



8 DAYS OF

# REFRESHING

JANUARY 7-14 | PRAYER & FASTING

**SUNDAY, 10 AM**

**MONDAY – WEDNESDAY, 7:30 PM**

**THURSDAY, NO SERVICE**

**FRIDAY, 9:30 PM**

**SATURDAY, NO SERVICE**

**VICTORY SUNDAY, 10 AM**

(Communion will be served | Receive your anointed bottle of oil)



THE FAITH CENTER

Ordinary People With Extraordinary Faith

THEFAITHCENTERINT.ORG  
5555 NW 95 AVENUE, SUNRISE, FL 33351



# 8 DAYS OF REFRESHING

## 8 DAYS OF PRAYER & FASTING

Welcome to 2024, ***The Year of Significant Opportunities***. I firmly believe that this year offers us a plethora of opportunities to discover all that God has for us. Therefore, I invite you to embark on a transformative journey, a spiritual fast that transcends the physical realm. The year offers us an opportunity to see beyond the physical and see what is already established in the heavens. Remember, Jesus prayed, "Let thy will be done on Earth as it is in heaven." So let us use these eight days to discover the power of introspection, cleansing not only our bodies of toxicity and bad habits, but also our minds, and most importantly, our spirit man from distractions and sin. Together, let us embrace this time of reflection. Join me on this path of enlightenment as we fast not just from food but from the noise that hinders us from discerning where God is taking us. We are participating in a Daniel fast; we are only eating fruits, vegetables, and grains. Every day of the fast will include a daily scripture reading, a moment to meditate on that scripture, and thoughts that will guide your prayer time.

This is an opportunity for you to uncover a profound sense of clarity and purpose, navigating the depths of our spiritual selves. I encourage you to share this opportunity with family, friends, and coworkers and ask them to join you for these eight days at the beginning of the year so that together we can start the year off right.

Please take a moment to review the details of the fast. Don't miss any of the on-campus/virtual services during the fast. The fast begins on Sunday, January 7th, and ends on Sunday, January 14th. On the 14th, Victory Sunday, God has instructed me to give to each of you a bottle of oil that has been fasted and prayed over for you to use as a point of contact throughout the year. You can use this anointing oil to anoint yourself, your family, your home, and your properties. Follow the daily instructions given, and may God richly bless you.

*Henry Fernandez*

### **FOUNDATIONAL SCRIPTURE:**

**Ezra 8:23 NKJV** - *So we fasted and entreated our God for this, and He answered our prayer.*

# DANIEL FAST

During these eight days we will partake in a Daniel Fast. The Daniel Fast is a partial fast based on a story from the biblical Book of Daniel. In the story Daniel enters a strict vegan diet that prohibits animal products, leavened breads, processed foods, and alcohol for 21 days. Be encouraged to read Daniel 10: 1- 5. Daniel's fasting and praying brought him closer to God and opened his eyes to Godly visions. We are starting the year with the Daniel Fast for the same purposes as Daniel did many years ago. We are expecting God to reveal Himself and His plan for us for the new year through visions, dreams, and prophesy.

## FOODS TO EAT ON THE DANIEL FAST

### WHOLE GRAINS

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

### BEANS AND LEGUMES

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

### NUTS AND SEEDS

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

### VEGETABLES

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

### FRUIT

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

### OILS

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.



## **OTHER**

- Unleavened bread (whole grain bread made without yeast, sugars, or preservatives)
- All herbs, spices, and seasonings are allowed, including salt and pepper.
- Soy products (such as edamame and soy nuts) and tofu are acceptable.

## **BEVERAGES**

- Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it). You can also use 100% fruit juice in recipes. Also, unsweetened non-dairy milk is acceptable (such as almond milk, coconut milk, soy milk).

# **FOODS TO AVOID ON THE DANIEL FAST**

## **ANIMAL PRODUCTS**

- Meat (bacon, beef, bison, chicken, lamb, pork, and turkey).
- Dairy (butter, cheese, cream, milk, and yogurt)
- Fish
- Eggs

## **ADDED SUGAR**

- Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.
- Yeast
- Yeast; therefore, leavened bread isn't part of the Daniel Fast.

## **REFINED GRAINS**

White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel — the bran, germ, and endosperm.

## **PROCESSED FOOD**

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

## **DEEP-FRIED FOOD**

Examples are corn chips, French fries, and potato chips.

## **SOLID FATS**

Butter, lard, margarine, and shortening.

## **CHOCOLATE**

Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.

## **CAFFEINATED AND ALCOHOLIC BEVERAGES**

Alcohol, coffee, caffeinated tea, and energy drinks.

# 8-DAY SCHEDULE

SUNDAY, 10 AM  
MONDAY - WEDNESDAY, 7:30 PM  
THURSDAY, NO SERVICE  
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## SUNDAY, JANUARY 7<sup>TH</sup>

From Vision to Victory: Building a Church for the Future

**Exodus 35:20-22 NKJV - 20** *And all the congregation of the children of Israel departed from the presence of Moses. 21 Then everyone came whose heart was stirred, and everyone whose spirit was willing, and they brought the LORD's offering for the work of the tabernacle of meeting, for all its service, and for the holy garments. 22 They came, both men and women, as many as had a willing heart, and brought earrings and nose rings, rings and necklaces, all jewelry of gold, that is, every man who made an offering of gold to the LORD.*

As a faith community, we must work together to build a tabernacle that will stand for generations. This scripture shows us the commitment of the people to each do their part in establishing the tabernacle of meeting. In order to build a place where God's work and ministry could be performed, they gave of their own personal wealth, precious possessions, and property. Will you join The Faith Center with united hearts and your finances to make sure that the needs of the ministry are met in 2024? The work of ministry is an essential aspect of winning souls for Christ, and we are all in this together. Begin the year by offering your first fruits and sowing a seed of commitment.

**GO TO [THEFAITHCENTERINT.ORG/GIVE-NOW](https://thefaithcenterint.org/give-now) TO GIVE TODAY.**

When you pray today, Focus on these things:

- Pray for the success of The Faith Center.
- Pray for all the members of the church.
- Pray for all churches in the City of Sunrise, Fort Lauderdale, and Broward County.
- Pray for Bishop and his family.
- Pray for the ministers.

# MONDAY, JANUARY 8<sup>TH</sup>

Seize the Moment to be Empowered

Service 7:30 - 8:45pm | On-campus/ Virtual

## Genesis 11:6 NKJV

*6 And the LORD said, "Indeed the people are one and they all have one language, and this is what they begin to do; now nothing that they propose to do will be withheld from them."*

**There is power in unity.** There is even more power in **Godly unified commitment.** In *The Year of Significant Opportunities*, join us AS WE DEVELOP A HUNGER to discover our purpose and identify the gifts and callings on our lives. Together, we will ask God for wisdom and strength to seize every opportunity to be at our best for the kingdom. You are literally one moment away from your greatness; however, you must pray, develop your spiritual life, surround yourself with the right people, and invest in yourself. This is one of the primary focuses of the **MAXIMIZE YOUR POTENTIAL CONFERENCE.**

It is an opportunity to place yourself in an environment with other people who are pursuing God's direction in getting the most out of themselves, their gifts, callings, and commitments. Today's scripture gives us an example of what can happen when "the people are one." We want to fill our sanctuary with people who are on one accord, committed to pursuing Godly success, investing in ourselves, and seizing every God-given opportunity.

When you pray today, focus on these things:

- Pray for the renewing of your mind as it relates to the priorities of life.
- Pray for the Maximize Your Potential Conference and the resources for you to participate.
- Pray that your family and loved ones will maximize their potential and seize the significant opportunities of 2024.



# TUESDAY, JANUARY 9<sup>TH</sup>

**Seize the Day: The Importance of Taking Action Now for a Fulfilling Future**

Service 7:30 - 8:45pm | On-campus/ Virtual

**John 9:4 NKJV**

*4 I must work the works of Him who sent Me while it is day; the night is coming when no one can work.*

When you read the scripture for today, identify the urgency in the text. We only have the now. The time to do what God has purposed for you to do, is now. We have a limited amount of time to maximize our lives. During this time of fasting, it is important to seek an answer to this all-important question. "God, what would you have me to do?" You need to know the work He has for you to do so that you can begin. Work while it is day. *The Year of Significant Opportunities* is a new day. It is a new chance to work your faith, to work your gifts and talents, to work your business, to work your health and well-being. By the end of these eight days of refreshing, believe that God will remove the spirits of procrastination and delay.

As you pray today, focus on these things:

- Pray for a renewed sense of commitment about the future.
- Pray for the ability to overcome procrastination and fear.
- Pray for the growth of The Faith Center and the addition of new souls to the kingdom.
- Pray for the members of the church with businesses and their employees.
- Pray for the dreams of your family and loved ones.

**SUBMIT YOUR  
PRAYER REQUEST**

# WEDNESDAY, JANUARY 10<sup>TH</sup>

Seize the Opportunity to Be in Good Health and Prosper

Service 7:30 - 8:45pm | On Campus/ Virtual

## III John 1:2 NKJV

*2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*

## I Corinthians 6:12 NKJV

*12 All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any.*

You need your body. Your fleshly body was created to carry your soul and spirit through life. In Third John, the scripture captures the apostle's prayer that we prosper in all things and be in health. We have a responsibility to do our best to maximize our health so that we have the significant opportunity to live longer, giving us more time to accomplish the purposes God has for us. This time of prayer and fasting will allow us to cleanse our bodies and prepare for a year of better health, better diets, and better self-care.

Equally as important as our physical health is the health of our spiritual consciousness. As we move through our daily lives, we are bombarded with images, sounds, and ideas that are often contrary to our beliefs. Corinthians teaches us that even though there are many things we are permitted to take part in, we should have discernment to ascertain what is helpful to our spirit man and what is not. During this time, we are fasting from particular foods, but also from particular media and content. The healthier we are in mind, body, and soul, the greater the opportunity we have to be prosperous on the Earth and in our endeavors.

As you pray today, focus on these things:

- Pray for healing from sickness and disease in your family and friends.
- Pray for the wisdom to develop and maintain a healthy lifestyle.
- Pray for the cleansing of your mind and spirit.
- Pray for the health of your finances so that you are healthy in all aspects of your life.



# THURSDAY, JANUARY 11<sup>TH</sup>

Seize the Opportunity to Minister to Your Family

No Service

## Proverbs 22:6 NKJV

*6 Train up a child in the way he should go,  
And when he is old he will not depart from it.*

## Ephesians 6:4 NKJV

*4 And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.*

Today, take time to relax and reflect on the fast so far. Take note of what you have learned about yourself and what God has shared or revealed to you during this time. There is no service today, but instead, there is a significant opportunity to have devotion with your family and friends. If you have children, now is the time to explain your faith to them. Teach them who Jesus is and what He taught and believed. Spend time walking them through the Word. Answer their questions and seek out resources that may help them understand. If you don't have children, you can do the same thing but with your friends or other loved ones.

As you pray and have devotion with your family, focus on these things:

- Pray for family.
- Pray for the next generation
- Pray that the next generation will aspire to do the work of ministry
- Pray for the salvation of your children and family. VP
- Pray for the wisdom to raise your children and minister to your loved ones.
- Pray for the financial security of your family.

**SUBMIT YOUR  
PRAYER REQUEST**

# FRIDAY, JANUARY 12<sup>TH</sup>

## Spiritual Armor: Enhancing Your Spiritual Strength to Resist Evil

Service 9:30 pm - Midnight | On campus/ Virtual

### Luke 10:19 NIV

*19 I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.*

We are just a few days from ending our fast. Today is a day to be mindful that there are spiritual forces operating in the Earth's realm, and their assignment is to kill and destroy any opportunities God has prepared for you. As we fast, pray, and seek God for His divine will for this New Year, the enemy will also take note and seek to derail you. Be mindful that there are evil spirits operating in our world. Satan uses witchcraft, people, and even words that have the power to block or destroy different areas in your life. Tonight, we pray to ignite the inner strength in us to resist the fiery darts of the enemy and empower ourselves to tread over serpents and scorpions and that nothing can hurt us. Be in the service as we pray and are anointed with oil to be covered by the blood of Jesus. This is a service that will empower you to keep going.

Focus on these things in prayer today:

- Pray for the ability to engage in spiritual warfare.
- Pray that your mind is covered from evil thoughts.
- Pray that the lives of your family and loved ones are covered under the blood of Jesus.
- Pray that your properties and belongings are covered from evil.
- Pray for people who are attacked by witchcraft.
- Pray that as we bind evil from operating in our lives, God will also lose all the blessings He has for us.

**SUBMIT YOUR  
PRAYER REQUEST**

# SATURDAY, JANUARY 13<sup>TH</sup>

Great Things on the Horizon: Anticipating Opportunities and Embracing Change  
No Service

## I Corinthians 2:9 NKJV

*9 But as it is written: "Eye has not seen, nor ear heard, Nor have entered into the heart of man The things which God has prepared for those who love Him."*

Success is on the horizon. Great things are on the horizon. Many different things have worked together to bring you to where you are in the present. God creates a bridge called opportunity that, if you are bold and willing to step out on faith, will carry you from where you are into a future that will drastically change your life. This year, 2024, God will provide **significant opportunities** that will change your life in the spur of the moment. There is no service tonight, but spend time anticipating the breakthroughs, transformations, and opportunities that await at the breaking of the fast on **Victory Sunday**. Prepare yourself, friends, and family to be in service tomorrow. After seven days of fasting and prayer, we have done our part to prepare ourselves for what God has for us throughout the year. Prepare your goals for the year. Write down your dreams and aspirations. Journal the revelations you received during the fast. Prepare to participate in communion and receive your bottle of oil. Use the oil to anoint yourself and your family, your home, your place of work or business, your bank cards, legal documents, and possessions throughout the year.

As you pray today, focus on these things:

- Pray for your future.
- Pray for discernment for God moments and opportunities.
- Pray for favor, grace, and mercy.
- Thank God that He sees you, knows you, cares for you, and has a plan for you.

## 1 Thessalonians 5:16-18 (KJV)

*16 Rejoice evermore.*

*17 Pray without ceasing.*

*18 In every thing give thanks: for this is the will of God in Christ Jesus.*

# VICTORY SUNDAY

**SUNDAY, JANUARY 14<sup>TH</sup>**

**Unleashing Your Potential: Embracing the Power of an Unstoppable Mindset**

Service 10:00 am On campus/Virtual

Proverbs 24: 15-16 NLT

*15 Don't wait in ambush at the home of the godly, and don't raid the house where the godly live. 16 The godly may trip seven times, but they will get up again. But one disaster is enough to overthrow the wicked.*

This is the last day of the fast. You have been empowered over the last week through reading the word of God, praying more frequently, sacrificing your desires, refraining from distractions, and now you are prepared for your NEXT. You are ready for your next big instructions from the Holy Spirit. You have done your part to prepare the ground for the seeds God will plant in your life this year. The journey is yet before us. The year has just begun; however, the victory is already assured. You are already declared a winner. You have the potential to become God's man or woman. You have the potential to maximize your ability to serve your family, your community, and most importantly, the Kingdom of God. That is the mindset you should have. Today, we establish a mindset that says no matter what I may encounter, I am on my way to the next Significant Opportunity God has prepared for me. I am unstoppable. Be encouraged not to return to your previous normal after the fast. Make up your mind that this year you will make it to every service. This year, you will remain committed to the faith and pursue the path that leads to God. Determine right now that you will attend **MAXIMIZE YOUR POTENTIAL CONFERENCE 2024**. Remind yourself of what you meditated on this week. Sow into the ministry and into your own life. There will be things that can cause you to trip, but you can get up again because you are unstoppable.

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**MAXCON2024**  
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