



# “MORE THAN A CONQUEROR”

~ ROMANS 8:35-39 (KJV)

## GOOD SAMARITAN FASTING SCHEDULE

### JAN. 4<sup>TH</sup>, 2021 TO JAN. 24<sup>TH</sup>, 2021



*“To the GSC church family and to the Christ-followers throughout our nation and beyond. We have just concluded a most challenging, one-of-a-kind, difficult, and turbulent year but we shout with a shout of victory as can only be done by those who have been declared to be more than conquerors!”*

*Our Kingdom advantage through the use of radical and “tough times” faith has positioned us as “More Than Conquerors” to have a one-of-a-kind glorious 2021 year.*

*2020 was a setup for 2021. The Bible exclaims in 1st Corinthians 2: 9, “But as it is written, no eye has seen and no ear heard, neither has it been conceived in our imaginations the things that God has in store for those that love him.” Please know that you have been prepared for 2021 to be a year of God’s favor despite all the other challenges that we will face....so live out the creed of being MORE THAN A CONQUEROR through Christ Jesus.*

*Thanking God for you and the blessings he has prepared for you this year,”*

*- Bishop Donald R. Murray*

### **FOCUS**

Fasting, for the believer, is a spiritual discipline that is designed to align us with God and His purpose in our lives. As a church, we are fasting together to seek first the kingdom of God and His righteousness, believing that everything else we need be added (MT. 6:33).

Over the next 21 days, we will substitute our regular food intake with those disciplines that help us better connect with God - reading the Bible, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God. Remember, this is all about relationship! Focus more on the details of connecting with God than the details of the menu, and you will discover the blessings and power in fasting.

### **FRAMEWORK**

On Monday, January 4th we will begin the “Daniel Fast.” At dinner, begin to introduce meals with pure foods of fruits and vegetables. This plan will continue for the next 20 days. On Sunday, January 24th we will break the Daniel Fast after Sunday’s service at GSC.

### **FAST FOODS**

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 condition which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, other technology, etc.) and fast in that manner for the next 21 days. Remember, the details are not as important as the spirit in which you participate.

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

# Fasting Calendar & Guidelines

## FOODS TO EAT

### FRUITS & NUTS

APPLES, APRICOTS, BANANAS, BLACKBERRIES, BLUEBERRIES, BOYSENBERRIES, CANTALOUPE, CHERRIES, CRANBERRIES, FIGS, GRAPEFRUIT, GRAPES, GUAVA, HONEYDEW MELON, KIWI, LEMONS, LIMES, MANGOES, NECTARINES, ORANGES, PAPAYAS, PEACHES, PEARS, PINEAPPLES, PLUMS, PRUNES, RAISINS, RASPBERRIES, STRAWBERRIES, TANGELOS, TANGERINES, WATERMELON

### VEGETABLES

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, POTATOES, RADISHES, RUTABAGAS, SCALLIONS, SPINACH, SPROUTS, SQUASHES, SWEET POTATOES, TOMATOES, TURNIPS, WATERCRESS, YAMS, ZUCCHINI

### WHOLE GRAINS

BROWN RICE, OATS, BARLEY

### LEGUMES

DRIED BEANS, PINTO BEANS, SPLIT PEAS, LENTILS, BLACK EYED PEAS

### LIQUIDS

WATER, UNSWEETENED SOY MILK, HERBAL TEA, HONEY, NATURAL FRUIT JUICE (NO ADDED SUGAR)

## FOODS TO AVOID

MEAT - POULTRY - WHITE RICE - FRIED FOODS  
CARBONATED BEVERAGES

FOODS CONTAINING PRESERVATIVES OR ADDITIVES  
REFINED SUGAR OR SUGAR SUBSTITUTES

WHITE FLOUR - MARGARINE - SHORTENING - HIGH FAT  
PRODUCTS  
ALL BREADS

DAIRY (MILK, BUTTER, CHEESE, YOGURT, ETC.)

\*IF YOU HAVE ANY YOUNG CHILDREN OR STUDENTS,  
CONSIDER ADDING TURKEY, CHICKEN, AND FISH TO  
THE APPROVED LIST OF FOODS.

## IMPORTANT:

THE TRADITIONAL DANIEL'S FAST ALLOWS FOR FRUITS AND VEGETABLES ONLY.  
HOWEVER, IF AN ADDITIONAL PROTEIN SOURCE IS NEEDED, FISH (NOT FRIED) IS PERMISSIBLE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WEEK 1 : REACHING UP</b> PRAYER FOCUS: YOUR RELATIONSHIP WITH GOD. (PSALMS 51 & PSALMS 139)						
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>WEEK 2 : REACHING OUT</b> PRAYER FOCUS: BISHOP MURRAY AND FAMILY, GSC LEADERSHIP; BISHOP BLAKE AND COGIC LEADERSHIP, AND OTHER RELIGIOUS LEADERS; PRESIDENT BIDEN AND FAMILY AND GOVERNMENT OFFICIALS AROUND THE WORLD. (1 TIMOTHY 2:1-8; 1 THESSALONIANS 5:12-18; MATTHEW 6:1-16)						
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>WEEK 3 : REACHING WITHIN</b> PRAYER FOCUS: GOD'S MANIFESTED PURPOSE IN THE LIVES OF OUR CHURCH FAMILY AND BELIEVERS AROUND THE WORLD. (MATTHEW 25:33-46; GALATIANS 6:6-10; PHILLIPIANS 2:1-11; ROMANS 12:9-21; 1 CORINTHIANS 13)						
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>						



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