

*NEW MOUNT ZION BAPTIST CHURCH*  
*Daniel Fast - 2019*  
*21 - Days of Fasting & Praying*



Greetings and Happy New Year!

**ARE YOU READY?** I pray that everyone enjoyed the Holiday Season and is looking forward to a prosperous & healthy New Year. The New Mount Zion church family will start the New Year off with the Daniel Fast. This year's Daniel Fast point of focus is **"The Beatitudes"** (Matthew 5:1-12).

The days of fasting are **Sunday, January 6, 2019 through Sunday, January 27, 2019**. On Sunday, January 6, we will begin with a congregational prayer and end with a congregational prayer on Sunday, January 27. Additional fasting information will be provided to the congregation for daily scripture reading, meditation, and prayer. We will study and meditate upon **"The Beatitudes"**, participate in biblical reading, noting the similarities in actions and deeds as they relate to our individual and collective actions today.

Please take time to plan, prepare, identify your purpose, and purify your mind. Remember, meal planning is important. Please take time to review the following web sites and to search for additional Daniel Fast meal planning to ensure that you are having healthy and enjoyable meals while you spiritually connect with God through fasting, prayer, and repentance. **If you have any medical conditions, please seek medical approval to participate in the Daniel Fast. If you are not able to participate in the fast for medical and physical reasons, please join the Watchmen on the Wall and support the congregation with prayer and daily bible reading.** Be wise and be safe.

**Web Sites**

<http://www.ultimatedanielfast.com/recipes/breakfast-dish>

<http://daniel-fast.com/aboutthefast/>

<http://www.caringcarrot.com/>

<https://www.danielplan.com/start/>

<https://www.califlourfoods.com/>

***Daniel 10: 2-3 "In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled."***

I am excited about starting the New Year with the Daniel Fast! Again, Happy New Year!

Yours in Christ,

Pastor Tommy L. Brown