
Food Guide

FOODS INCLUDED IN THE ACF SOLEMN ASSEMBLY FAST

Vegetables - preferably fresh or frozen vegetables such as potatoes, beans, and soybeans will help provide substance. Fresh or frozen vegetables are recommended. If canned vegetables are desired, use sodium free or drain and wash prior to cooking. Individuals who have an intolerance to beans should substitute with soy products.

Whole Grains – Brown rice, Oats (including oatmeal), barley & pasta.

Legumes: Dried beans, pinto beans, split peas, lentils, black eye peas.

Fruits – Apples, Apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cranberries, oats, oranges, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon (limit your intake to 2 citrus fruits per day).

Vegetables: Artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, turnip greens, watercress, yams, zucchini.

Seeds & Oils: nuts, sprouts, Olive oil, seasonings and spices.

Liquids: spring water, distilled water, soy milk, 100% all natural fruit juices, 100% all natural vegetable juices (apple, orange, grapefruit, cranberry, etc.).

Water: Drink 6-8 glasses of water daily throughout the fast. This is very important.

Side Effects: You may experience moderate to severe headaches for the first day or two as your body rids itself of caffeine, salt, sugar, and various impurities. This is normal.

FOODS NOT INCLUDED IN THE ACF SOLEMN ASSEMBLY FAST

- Sugar, sugar substitutes and sugar products (desserts, soft drinks, etc.).
- All bread, enriched grains, and white rice.
- Meats: red meat, fish, poultry, seafood, etc.
- Dairy products: Milk, cheese, butter, eggs. Yogurt, cream (soy, rice, almond and hemp substitutes are ok).
- Fried foods
- Margarine, shortening, high fat products

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Solemn Assembly Fast



Call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the LORD your God, and cry out to the LORD.

Joel 1:14

WHAT IS FASTING?

Although fasting has been extended to a number of contexts, in its basic form, biblical fasting is the deliberate, temporary abstinence from food for religious purposes. Under the Mosaic Law, the Day of Atonement was the only national day of fasting, but individual and corporate fasts were maintained as directed by God or as circumstances dictated. During the time Jesus was on earth, it is believed that the Pharisees fasted 2 days a week (possibly, Monday and Thursday (*see*, Luke 18:12), but there were others, like Anna, who fasted more frequently (Luke 2:36-37). Thus, fasting is (and should be) a very real part of the believer's arsenal of spiritual disciplines.

THE PURPOSE

Fasting is not a divine weight loss plan, although you will very likely shed pounds. The purpose of biblical fasting is multifaceted. Fasting aids in focusing our petitions to God (Dan. 9:3). It helps to humble us before God especially in connection with our sins or the sins of our nation (Neh. 9:1-2). Fasting allows us to focus intently on God and his instructions to us (Exod. 34:28) and it is a means of obtaining a spiritual breakthrough (2 Sam. 12:15-17).

TYPES OF FASTS & THEIR TIMING

There are different types of fasts and each of them may be maintained for a variety of timeframes (*e.g.*, hours, days, meals, weeks). That said, most fasts do not extend beyond 40 days without the clear instruction of God. The more typical and popular fasts include: **Absolute Fasts**—nothing but water. **Liquid Only Fasts**—no solid foods, but water, juice and broth are acceptable. **“Daniel Fasts”**—typically fasts that exclude bread, meat, sweets and focuses on vegetables, fruits, nuts, beans.

Hindrance Fasts—while this technically is not a true fast it does seek to abstain from certain activities that may hinder us (*e.g.*, internet, tv, *etc.*) (Heb. 12:1-2).

WHEN FASTING

You should always consult your doctor before engaging in any type of fast—especially if you have medical limitations. Once cleared, you should fast deliberately and with purpose, rather than haphazardly. Discretion is key; fasting is a spiritual matter that can be performed corporately, but ultimately it is between you and God. Above all things, make sure that you spend quality time with God in prayer, bible reading and worship.

ANTIOCH SOLEMN ASSEMBLY FAST

Each year we proclaim a solemn assembly fast as demonstrated in the book of *Joel*. It is a corporate fast and we believe God honors our prayers and blesses our congregation and families because of our commitment to focus on him at the beginning of each year. We have three levels of fasting that we practice as a church body:

ACF BASIC

This is the introductory fast. If you have never fasted, this is one for you.

Limits: No bread, no meat, no sweets. (See food list for guidance).

Length: 21 days

ACF INTERMEDIATE

This fast is our intermediate step. It is a blend of the ACF Basic and ACF Advanced fasts.

Limits:

Week 1 No bread, no meats, no sweets
Week 2 Fruits, Vegetables, juice and water only
Week 3 Liquids only, no soda.

Length: 21 days

ACF ADVANCED

This is truly our most advanced corporate fast. Although the length of time is unchanged, the focus is intense. Unless God has specifically led you here, you should start with the ACF Basic or ACF Intermediate fasts.

Limits: Liquids only (No Soda)

Length: 21 days

EXPECT THE ENEMY

Fasting is a spiritual discipline that produces intimacy with God and victory in the spirit realm. Do not be naïve. Satan will use all means to discourage you from fasting or to tempt you to quit before you should (*see*, Luke 4:1-14). Don't believe his lies. Pray, seek God's face and determine to be victorious in Christ.