

detox
qefox

Dear Vintage Church Family,

We're busy people. Our lives are filled with constraints and obligations for work, family, and school—but when you think about your daily to-do list, what comes first? If you are honest with yourself, I think you will agree that your prayer life and communion with God commonly fall dead last on the list. It's just what happens when life gets crazy. However, as Christians, our relationship with God should be the highest priority. Sometimes in order for us to spend time in prayer, we must cut something else out in order to make ourselves available.

This is where fasting comes in to play. Fasting is the spiritual discipline of abstaining from some activity in order to devote oneself wholly to prayer and seeking God. This abstinence can be from food, TV, video games, sex, etc. During a fast, a person makes himself or herself more available to God, which means that time spent partaking in a certain activity is instead spent in prayer. Biblical fasting must be partnered with prayer, because without prayer there is no spiritual value. Without prayer you are just starving yourself. It's not only a poor dieting plan but a poor spiritual plan as well.

The Vintage pastors and staff have been led by the Spirit to enter into a corporate fast. As we launch our new Vintage Jefferson auditorium and launch a Sunday gathering at Vintage Orleans, we want to wholly seek God for his empowerment and blessing. We are going to participate in a Daniel Fast, which means that we will only eat fruit and vegetables for 10 days. We have chosen Tuesday, April 12th to Thursday, April 21st as our season to fast.

The first few days will be physically intense, but more importantly our focus is going to be on the inner attitude of the heart. During the fast, it is important to continue performing regular duties of the day while inwardly focusing on prayer, confession, intercession, adoration, and worship.

Prayer Points

1. Acknowledge that your sole purpose is to seek God
2. Tell him that you desperately need Him; you're hungry
3. Ask Him to reveal fleshly desires that might control you
4. Intercede for each member in the area of spiritual warfare (Satan's attacks)
5. Plead for more of His power & presence in your lives, family, and in His church
6. Ask God to break your heart for the lost in New Orleans.
7. Invite God to begin a spiritual revival in your life.
8. Ask God to work in your life in a way that He gets all the glory

“The theology of fasting, then, is a theology of priorities in which believers are given the opportunity to express themselves in an undivided and intensive devotion to the Lord and to the concerns of the spiritual life.” — Eugene Merrill

Daniel Fast Overview

The Daniel Fast is a spiritual discipline designed to better connect us with God. As Vintage Church, we'll take 10 days within the three weeks of the DETOX series to deepen our relationship with God and center ourselves around what God is going to do in our church and in our lives. We are praying that many people will come to faith in Christ during the DETOX series as we invite and share with our friends who are searching for God.

Pastor Rob will lead us through a 3-week sermon series. In conjunction with the fast, we'll be reading a chapter in the book of Daniel per day for the duration of the fast. The book of Daniel has 12 chapters so we will read one chapter of Daniel to prepare and conclude this fast. This will be a challenging process, but we look forward to seeing what God does in our church and experiencing him with intensity during the 10 days of the fast.

Who: The entire Vintage Church staff and leadership will be participating in the fast and we are asking for our Vintage family and friends to join us as we seek God during this exciting season.

When:

Tuesday, April 12th, 7pm: Begin the "10-Day Daniel Fast".

Thursday, April 21st, 7pm: Break the Fast!

What: The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

*If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

How: There are multiple online resources available on the Daniel Fast. One thing you'll notice is that there are many ways to do the fast. This is, in part, due to the lack of clarity in the Bible as to exactly what Daniel did during his fast. To keep it simple, we have included in this packet what Vintage Church will do during the fast and some of the resources we will use. This fast will require preparation as most meals will be made from scratch. We will have some recipes available online.

Resources:

Spiritual Disciplines

Habits of Grace by David Mathis

Spiritual Disciplines for the Christian Life by Donald Whitney

Emotionally Healthy Spirituality by Peter Scazzero

<http://www.desiringgod.org/topics/devotional-life/articles>

Prayer

The Valley of Vision: A Collection of Puritan Prayers & Devotions

Prayer: Experiencing Awe & Intimacy with God by Timothy Keller

Praying the Bible by Donald Whitney
<http://www.desiringgod.org/topics/prayer/articles>

Fasting
A Hunger for God by John Piper
<http://www.desiringgod.org/topics/fasting/articles>

Daniel Fast
www.christ-web.com/missions/farho/daniel-fast
www.danielfast.wordpress.com
www.hacres.com/recipes/recipes.asp

Different Levels of Participation:

Twice in the book of Daniel a fast is mentioned. The first is for 21 days and the second is for 10 days. We are asking our leaders and church to join in the 10-day fast.

Foods to include in your diet during the Daniel Fast...

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

Apples
Apricots
Avocados
Bananas
Berries
Blackberries
Blueberries
Boysenberries
Breadfruit
Cantaloupe
Cherries
Coconuts
Cranberries
Dates
Figs
Grapefruit
Grapes
Grenadine
Guava
Honeydew melons
Kiwi
Lemons
Limes
Mangoes
Melons
Mulberry

Nectarines
Oats
Olives
Oranges
Papayas
Peaches
Pears
Pineapples
Plums
Prunes
Raisins
Raspberries
Strawberries
Tangelos
Tangerines
Watermelon

Vegetables: These can be fresh, frozen, dried, juiced or canned (watch salt content).
Artichokes
Asparagus
Beets
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery

Chili peppers
Collard greens
Corn
Cucumbers
Eggplant
Garlic
Ginger root
Kale
Leeks
Lettuce
Mushrooms
Mustard greens
Okra
Onions
Parsley
Peppers
Potatoes
Radishes
Rutabagas
Scallions
Spinach
Sprouts
Squashes
Sweet potatoes
Tomatoes
Turnips
Watercress
Yams
Zucchini

Legumes:

Dried beans
 Black beans
 Cannellini
 Pinto beans
 Split peas
 Lentils
 Black eyed peas
 Green beans
 Green peas
 Kidney beans
 Peanuts (includes natural peanut butter)
 Beans
 Lentils
 Lupines
 White
 Peas

Seeds:

All nuts (raw, unsalted)
 Sprouts
 Ground flax

Cashews
 Walnuts
 Sunflower
 Sesame
 Almonds
 Natural Almond Butter

Whole Grains:

Whole wheat
 Brown rice
 Millet
 Quinoa
 Oats
 Rolled Oats
 Plain Oatmeal- not instant
 Barley
 Grits (no butter)
 Whole wheat pasta
 Whole wheat tortillas
 Plain Rice cakes
 Popcorn (see recipe in FAQ)
 FAQ)

Liquids:

Water (spring, distilled, filtered)
 Unsweetened Soy Milk
 Herbal (caffeine free) Tea
 100% Fruit/Vegetable Juice (no added sugar)

Other:

Tofu
 Soy products
 Herbs
 Small amounts of Honey
 Small amounts of Sea Salt
 Small amounts of Ezekiel Bread
 Small amounts of Olive Oil
 Spices (read the label to be sure there are no preservatives)

Foods to avoid on the Daniel Fast...

All animal products including all meat, poultry, and fish
 White rice
 White bread
 All deep fried foods
 Caffeine
 Coffee (including decaf b/c contains small amount of caffeine)
 Carbonated beverages
 Energy drinks
 Foods containing

preservatives, additives
 Refined foods
 Processed foods
 Food additives
 Refined sugar
 Sugar substitutes
 Raw sugar
 Syrups
 Molasses
 Cane juice
 White flour
 Margarine
 Shortening

High fat products
 Butter
 All leavened breads
 Baked goods
 All dairy
 Milk
 Cheese
 Yogurt
 Cream
 Eggs
 Alcohol
 Mayonnaise

Common FAQs***What about prepared foods?***

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.

What about pasta?

Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I know it says raw, unsalted nuts, but what about roasted nuts?

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

How do I get enough protein in my diet while on the fast?

The following are protein-rich foods that are allowed on the Daniel Fast: almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

What kind of peanut butter is allowed?

A natural peanut butter with no additives...watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

What about popcorn?

Corn is listed in the vegetables to eat list. You can use a pot on the stove...

Here is a recipe:

- 1) Put two tbsp. of olive oil in the bottom of a large pot.
- 2) Add enough popcorn to cover the bottom of the pan.
- 3) Turn heat to medium high. Look for the first popcorn kernel to pop.
- 4) Put the lid on the pot. Using potholders shake the pot over the burner.
- 5) Continue shaking until you no longer hear kernels popping. Remove from heat.

How can I identify whole grain foods?

Typically if the ingredients list "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

Where can I go out to eat?

Well, we think you can go anywhere and order cautiously, asking lots of questions to the wait staff, knowing ahead of time that you may be ordering a salad with olive oil and a baked potato with no extras.

Book of Daniel Devotional

April 11th—22nd

Introduction

The book of Daniel is divided into two sections: (1) a historical account and (2) prophecy. The theme throughout is God's sovereignty and power over all nations and powers. Yahweh is the one true God. All other gods are merely idols.

Monday April 11: Daniel 1

Daniel detached from the pleasures of his status in Babylon in order to maintain his identity as one of God's children. Prayerfully consider other activities, objects or "royal food" of the world that God would have you abstain from in order to focus more clearly on Him over the next 10 days. May God grant to you favor, compassion, understanding and wisdom (v. 9, 17, & 20) as a result of your undeterred loyalty to Him.

Tuesday April 12: Daniel 2

"With the all-powerful God nothing is impossible." This was Daniel's reply to King Nebuchadnezzar in verses 27-30. Wisdom and power belong to our God (v.20), but He freely gives to us because of His mercy (v.18). Before you go too much further today, ask God to enable you to make Him known and intercede for the lost in this city.

Deeper Study: Compare Daniel 2 with Genesis 41 and the story of Joseph and Pharaoh

Wednesday April 13: Daniel 3

- Who or what has your full attention today?
- Who are you serving today?
- Who are you worshipping today?

Shadrach, Meshach and Abednego were three Jewish studs that trusted in the Most High God who is all-powerful and in whom there is no other. They committed to worship God more because of who He is rather than what He would or would not do (v.17-18).

Deeper Study: Examine how Paul defines the Christian life (Philippians 1:12-30).

Thursday April 14: Daniel 4

It's the Weekend! Time to relax, right? As you come before people today, are you one in whom the Spirit of the holy God dwells? Today, live enabled through the Spirit (v.18). As Daniel lived, may we also live on April 14, 2016.

Deeper Study: John 14:9-31. Holy Spirit enables the advancement of the Gospel.

Friday April 15: Daniel 5

The story in Daniel quickly becomes a thriller with the intense drama in this chapter. In the ancient world, kings had all the power to either reward or punish people within the kingdom (2:5-6). Daniel boldly announces the bad news no matter the cost. How courageously do you proclaim the Good News that Christians possess? May we say: “Nevertheless, I will make known to you the interpretation” (v. 17).

Deeper Study: Compare Daniel 5:18-23 with Matthew 23:1-11.

Greatness comes from serving. How will you humbly give of yourself today?

Saturday April 16: Daniel 6

This chapter is packed FULL of meaning and application for our Christian life. Today our focus is on prayer as exemplified in verses 10-11. When a law was proclaimed against prayer, Daniel's immediate response was to go home, kneel down and PRAY! Prayer was an integral part of his daily life. Today if one of your lost friends barged in on you at home, where would you be found? Are you paying attention to earthly kings or your heavenly King who is the King of kings and Lord of lords? Today get so actively involved in sharing your faith that you have to passionately pursue guidance and strength from God.

Deeper Study: Compare the pictures of the living God in Daniel 3:8-30 & 6:16-27. Allow these passages to explode your view of God, who is more than able!

Daniel Second-Half Introduction

An Apocalyptic summary statement: “I have a feeling we’re not in Kansas anymore, Toto.” Daniel and Revelation are two of the most different and difficult books to understand in the Bible. Both are known as apocalypses, carrying the meaning of disclosure. The message communicated through an apocalypse is that the future prediction of God's action is something that would break into the present. Daniel 7 marks a major transition in the book, turning from stories about Daniel and his three friends (Chs. 1-6) to Daniel's visions of the future (Chs. 7-12). Daniel's visions revealed that the Messiah would be the ruler of a spiritual kingdom that would overshadow all other earthly kingdoms. Even though the second half of Daniel contains what some might consider strange images and symbols, this section is still God's revelation of truth to his people. So let's dive into His message to us as we continue in this present spiritual battle between God's children and Satan.

Sunday April 17: Daniel 7

The most important truth that comes from chapter 7 is the vision Daniel receives regarding the sovereignty of God. The Most High is the supreme ruler that controls history and human nature. This is at the core of the gospel that we share with our friends and coworkers. At one time we were all eternally separated from God, but the amazing thing is that God did the impossible by making redemption available to us through Jesus Christ (Romans 3:23-24). The Most High is a conqueror and His saints receive the eternal kingdom (v. 17-18). Will you live in the power and victory of the Most High today?

Deeper Study: Colossians 1:15-29. Commit yourself anew today to the gospel.

Monday April 18: Daniel 8

Daniel was so overcome by the visions of the future suffering of his people that he was set back a few days (v. 27). At this point Daniel didn't fully understand the vision. Further details were to come later, but until then Daniel got on with his work. When you think about the enormity of the task facing Vintage Church in New Orleans, how do you respond? Today let these thoughts drive you to diligently pursue sharing with people how they can become a child of God.

Deeper Study: Soak up Luke 15. God's heartbeat is to find that which is lost.

Tuesday April 19: Daniel 9

Daniel's prayer stands as the model prayer for us to follow as we intercede on behalf of New Orleans, North America and the world. The beginning (v. 4), the end (v. 17-19), and everything in between is primarily focused on God. God-honoring and God-glorifying prayers are ones that have Him placed at the center. God does all that He does because He is who He is (v. 17-18). The answer for accomplishing Vintage's world vision of reaching the nations must be found in God Himself (v. 19). This type of prayer has an impact upon our daily lives because we realize that God is even more passionate about His interests and purposes than we could even imagine. Today, use this chapter as you pray and, as Daniel did, bring God's greatness and glory into your prayers for His sake.

Deeper Prayer: Use Nehemiah 1:4-11 to help you be in continuous prayer today.

Wednesday April 20: Daniel 10

John Piper describes prayer as a wartime walkie-talkie for the mission of the church against the evil one. Daniel experienced spiritual warfare in this chapter as evil forces challenged his prayers. But the resistance made him even more fervent and earnest (v. 12-13). In the same way that the iPhone and other smart phones are powerful tools in the hands of business professionals, so is faithful prayer in the hands of Christians. Today, focus your heart on asking your heavenly Father for understanding, strength, and the Words of Life to speak. Use prayer for the proclamation of God's Glory.

Deeper Study: Meditate on Ephesians 6:10-20. Prayer is for wielding the Word.

Thursday April 21: Daniel 11

In spite of present evil situations, God is in control! He has always been and will always be sovereign. The prophecy given in this chapter is amazing when you read history and see that everything God shows Daniel is fulfilled exactly. God knew and controlled the Babylonians, Persians, Alexander the Great and his four sons. When the Antichrist arises in power and unleashes havoc, God will still be in control. Daniel concluded by saying "Yet he shall come to his end, with none to help him" (v. 45). The infinitely powerful God who guides the events of history also extends His guiding hand daily to each Christian. How do you need God to be your guidance?

Deeper Study: Compare yourself with Gideon (Judges 6–7).

Ask God for direction in the area of life that you currently need Him most.

Friday April 22: Daniel 12

In the end, the ultimate victory goes to the Lord God Almighty. Satan and his followers will receive judgment and shame while God's children will receive honor and everlasting life. Until then, our job is to be a vessel that God uses to show people the righteousness that is found through faith in Jesus. (v. 3 & Romans 3:21-24) There is an inheritance awaiting the ones who faithfully finish the race. Today direct your focus towards going strong until the end (v. 13).

Deeper Study: 1 Corinthians 15. Rely on the same power that resurrected Christ.