

**SUNDAY, 10AM** MONDAY - WEDNESDAY, 7:30PM THURSDAY, NO SERVICE FRIDAY, 10PM SATURDAY, NO SERVICE

VICTORY SUNDAY, 10AM (Communion will be served | Baptism after service)



# 8 DAYS OF

**8 DAYS OF PRAYER & FASTING** 

A TIME OF FASTING & PRAYER

8 days of refreshing

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SUNDAY/MONDAY TUESDAY JAN.5 @10AM/JAN.6 @7:30PM JAN.7 @7:30PM

WEDNESDAY Jan.8 @7:30PM

FRIDAY

8 days of refreshing

**JAN 5-12** 

THEFAITHCENTERINT.ORG

THE FAITH CENTER 5555 NW 95TH AVENUE | SUNRISE, FL 33351

## 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; 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 DAYS SCHEDULE**

Morning Devotion - Everyday at 7AM - Live on Instagram, Facebook & YouTube
Sunday, 10AM
Monday - Wednesday, 7:30PM
Thursday, NO SERVICE
Friday, 10PM
Saturday, No Service
Victory Sunday, 10AM
(Communion will be served | Baptism after service)

## SUNDAY, JANUARY 5<sup>TH</sup>

DAY 1: REFRESHING THE MIND Focus: Clarity and Understanding

Philippians 4:8 NIV - Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

## **DEVOTIONAL THOUGHT:**

What you set your mind towards has the power to shape who you become. The mind is a battlefield, and victory begins with focusing on what is true, noble, pure, and admirable. In a world filled with distractions, we are called to renew our minds daily, aligning our thoughts with the truth of God's Word. Take a moment today to identify what thoughts you've been meditating on. What can you set your mind on in preparation for a strong 2025? Are those thoughts drawing you closer to clarity and understanding in Christ? Commit to thinking intentionally, fixing your mind on what brings life and reflects His truth.

## PRAYER:

Father, I surrender my thoughts to You. Help me to fix my mind on what is true and pure. Renew my understanding so that my thoughts reflect Your will and align with Your Word. Lord, help me to live out the scripture, Romans 12:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. I desire to renew my mind for your glory in Jesus' name, Amen.

## MONDAY, JANUARY 6TH

Seize the moment to be Empowered.

Service 7:30 | On-campus/ Virtual

**DAY 2: REFRESHING THE SPIRIT** 

**Focus: Spiritual Growth and Connection** 

Ephesians 3:16 NIV - I pray that out of his glorious riches he may strengthen you with

power through his Spirit in your inner being.

## **DEVOTIONAL THOUGHT:**

Your inner being is the sacred space where the Holy Spirit works to strengthen and renew you. As you pray today, invite the Spirit to fill you with His power, bringing transformation that begins within. Growth doesn't happen by chance; it's cultivated by intentional connection with God. This is our declaration for 2025. Let His Spirit breathe fresh life into the places that feel weak or stagnant. Remember, His strength is made perfect in you when you surrender fully to Him.

## PRAYER:

I welcome the Holy Spirit to dwell and move freely in every part of my life. Endow me and strengthen my inner being. Draw me closer to You so that you will be glorified in Heaven and on Earth. Teach me to rely on Your power and grow in my walk with You each day. I will not gratify the desires of my flesh. I will live forward through the power of the Holy Spirit. Be with me throughout this fast. Speak to me, Lord. Call my name and as your sheep, I will listen. In Jesus' name, amen.

## TUESDAY, JANUARY 7<sup>TH</sup>

Seize the Day: The importance of taking action now for a fulfilling future Service 7:30 | On-campus/ Virtual

DAY 3: REFRESHING RELATIONSHIPS Focus: Building Healthy Connections

1 Thessalonians 5:11 NIV - Therefore encourage one another and build each other up, just as in fact you are doing.

## **DEVOTIONAL THOUGHT:**

The relationships God places in your life are opportunities to reflect His love. Encouragement and support build bridges that lead to healing and unity. Who can you inspire or uplift with your words today? How can you uplift someone in need? How can you encourage someone in need? Healthy connections are nurtured when we make room for grace, accountability, and kindness. Choose today to be an instrument of encouragement, fostering relationships that honor God and bless others.

## PRAYER:

Father, thank You for the people You've placed in my life. Help me to love and encourage them as You have loved me. Your Word tells us to love one another. I choose today to be an example of love in my relationships. Teach me to build connections that reflect Your grace and kindness. In Jesus' name, amen.

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

Seize the opportunity to be in good health and prosper Service 7:30 | On Campus/ Virtual

DAY 4: REFRESHING PURPOSE Focus: Aligning with God's Plan

Proverbs 16:3 NIV - Commit to the Lord whatever you do,

and he will establish your plans.

## **DEVOTIONAL THOUGHT:**

Purpose becomes clear when we surrender our plans to God. He desires to establish your steps, but it requires trust and commitment. What dreams or goals are you holding onto tightly? Today, lay them at His feet and watch how He realigns them with His divine purpose. When your life is committed to the Lord, every effort becomes a testimony of His faithfulness.

## PRAYER:

Lord, I commit my plans and dreams to You. Align my steps with Your will and guide me in fulfilling the purpose You have for my life. Let your desires be my desires. In Jesus' name, amen.

## THURSDAY, JANUARY 9TH

Seize the opportunity to minister to your family No Service

DAY 5: REFRESHING STRENGTH Focus: Physical and Mental Resilience

2 Corinthians 12:9 NIV - But he said to me, My grace is sufficient for you, for my power is made perfect in weakness.

## **DEVOTIONAL THOUGHT:**

Strength isn't the absence of weakness; it's the evidence of God's grace working in your life. The places where you feel inadequate are where His power is most evident. Rest in the truth that His grace is sufficient for every challenge you face. Today, lean into His strength for the physical and mental resilience you need to overcome. He is your source of renewal, enabling you to endure and thrive.

### PRAYER:

Lord, thank You for Your grace that sustains me. In my weakness, be my strength. I find joy in the strength that I gain from you. You give strength to the weary and increase the power of the weak. Give me "bounce back power" to be resilient. Help me to rely on You for physical and mental resilience. Allow my resilience to be hope for someone that I encounter today. In Jesus' name, amen.

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

Spiritual Armor: Enhancing your spiritual strength to resist evil Service 10pm | On campus/ Virtual

**DAY 6: REFRESHING JOY** 

**Focus: Cultivating Happiness and Positivity** 

Nehemiah 8:10 NIV - "The joy of the Lord is your strength."

## **DEVOTIONAL THOUGHT:**

Strength isn't the absence of weakness; it's the evidence of God's grace working in your life. The places where you feel inadequate are where His power is most evident. Rest in the truth that His grace is sufficient for every challenge you face. Today, lean into His strength for the physical and mental resilience you need to overcome. He is your source of renewal, enabling you to endure and thrive.

## PRAYER:

Lord, fill my heart with Your joy. May my joy remain steadfast and unshaken throughout 2025. Help me to find strength in You and to cultivate gratitude in every season of my life. You make known the path of my life. I receive your joy today no matter the circumstance. My faith is in you. My trust is in you. My hope is in you. In Jesus' name, amen.

## SATURDAY, JANUARY 11TH

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

DAY 7: REFRESHING FAITH Focus: Trusting God's Guidance

Proverbs 3:5-6 NIV - Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

## **DEVOTIONAL THOUGHT:**

Faith is the decision to trust God even when the path seems unclear. It's leaning on His understanding, not your own, and submitting every step to Him. Trust is built through surrender and obedience. What area of your life requires greater faith today? Let go of the need to figure it out on your own and allow Him to make your paths straight. Faith grows when we walk in alignment with His guidance.

## PRAYER:

Father, I place my trust in You. Help me to release my fears and lean on Your understanding. Guide my steps and strengthen my faith as I follow You. Order my steps. Renew a right spirit within me so that my faith in You can move the mountains out of my life. In Jesus' name, amen.

## SUNDAY, JANUARY 12TH

Unleashing your Potential: Embracing the Power of an unstoppable Mindset Service 10:00 am On campus/Virtual (Communion will be served | Baptism after service)

DAY 8: REFRESHING WORSHIP

Focus: Deepening Your Worship Experience

Psalm 100:2 NIV - Worship the Lord with gladness; come before him with joyful songs.

## **DEVOTIONAL THOUGHT:**

Worship is more than a song; it's the posture of your heart before God. When you worship, you declare His greatness and invite His presence into your life. Approach Him with gladness, knowing that He delights in your joyful songs. Today, take time to deepen your worship experience—whether through music, prayer, or stillness. As you exalt Him, His presence will refresh and renew your spirit, reminding you that He alone is worthy of all honor and praise..

## PRAYER:

Lord, I come before You with a heart of worship. May my words and actions reflect the love and honor You deserve. Use my hands and my feet to bring glory to your name. My life is yours. Teach me to worship You in spirit and truth. Let my life express your worth. In Jesus' name, amen.





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