

ANNUAL 21-Day Consecration:
JANUARY 13– FEBRUARY 2, 2025

Foods to Avoid on The Daniel Fast:



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

All dairy products include but are not limited to milk, cheese, cream, butter, and eggs.

All sweeteners include sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread, including Ezekiel Bread (it contains yeast and honey).

All refined and processed foods include but are not limited to artificial flavorings, enriched products, food additives, chemicals, white rice, white flour, and foods containing artificial preservatives.

All deep-fried foods, including but not limited to potato chips, French fries, and corn chips.

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

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

Join us for
21-Days of Consecration
With Prayer Via Zoom
Meeting ID: 95500560208

CONSECRATION PRAYER SCHEDULE
Monday through Friday 8 PM – 8:30 PM

Mondays: Family

(Including, but not limited to, Marriages, youth, fractured relationships, and finances)

Tuesdays: Unity & Peace Our Nation, Jerusalem, Ukraine, Cities & Communities

Wednesdays: Breakthrough - Release those the enemy has captive (sickness, prison, addictions, abuse, poverty, & loneliness)

Thursdays: Body of Christ (Church)

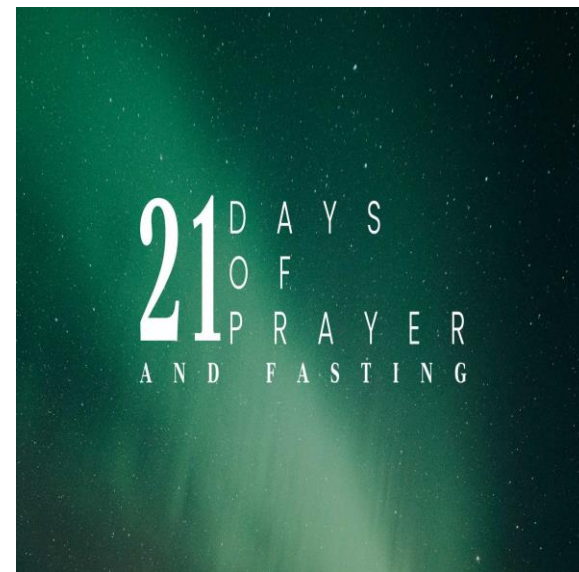
Pastors, music ministry, Evangelism, Mission, and outpouring of God's Spirit for revival/renewal (Unity)

Faithful Prayers Invoke God's Supernatural Power

Prayer is the vehicle God grants His children to communicate with Him. Jesus, God's Son, understood the importance of prayer. He regularly engaged in prayer, often rising early in the morning, and taught His disciples to pray. Prayer invites God, our Father, the Creator of the universe, into our situations.

If you are ready to witness God's power demonstrated, for cessation of the senseless homicides and carjackings to end, ready for demonic spirits to be defeated, ready for deliverance from sickness and diseases to vanish. Then, it's time to consecrate ourselves by **entering a fasting and prayer season.**

EBENEZER TEMPLE PENTECOSTAL CHURCH
INVITES YOU TO JOIN ITS ANNUAL
21-DAY CONSECRATION



January 13 through February 2, 2025

*“Reclaiming our Spiritual
God-Given Authority”*

“Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.” (Eph. 6:12)

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Elder David & Juanita D. Rivers, Founders

DANIEL FAST

Our fast will be the “Daniel Fast” from Daniel 10:3, “I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.”

The Daniel Fast, originating from the Old Testament book by the Prophet Daniel, is not just a dietary practice, but a spiritual Discipline. Daniel, despite being in a foreign land, remained steadfast in his devotion to God. He modified his diet and disciplined his flesh for spiritual purposes, seeking God through fasting and prayer when issues arose within the spiritual realm. This fast is not just about what we eat, but about deepening our spiritual connection with God.

This prior year has been one of the great trials and testing of the Body of Christ. Yet, we remain firm in our faith in a God who promises "That no weapon aimed at us will make it desired purpose." In this New Year, let's regain the spiritual authority and power granted by our Sovereign, Omnipotent Father. Let's use these 21 days as the opportunity to seek God's breakthrough for our lives, family, church, community, nation, and world. Jesus understood our generation and the spiritual wickedness that would ensue. He declared to His disciples that there are situations whereby prayer alone is ineffective against satanic oppressive powers. Jesus proclaimed in Mark 9:29, "...This kind can come forth by nothing, but by prayer and fasting." The enemy of souls is rampant in every imaginable arena of work, politics, family, and religion. We, members of the Body of Jesus Christ, have the privilege of interceding for God's power to break chains of bondage and oppression.



The Daniel Fast is a healthy way to eat, full of nutritious foods. If you have special dietary needs, consult your health professional before starting this fast to meet your specific health needs. The most important aspect of the fast is **connecting with God through His Word and prayer.**

Indulge your taste buds in the vastness of God's goodness by trying new foods and adopting them into your regular diet. Expand using fresh herbs and spices—cilantro, parsley, garlic, sage, oregano, and others.

All quality oils include olive, canola, grape seed, peanut, and sesame, but they are not limited to these.

Beverages include spring water, distilled water, or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

For more information, lots of recipes, and answers to frequently asked questions, visit the Daniel Fast Blog at:
<http://DanielFast.wordpress.com>

FOODS TO INCLUDE

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, watermelon.

All vegetables. These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussel 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 include 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, and sesame. Also, natural nut butter, 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, and white beans.