



New Year New You 2019 Fasting and Praying

I greet you in the Mighty and matchless name of our Lord and Savior Jesus Christ. It is my prayer that 2019 will be the best year of your life. As we begin this New Year, let us start out by seeking to have a more intimate relationship with God our Father.

It is through fasting and prayer that we build a better relationship with God, and we get power and strength to overcome those obstacles and challenges that we most certainly will face in 2019. Fasting and praying also gives you clarity of heart, mind, and spirit to allow you to hear from God in more intimate way.

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. 17¹⁷ But when you fast, anoint your head and wash your face, 18¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”

Matthew 6:16-18 (ESV)

There are some things that we face that can only be overcome by fasting and prayer, as Jesus told his Disciples in Mark 9:29

“And he said unto them, This kind can come forth by nothing, but by prayer and fasting”

There are three ways for you to participate in this period of prayer and fasting.

1. Fast from 6 a.m. until 12 noon daily, water only. After 12 noon Daniel Fast foods only.
2. Fast from 6 a.m. until 7 p.m. daily, water only. After 7 p.m. Daniel Fast foods only.
3. Fasting beginning at 6 a.m. on January 7th through January 11th after the revival with water only the entire time.

Whatever choice you make, I pray that you will take this time to seek God's Presence in your life. I pray that this time of fasting and prayer will be a powerful and life changing experience for your life. I pray that this year will be one of the greatest years of your life, as you Reflect The Glory Of God In All That You Do, With Love.

Be Blessed,

Rev. Dr. Stephen W. Pogue

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Daniel Fast Friendly Foods

All fruits -fresh, frozen, dried, juiced, or canned.

All vegetables- fresh, frozen, dried, juiced, or canned.

All whole grains- barley, brown rice, oats, quinoa, millet, and whole wheat.

All nuts & seeds- almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; nut butters.

All legumes- canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans, (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.

All quality oils- avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.

Beverages- distilled water, filter water, and spring water.

Other- herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, soy products, and tofu.

Foods To Avoid

All meat & animal products- bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.

All dairy products- butter, cheese, cream, milk, and yogurt.

All sweeteners- agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.

All leavened bread & yeast- baked goods, and Ezekiel bread.

All refined & processed food products- artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.

All deep-fried foods- corn chips, French fries, and potato chips.

All solid fats- lard, margarine, and shortening.

Beverages- alcohol, carbonated drinks, coffee, energy drinks, herbal teas.