

**Price Memorial A.M.E. Zion Church
525 Atlantic Ave. ~ Atlantic City, NJ
Rev. Dr. Odinga Lawrence Maddox, II, Pastor**

**Autumn Fast
Monday, November 7, 2011 – Saturday, November 12, 2011
6:00 a.m. – 6:00 p.m. Daily**

“PRAYING AND FASTING”

“If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then shall I hear from heaven, and will forgive their sins, and heal their land.”

2 Chron. 7:14

Complex and troubling problems seem to plague our personal lives, homes, congregations, community, our country and the world. Jesus said, some things are changed only by *“fasting”* and *“prayer.”*

Therefore, for the next week, at the direction of Bishop Hunter, we are asking those who will in the congregation, to unite with us in fervent prayer while at the same time, *“turning our plates over”* and fasting.

**Time Period for Fasting: 6:00 a.m. – 6:00 p.m.
Corporate Prayer-line: Thursday, 7:45 p.m.
Prayer Line (218) 844-8230
Code: 921718#**

Areas we want to focus our prayers on throughout this week:

| DAY | PRAYER FOCUS |
|------------|--|
| Monday | The destroying of bad habits and strong-holds in our personal lives |
| Tuesday | Lost souls (Call them by name!!!), Economic conditions effecting ourselves, our friends, families and the church |
| Wednesday | Forgiveness – That we will be forgiven and be more forgiving |
| Thursday | Increased unity in our families, the community and the church |
| Friday | Leadership – Clergy, lay-leaders, local, national and world-wide |
| Saturday | Growth – personally, congregationally in number, spirit and finances |

The purpose for Fasting:

- It draws us closer to God.
- It promotes unity and togetherness in the church.
- It spreads and promotes the spirit of prayer.
- It strengthens the church

GUIDELINES FOR A DANIEL FAST

Foods to Eat (During the hours of 6:00 p.m. – 6:00 a.m.)

Whole Grains: Brown Rice, Oats, Barley

Legumes: Dried Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Cantaloupe, Cherries, Cranberries, Honeydew, Watermelon, Figs, Grapefruit, Grapes, Guava, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Pears, Pineapples, Plums, Pluots, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Tangelos

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Peppers, Corn, Cucumbers, Eggplant, Garlic, Green Beans, Kale, Mustard Greens, Okra, Lettuce, Onions, Parsley, Potatoes, Radishes, Scallions, Spinach, Squashes, Sweet Potatoes, Yams, Tomatoes, Turnips, Zucchini

Seeds: Various Nuts, Sprouts

Meats: If you must eat meat, a small portion of baked or broiled fish, chicken or turkey

Liquids: Spring or Distilled Water, 100% All-Natural Fruits or Vegetable Juices

Foods to Avoid (During the hours of 6:00 p.m. – 6:00 a.m.)

Meats: Red meats!

Dairy Products: All Dairy Products

Whole Grains: White Rice, White Bread

Other Foods to Avoid:

All Fried Foods

Caffeine

Carbonated Beverages

Food Containing Preservatives

Any foods containing White Sugar

Any Foods Containing White Flour

Margarine, Shortening or Fatty Foods

The Daniel Fast will lead to:

Spiritual Insight – Dan. 1:17

Spiritual Direction – Dan. 10:12

Spiritual / Physical Health – Dan. 1:15

Favor – Dan. 6:3