



Fasting Guide

...‘Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God’s.

2 Chronicles 20:15 (NIV)

Fasting for a Breakthrough

2025 CHURCH-WIDE FAST



Mount Hope Baptist Church
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Greetings

As Christians, God expects us to seek Him through the practices of prayer and fasting (Matthew 6:5-18). Jesus prayed and fasted in the wilderness for forty days and nights as He prepared Himself for ministry and doing the Will of the One who had sent Him. Prayer is talking to God who listens and responds because of His love for us. Fasting is voluntarily abstaining from anything of value in your life for spiritual purposes. Prayer can be rather easy, but the combination of prayer and fasting is often challenging. Despite the demanding nature of combining prayer and fasting, the rewards of drawing closer to God far outweigh the cost of seeking Him through prayer and fasting. The call to Mount Hope Disciples and friends is to fast food and beverages. You and God can determine your type of fast. In addition, along with fasting from food one could abstain from pleasures such as social media, television shows, movies, telephone, sporting activities, social events, etc.

From The Heart of The Pastor

I am asking every disciple of Mount Hope Baptist Church to begin seeking God through participation in a season of prayer and fasting for 14 days. As Christians, we participate in a fast during the Lent season. We commemorate the sacrifice that Jesus made when he did the same after He was baptized by John in the Jordan River (Matt. 4:1). Prayer along with fasting is a proven method to draw closer to God, experience deliverance from strongholds, receive answered prayers, and experience God's supernatural intervention in our lives.



I am asking every disciple to seek the Lord's guidance as to how He wants you to fast and what you should be fasting for in this season of your life. As a church, we will be corporately fasting for the ministry of Mount Hope Baptist Church, the community, the region, and the world. We will begin our season of fasting and praying on Wednesday, April 2, 2025, and conclude our season of fasting and praying on Saturday, April 19, 2025. The first four days (April 2-5, 2025) of this spiritual fast will be to detoxify and release any unclean motives, sin, and unethical morals that have crept into our hearts.

These four days will prepare us to go forth to fortify our souls, and spirits and strengthen us for this season of our lives. As we move forward into what God has for us, we must do so in the spirit of unity, and in step with the Holy Spirit who leads and directs us all. This year as we fast, we are still focusing on relational evangelism as well as breakthroughs. We are praying that God will open doors for us to pray and evangelize to the unchurched, friends, relatives, acquaintances, neighbors, and co-workers. Brothers and sisters, keep your eyes on Christ and believe in God's power, as we walk in unity focused on achieving God's purpose.

Sincerely,
Dr. Raymond A. Bell, Jr. - Senior pastor

Prayer

Prayer is our way of communicating with God and allows us to not only talk to Him, but to also hear what God has to say to us. Through prayer, we share our concerns, our doubts and confess our sins. Prayer allows us to keep the line of communication open with God. Many people think prayer is complicated, but it isn't. Yes, God knows what's in our hearts, but God also wants us to share our intimate feelings and desires with Him. Such communication builds intimacy and trust with God and allows us to grow in Him. Additionally, prayer allows us to do three things. First, it allows us to activate our faith in a God who can do all things but fail. Secondly, prayer allows us to get in touch with our humanity knowing that we are finite beings and in need of a God who can deliver us out of our situations in life. And thirdly, prayer not only allows us to have a conversation with God but gives us an opportunity to hear from Him as to the direction or plan He has for our lives. As we grow in our relationship with Jesus Christ, praying becomes more than an activity we engage in every now and then, it becomes a lifestyle.

Jesus set an example for us on how to pray and provided a model for us to follow (Matt. 6:9-13). There were also times when Jesus removed Himself from the crowd to commune with the Father (Mark 1:35). Lastly, Jesus prayed for His disciples and for every generation to come that would believe and follow Him. His prayer was that God protect and strengthen them as long as they were in this world and that they become one as He and the Father are one (John 17:6-26).



Fasting



Fasting is a spiritual discipline, it is powerful, and has many benefits. Fasting should always be God ordained and God-centered. Fasting is voluntarily abstaining from food/beverages for a period of time. However, food is not what sustains you; God sustains you. Jesus reminds us in Matthew 4:4 that "It is written: "Man shall not live on bread alone, but on every word that comes from the mouth of God." As we fast and humble ourselves, the grace of God will come upon our lives.

Tips For A Successful 14 Day Fast

Prepare Your Heart

As we move in God's direction, we must not become ambivalent. We must "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths" (Proverbs 3:5-6). Prepare your schedule: Decide where you will spend your intimate time with God; and what and when you will eat. Remember, the fast is about communing with God, so do not fill your time with distractions that will keep you from feeling hungry.

Gradually End Your Fast

When the designated time of fasting has been completed, it is important to transition out of the fast with care. You must end your fast gradually. Ending your fast gradually will result in continued good health. Start with fruits, fruit juice, salads, and soups, and then eventually eat more solid foods.

Be Expectant

The Lord listens to a prayer from the heart. Be humble and authentic as we expect results from God. We have prepared a daily fasting and prayer devotional to direct our season of fasting and prayer together at Mount Hope.

➤	Meatless Monday
➤	Tubeless Tuesday Limit or no television, social media, computers. iPad, etc
➤	Work Out Wednesday Move
➤	Thoughtful Thursday Pay it forward, do something nice/thoughtful for someone
➤	Fried-less Friday No fried foods
➤	Shop-free Saturday No unnecessary shopping
➤	Sugar-free Sunday Limit to no sugar, sugar substitutes or sweets

Types of Fasts

NORMAL FAST

A normal fast is the abstinence from all food except water. This would be the type of fast practiced by Elijah (1 Kings 19:8) and Jesus (Matthew 4). They abstained from food for 40 days.

ABSOLUTE FAST

The absolute fast is to abstain from all food and water (Exodus: 34:28). An absolute fast should be undertaken with great care and only under the guidance of a physician.

Note:

If you are taking any type of medication, make sure to talk to your doctor before changing your regimen.

PARTIAL FAST / DANIEL FAST

Fasting certain meals of the day or abstaining from certain kinds of foods (i.e. no meat or sweets, soup only, fruit and vegetables only, etc.) (Daniel 10:3).

Remember:

The power of fasting has less to do with food rather than with setting yourself

apart for a specific period to focus on God, prayer, and worship!

Daniel Fast / What to Eat

Foods To Enjoy

All vegetables (including potatoes): fresh, frozen, or juiced.

All fruits: fresh, frozen, dried, or juiced.

All whole grains: amaranth, barley, brown rice, oats, quinoa, whole wheat pasta, whole wheat

All nuts & seeds: almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, and unsweetened nut butter.

All legumes: dried or canned, black beans, black-eyed peas, cannellini beans, chickpeas, great northern beans, kidney beans, lentils, pinto beans, and split peas.

All quality oils: avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.

Beverages: water only: distilled, filtered, and spring water.

Other: unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, vinegar, seasonings, unsweetened coconut flakes, soy products, and tofu.



For packaged food check the ingredients list to ensure there are no added sugars, chemicals, or preservatives.

Foods To Avoid

All meat & animal products: bacon, beef, eggs, fish, lamb. Poultry, pork, and animal sausage casing

All plant-based meats: impossible foods, beyond meat, etc.

All dairy products: butter, cheese, cream, milk, and yogurt

All sweeteners: agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar

All leavened bread & yeast: baked goods and Ezekiel bread (if contains yeast and honey)

All deep-fried foods: Assorted chips, French fries, onion rings, etc.

All solid fats: lard, margarine, and shortening.

Beverages: alcohol, carbonated drinks, coffee, energy drinks and herbal tea

Daniel Fast / For Kids

Things To Do Every Day

PRAY

The purpose of our Fast is to grow closer to our Lord and Savior, Jesus Christ. It is important to give up some of the tasty foods we like to eat and to spend time talking to the Lord.

EAT ONE DANIEL FAST MEAL

Choose at least one meal a day at which you will only eat Daniel Fast foods. One option to consider when observing prayer and sacrifice; is to choose a Daniel Fast meal to enjoy together as a family.

EAT PLENTY OF THESE

Fruit: bananas, oranges, apples and more

Vegetables: carrots, greens, broccoli and more

Whole grains: brown rice, quinoa, and whole wheat pasta

Legumes: beans and peas

Drink water!!!

DON'T EAT/ DRINK THESE

Sugar	Meat	Milk	Eggs	Bread	Iodized Salt
Soda	Gum	Cookies	Mints	Juices	Energy Drinks
Crackers	Candy	White flour			



Daniel Fast | Guide For Diabetics

The Daniel Fast is an extremely healthy way of eating, and many people with diabetes have completed the fast. One of the benefits of the Daniel Fast, from a dietary perspective, is the regular intake of nutrient-dense foods rich in vitamins, minerals, and other nutrients important for health, which help to keep your blood sugar stable. The type of diabetes a person has is important to know because it will affect how one approaches the Daniel Fast while treating the diabetes. In Type 1 diabetes, the pancreas produces little to no insulin. Insulin is a hormone needed to allow glucose (sugar) to enter our cells to make energy. Approximately 5-10% of adults in the US are Type 1 diabetics. In Type 2 diabetes, the most common, the pancreas produces insulin, but the body does not use it efficiently. Approximately 90% of adults with diabetes in the US are Type 2. During the Daniel Fast, it is recommended to focus on low-glycemic index foods. The glycemic index ranks food on a scale from 0 to 100. The low end of the scale has foods that have little effect on blood sugar levels. A copy of the low-glycemic index is provided here for you.

During the Daniel Fast, you should continue taking your medication as prescribed. It is important to note that it is possible to eat large amounts of carbohydrates/sugars (potatoes, fruits) on the Daniel Fast, so be aware and regularly monitor your glucose levels, and adjust your medications when needed. Consider consuming small but frequent meals. This means avoiding long gaps between meals by eating a small meal every two to three hours. Remember to consume nutrient-dense foods which have a high ratio of nutrients to calories. They contain the highest possible levels of quality protein, carbohydrates, fats, vitamins, and minerals for the least number of calories. Another option is to use a plant-based protein powder that does not contain whey (whey is an animal-based protein).

If you have any questions or concerns, consult your physician.

Foods To Enjoy

All vegetables: Fresh, frozen, dried, or juiced. All fruits- fresh, frozen, dried, or juiced.

All whole grains: Amaranth, barley, brown rice, oats, quinoa, millet, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.

All nuts & seeds: Almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, and unsweetened nut butter.

All legumes: Dried or canned; black beans, blackeye peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.

All natural oils: avocado, coconut, grapeseed, olive, peanut, sesame, and walnut beverages- water only (distilled, filtered, and spring water)

Other: Unsweetened almond milk, coconut milk, rice milk, or soymilk; herbs, spices, salt, pepper, vinegar, seasonings, unsweetened coconut flakes, soy products, and tofu.



*Remember to select foods on the low end of the glycemic index (see chart on pg. 10). For prepackaged foods check the ingredients list to ensure there are no added sugars, chemicals, or preservatives.

Foods to Avoid

All meat & animal products

All deep: Fried foods

All dairy products: Butter, cheese, cream, milk, and yogurt.

All solid fats: Lard, margarine, and shortening.

All leavened bread & yeast: Baked goods and Ezekiel bread (if it contains yeast and honey).

Beverages: Alcohol, carbonated drinks, coffee, energy drinks, herbal tea.

All refined & and processed food products: Artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.

All sweeteners: Agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.



Daniel Fast | Guide for Diabetics

Low GI foods (20-49)

Breakfast Cereals:

All Bran, Fiber One, Oat Bran, Oatmeal (Not Instant)

Grains:

Barley, Rye, Bulgur, Wild Rice, Wheat Tortilla, Wheat Pasta

Nuts, Olives & Oils:

Almonds, Peanuts, Pecans, Sunflower Seeds, Hazelnuts, Oils, Walnuts, Oils that are liquid at room temperature

Fruits and Fruit Juices:

(Limit 1-2 Fruits/day)

Apples, Apple Juice, Apricots, Blackberries, Blueberries, Cherries, Cranberries, Grapefruits, Grapefruit Juice, Peaches, Pears, Prunes, Plums, Raspberries, Tangerines, Strawberries, Tomato Juice

Non-starchy Vegetables:

Asparagus, Artichoke, Avocado, Broccoli, Cabbage, Cauliflower, Celery, Cucumber, Eggplant, Greens, Lettuce, Mushrooms, Peppers, Tomatoes, Okra, Onions, Spinach, Zucchini, Turnips, Summer Squash

Beans & Legumes:

Black-Eyed Peas, Butter Beans, Chick Peas, Green Beans, Kidney Beans, Pinto Beans, Lentils, Lima Beans, Navy Beans, Snow Peas, Hummus

Moderate GI foods (50-69)

Breakfast Cereals:

Bran Buds, Just Right, Special K, Bran Chex, Mini Wheats, Overnight Oats

Grains:

Barley, Rye, Bulgur, Wild Rice, Wheat Tortilla, Wheat pasta

Nuts, Olives & Oils:

Almonds, Peanuts, Pecans, Sunflower Seeds, Hazelnuts, Olives, Walnuts, Oils that are liquid at room temperature

Fruits and Fruit Juices:

(Limit 1-2 Fruits/day)

Apples, Apricots, Blueberries, Cranberries, Grapefruit Juice, Pears, Plums, Tangerines, Tomato Juice, Apple Juice, Blackberries, Cherries, Grapefruits, Peaches, Prunes, Raspberries, Strawberries.

Non-Starchy Vegetables:

Asparagus, Artichoke, Avocado, Broccoli, Cabbage, Cauliflower, Celery, Cucumber, Eggplant, Greens, Lettuce, Mushrooms, Peppers, Tomatoes, Okra, Onions, Spinach, Summer Squash, Zucchini, Turnips

Beans & Legumes:

Black-Eyed Peas, Butter Beans, Chick-Peas, Green Beans, Kidney Beans, Pinto Beans, Lentils, Lima Beans, Navy Beans, Snow Peas, Hummus

The glycemic index, or GI, measures how foods raise our blood glucose after eating them. Foods raise glucose to varying levels (carbs increase blood sugar the most, fats and protein second). Sugar has a glycemic index of 100 and other foods measured are ranked as low, moderate, and high GI foods. Although GI is helpful to meal planning, the total number of grams of carbohydrates can have a greater impact than GI on blood sugar levels.

Consuming low GI foods + calculating carbohydrate intake = the most stable blood sugar levels!

Prayer is a vehicle for communicating with God and allowing Him to communicate with you. Worship is an action focused on glorifying God. When we worship God, we must worship Him in Spirit and in truth, we express our love for Him with all our heart, soul, mind and strength. Worship is where we come together, unified in the Body of Christ, to celebrate God and what He has done for us. We praise Him above everything else and put Him first in our hearts. We must be obedient. We must humble ourselves when we come to Him, then as we enter in His presence, He will begin speaking to us. Worshiping God means acknowledging and celebrating His power and perfection in gratitude. We must start our day with a praise, prayer and thanksgiving, letting God know that we are thankful for all He has done.

Prayer is a vital part of Christian living, the health of our daily relationships, our families, the impact of our work, our lives and our ability to lead. When we pray, we pray prayers of adoration, -- prayers that praises God's goodness and majesty and awesomeness. We pray prayers of confession, - - prayers involving searching prayers of the heart, we confess, we bare our souls before God about our sins, shortcomings and wrongdoings. We pray prayers of thanksgiving, -- prayers that recognize the goodness of God and offer thanks for our lives, our health, our families. We move in gratitude for every big and small thing that we can think of! We pray prayers of supplication, -- prayers that humbly lift up requests before God for ourselves and on behalf of others. This week, please continue to worship the Lord with all your heart and pray consistently.

We know dear Father that with You all things work together and are for our good, because we love You and are called according to Your design and purpose. We resist the temptation to be anxious about anything but in every circumstance and in everything by prayer and petition with thanksgiving continue to make our wants known to You. Whatever we ask in prayer, we believe that it is granted to us, and we will receive it in Jesus- Name

Day 1	Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus (1 Thessalonians 5:16-18).
Day 2	With all my heart I will praise You, O Lord my God. I will give glory to Your name forever (Psalm 86:12).
Day 3	Worship the Lord with gladness. Come before Him singing with joy. Acknowledge that the Lord is God! He made us, and we are His. We are His people, the sheep of His pasture (Psalm 100:2-3).
Day 4	Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. (Philippians 4:6).
Day 5	Come, let us worship and bow down. Let us kneel before the Lord our maker, for He is our God. We are the people he watches over, the flock under his care. If only you would listen to his voice today! (Psalm 95:6-7).
Day 6	I tell you, you can pray for anything, and if you believe that you've received it, it will be yours. But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins too (Mark 11:24-25).
Day 7	Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you; for every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened (Matthew 7:7-8).

Week 2

April 13 – April 19, 2025

Passion
Week

Holy Week is the week leading up to Easter. Palm Sunday is the Sunday before Easter that begins the Holy Week. It is the day that we remember and celebrate the day Jesus entered Jerusalem as Savior and King. As Jesus rode a donkey into the town of Jerusalem a large crowd gathered and laid palm branches and their cloaks across the road, giving Jesus royal treatment. The hundreds of people shouted 'Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest heaven.

Prepare Your Heart

- Read the Easter story – Matthew 26:28, Mark 14:16, Luke 22:24, and John 18:20
- Listen to Worship Music (Recommend songs listed below).
- Read books that will deepen your spiritual life and your understanding of what God has done.
- Find a quiet place to reflect. Set aside a special place for you/your family's devotional times.
- Pray the following Scriptures each day of Holy Week.

Day 8	Help us to be more like you and share your Resurrection (Matthew 21:1–11, Psalm 118:1–2, Psalm 118:19–29).
Day 9	Help us discern what's best for us (Matthew 21: 10-17, John 12:1-8).
Day 10	Help us with our unbelief (Matthew 26: 36-46, Hebrews 5: 7-9).
Day 11	Give us strength to walk faithfully with you, Lord (Matthew 26: 27-56, 1Corinthians 1:18).
Day 12	Teach us to call your Name as Jesus did on the cross (John 18–19, Isaiah 52:13–15, Isaiah 53, Hebrews 10:16–25, Psalm 22).
Day 13	Teach us to hope always in you and in the resurrection, the making of all things new. (Matthew 17:1–6 Lamentations< 3:1–9 Lamentations 3:19–24).
Day 14	"But you will not even need to fight. Take your position; then stand still and watch the Lord's victory. He is with you, O people of Judah and Jerusalem. Do not be afraid or discouraged. Go out against them tomorrow, for the Lord is with you! 2 Chronicles 20:17

Notes

Recommended Worship Song List

- No Greater Love, GWMA Mass Choir
- The Best is Yet to Come – Donald Lawrence
- The Battle Is Not Yours It's The Lords – Yolanda Adams
- Never Would Have Made It – Marvin Sapp
- Draw Me Close to you/ Your Will Be Done- Marvin Winans
- Trust In God – Aware Worship
- It's Working – William Murphy
- Trouble Don't Last Always – Rev Timothy Wright
- He's Able – Kirk Franklin



**Happy
Resurrection
Sunday!!**