast, this year as you know we are focusing on a 3 day fast, three times during the year. In NZ the fast will start Mon 12th-Wed 14th June, and in Australia Mon 19th-Wed 21st June. During these 3 days we will also be opening each Campus for a powerful time of corporate prayer from 7.30 – 8.30PM

We really want to encourage everyone to join together as a team and be a part of this time of prayer and fasting and seeking God for our own lives personally and also for the future God has for us as a Church.

### WE SUGGEST 3 OPTIONS FOR FASTING:

- One being a full fast with water only
- Second being skipping a meal during the day
- Third being the Daniel Fast which is fruit, vegetables, nuts and grains

### THE DANIEL FAST

You can use the Daniel Fast as a model for the 3-day fast. This is a biblical partial-fast, which allows you to maintain sustenance for an extended period, whilst focusing on prayer.

Remember always that the focus of this time is prayer and seeking God for His guidance, filling and vision for you and for LIFE.

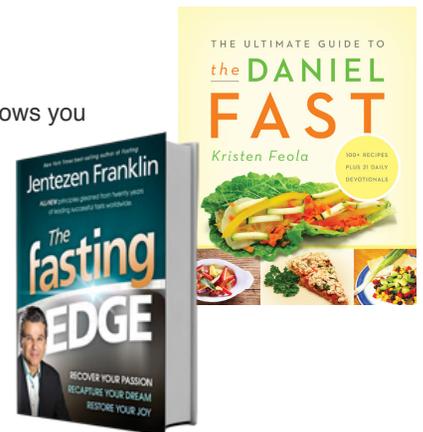
### HELPFUL RESOURCES

#### JENTEZEN FRANKLIN

Ps Jentezen Franklin has written an excellent book, **The Fasting Edge**, which we recommend as a guideline for fasting; not only now but for the future too.

Jentezen Franklin Media Ministries also have excellent online resources about fasting - [jentezenfranklin.org/fasting](http://jentezenfranklin.org/fasting)

Ps Jentezen also has a series of short videos, one for each day of the fast, which you can see here - [jentezenfranklin.org/watch](http://jentezenfranklin.org/watch)



#### THE ULTIMATE GUIDE TO THE DANIEL FAST

**The Ultimate Guide to the Daniel Fast** by Kristen Feola, is an inspiring resource for Christians who want to pursue a more intimate relationship with God through the 3-day commitment to prayer and fasting. As you deny yourself certain foods, you will not only embrace healthier eating habits, you'll also discover a greater awareness of God's presence. - [ultimatedanielfast.com](http://ultimatedanielfast.com)

#### DANIEL FAST RECIPES

The Daniel Fast allows fruit and vegetables - this helpful resource below gives recipes that are easy to prepare (so that we can focus on prayer not food). - [daniel-fast.com/myrecipes](http://daniel-fast.com/myrecipes)

*\* FASTING DISCLAIMER: We recommend that you consult with your physician or health professional before taking part in any fast; this is especially for persons with medical conditions, anyone taking medication, pregnant women and mothers who are nursing. All children and youth under the care of parents need to consult with their parents or caregivers if they are taking part in fasting. Choose a Fasting plan that works for you as changing diets and eating habits may affect your health. On completing the fast, we advise that you not rush back into eating the regular foods you ate before the fast, as it may cause some minor discomfort in your body.*

For more information, visit [lifenz.org/legacy](http://lifenz.org/legacy)

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## THE DANIEL FAST GUIDELINES

Use this guide when preparing menus, choosing recipes and shopping for your Daniel Fast meals.

### PREPARE FOR YOUR DANIEL FAST

During the Daniel Fast you will not consume any sugar or sweeteners of any kind, nor will you have any caffeine or artificial chemicals. Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps and other typical symptoms.

You can reduce these effects by weaning yourself from these foods before the fast begins and also by drinking at least 1.9 litres of filtered water each day before, during and after the fasting period.

Anytime you have concern about symptoms you may experience, be sure to contact your health professional. Fasting should never be harmful to the body!

### THE DANIEL FAST FOOD LIST

The Daniel Fast is a very healthy way to eat and is full of nutritious and healthy foods. However, if you have special dietary needs, you should consult your health professional before you start this fast. You can then modify the fast to meet your specific health needs. When you shop for food remember to **READ THE LABELS** to make sure the only ingredients in packaged foods are suitable for the Daniel Fast. You will want to be especially aware of chemicals, dairy products and sweeteners - all of which are not allowed on the Daniel Fast.

#### FOODS TO INCLUDE DURING THE DANIEL FAST

**All fruits** These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, 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, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

**All whole grains** Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

**All nuts and seeds** Including but not limited to sunflower seeds, cashews, peanuts, sesame. 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, white beans.

**All quality oils** Including but 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 ON THE DANIEL FAST

**All meat and animal products** Including but not limited to beef, lamb, pork, poultry, and fish.

**All dairy products** Including but not limited to milk, cheese, cream, butter, and eggs.

**All sweeteners** Including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

**All leavened bread** Including Ezekiel Bread (it contains yeast and honey) and baked goods.

**All refined and processed foods products** Including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep fried foods** Including but not limited to potato chips, fries, and corn chips.

**All solid fats** Including shortening, margarine, lard, and foods high in fat.

**Beverages** Including but not limited to carbonated beverages, coffee, tea, herbal teas, energy drinks, and alcohol.

