

preserves.

11) 100-percent fruit juice: Natural, 100 percent juice is allowed sparingly.

What Foods Are We Not Allowed To Eat?

- 1) Animal products: All meat, dairy, seafood, and eggs.
- 2) Sweeteners: Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, raw sugar, and other syrups.
- 3) Leavened bread: Bread made with yeast.
- 4) Refined and processed foods: Foods that contain artificial flavorings, artificial preservatives, food additives, white flour, and white rice.
- 5) Deep-fried foods: All fried foods.
- 6) Solid fats: Butter, lard, margarine, and shortening.
- 7) Chocolate: Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, cacao, and white chocolate.
- 8) Specific beverages: Alcohol, coffee, and other caffeinated beverages.

When Will We Break The Fast?

We will break the fast with a light brunch on Easter Sunday.

At The End Of The Fast What Are We Asked To Do?

We are asked to Sacrifice to God a “first fruit gift” of “one” day’s pay. This gift may be offered through a giving envelope or online.

The 2024 First Fruit Calendar

First Fruit “Churchwide 21 Day Daniel Fast”March 9—30, 2024
Early Morning First Fruit Prayer (6:00 AM)
.....March 13, 20, & 27, 2024
Handout First Fruit Sacrificial Giving Covenant Cards.....March 17, 24, 2024
Submission of Sacrificial Giving Commitment Cards.....March 24, 2024
Availability of Offering Envelopes
.....March 24, 2024
The “First Fruit” Sacrificial Offering
.....March 31, April 7, 14, 21, 2024



The Metro 2024 First Fruit Fast & Prayer Season

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**“OUR MBC FIRST
FRUIT SEASON
FAST”**

*Daniel Chapter 1
Daniel Chapter 10*

Rev. Dr. David & Rev. Linda
Jefferson

During this
season of first

fruits, Rev. J and I want to invite the entire Metro church family into the sacred presence of God through fasting and praying. Never before have we needed God's spiritual breakthrough power as much as we need it now. As the body of Christ, we must get serious about seeking God's face and witnessing the outpouring of the Holy Spirit in many areas of our lives. The Bible teaches us that one way to do that is by fasting and prayer. Beginning March 9th and ending March 30th we will embark upon a journey of the 21 day “Daniel fast”.

What is the “Daniel Fast”?

The Daniel fast is based on a passage in the Bible and is essentially a fast without any added sugars, refined carbs, caffeine, or alcohol. It is a method of spiritual fasting based on the prophet Daniel's experience fasting according to the book of Daniel in the Bible. There are two

passages specifically that the Daniel fast is based on: “please test your servants for 10 days and let them give us vegetables to eat and water to drink.” **(Daniel 1: 12)** “in those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all till three whole weeks were fulfilled.” **(Daniel 10: 2-3)**

From this experience Daniel was said to gain knowledge, wisdom, spiritual understanding, favor, and even better, appearance **(Daniel 1: 15- 20)** in addition to answered prayer and spiritual insight **(Daniel 10: 11-12)**. So, the idea behind the fast is that we will set aside other foods and focus on eating plant-based meals as an act of worship and sacrifice.

How Long Is The Fast?

The Daniel fast is meant to be followed for 21 days. This length of time is based off Daniel's decision in Chapter 10 to deprive himself of “pleasant food,” meat, and wine for three weeks, while he sought God in prayer.

What Foods Can We Eat?

- 1) Whole grains: Barley, brown rice, buckwheat, farro, grits, millet, oats, popcorn, quinoa, rice cakes, rye, sorghum, spelt, whole-wheat pasta and wild rice.
- 2) 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.
- 3) Nuts and seeds: Almonds, Cashews, hazelnuts, macadamia nuts, natural nut butters (no additives), peanuts, pecans, pumpkin seeds, sesame seeds, soy nuts, sunflower seeds, and walnuts.
- 4) Vegetables: All vegetables whether fresh, frozen, dried, juiced, or canned.
- 5) Fruits: All fruits whether fresh, frozen, dried, juiced, or canned (so long as it doesn't contain added sugar).
- 6) Oils: Oils can be used minimally, but not for deep frying.
- 7) Herbs, spices, and seasonings: Includes a “pinch” of salt and pepper.
- 8) Soy products: All soy products including tofu.
- 9) Water: Distilled, filtered, sparkling, spring, and mineral waters allowed.
- 10) Unleavened bread: Whole grain breads made without yeast, sugars, or