



GO BE GREAT

A 28-DAY DEVOTIONAL



GO BE GREAT - 28 Days Devotional
Introduction

Who do you look up to? When you think about someone whose life example is worth modeling, because of their contributions to society, their personal achievements or their ability to overcome difficult times and impact the lives of people in meaningful ways - who stands out for you? We should all have such people who come to mind that inspire and challenge us to dig a little bit deeper and try a little bit harder to be better at what we do and at who we are. Their greatness should give us that burning desire and provide for us the blessed assurance that in our own lives we too can go and be great.

This month, we want to encourage you to do just that - to be the best version of yourself. To take on the kind of attributes and do the kind of things that will cause your best self to bubble to the surface. And you know that person. You have seen glimpses of him/her before, only for that person to retreat from the forefront allowing a lesser you to take the lead. Whether in your personal or professional life, your faith in Christ should help you to be great - a great person, a great parent, a great employee, a great spouse, a great friend, a great student, A GREAT YOU!

Over the course of this month, I want to encourage you to read from this Go Be Great daily devotion and consider how it applies to your life. Each day, you should consider deeply if that day's topic is an area where God is calling you to correct some things so that you can be a better person and live a better life? Be honest in assessing where the spaces exist for you to conquer so that you can experience God's best for your life.

You can be great. You can have a great life. You can rise to a higher version and be what John Ortberg refers to as "the me I want to be." My prayer for you is that over the course of these 28 days you will open yourself to see that person and allowing her/him to emerge and remain out front as the Holy Spirit empowers you to Go Be Great!

**Reginald M. Buckley,
Senior Pastor**





WEEK 2


February 8 - Be Real

The year was 1992, when MTV (that's Music Television) aired a new show called The Real World. It started out with the voice of each member from the cast speaking a part of the introduction monologue, "This is the **true story**, of seven strangers, picked to live in a loft, and have their lives taped to find out what happens, when people stop being polite, and start getting **real**." **And so began a generation of what we call reality television that exploited the fascination of seeing how other people lived their lives.** Since then, there has been show after show of reality television that in most cases showcases the worst parts of the human condition. Unfortunately, greed, pride, lust, anger, and unyielding power seem to make for the best in reality television ratings. The problem, of course, is that in many instances, what's passed off as real is not at all. Leaving people in a wake of false images and narratives that for many become the lifestyle that they want to live.

We are inundated with images every day that simply aren't real. Pictures are photoshopped; videos are edited; even music is auto-tuned in order to get that perfect pitch. So when we see real people and hear real voices and come face to face with real stories, we don't recognize them as such and prefer the artificial. But here's the truth. Nothing tastes like real butter; nothing sounds like a real band; and nothing can compare to the real you.

Too often, we look at the lives of others (that have usually been scripted or scubbed) and use them as barometers for measuring our own fulfillment, happiness and level of success while assuming that there is something wrong with our authentic selves. Nothing is further from the truth.

If you are going to be great, you must be comfortable with being real - the real, capable, flawed, but fantastic person whom God created. Keeping in mind, though, that being real does not give one permission to be rude. "Keeping it real" is too often a motto that we use to try and excuse crude language, cruel behavior, and unchristian sentiments. 1 Corinthians 16:14 says, "Let all that you do be done in love." (ESV). This means that telling a hard truth must be done in love. And never should your effort to be real with someone be done with a malicious intent to harm or damage or without consideration for how it will affect



her/him. Being real with yourself and with others means that you remain in truth; that you don't participate in deception; that you don't live your life with artificial examples as your models; and that you also be honest with God about who you are and the person you would like to become. We all fall short sometimes. That's ok. Being real is authentically appreciating your strengths, your weakness, and your opportunities for improvement and doing something about it that allows you to go and be great!

Prayer: Lord, help me to see myself for who I really am. Let me discard the artificial for the authentic while embracing the fullness of who I am and who I am yet becoming. In Jesus' name, Amen.

February 9 - Be Found

Do you remember when you were in school and the teacher was deciding which student to call on to answer the question. And because this was a question to which you did not know the answer, you may have lowered your head behind your classmate or sunk a little deeper in your chair - just enough to keep direct eye contact from being made. How has hiding become a strategy you've used over time that has actually become a disservice to you?

When Adam and Eve were in the Garden of Eden, they hid from God after having eaten of the fruit from the forbidden tree. Their disobedience caused them to become aware and ashamed of their nakedness. So, they made coverings from fig leaves and attempted to hide themselves from the presence of God. Their idea was we'll be alright if we can just keep from being found.

Sometimes we feel the same way about ourselves. We hide ourselves from being called on or called into service for fear that we won't measure up in some way. Healthy critique is good. Being honest with yourself about where opportunities for improvement exist is necessary. But when you question the things that you see about yourself, your work, your products, and your talents to such a degree that you begin to paralyze your progress slowly you will begin to see signs of it like - applications staying on your desk; emails remaining in your inbox going unanswered; phone calls not being made or returned and opportunities pass you by without putting yourself out there for consideration. You are keeping yourself from being found by hiding. If your insecurities cause you to go into hiding, you will miss your path to being great.

Being great means that you accept the fact of who you are with all of your glorious uniqueness. There was a time when diamond jewelers called carbon deposits or other markings in diamonds imperfections. Now, they are referred to as inclusions. The idea being that it is those little deposits that keep the diamond from being perfect also makes the diamond identifiable. And rather than hiding the inclusions, they are now looked for as the distinguishing marks that make one different from the other.

All of us have areas in our lives that can be improved. But hiding is not the answer. Be found making improvements. Be found uping your game. Be found striving and trying and grinding. No one expects you to be perfect. But you can be GREAT!

Prayer: Lord, help me to stop running from responsibility and hiding from opportunity. When I begin to self-doubt and become overly critical, interrupt such talk and remind me of who I am in You. Give me the courage today to begin showing and offering myself in full confidence that I can be great. In Jesus' name, Amen.


February 10 - Be Patient

Speaking of diamonds, do you know the average length of time that it takes for natural diamonds to be produced? Well, the answer depends on what kind of diamond you're talking about. If you mean a man-made diamond - they can be formed in a laboratory in 6-8 weeks. But a real, natural diamond - try somewhere around 80,000 years. And that's the least amount of time that science suggests. Some theorize that diamonds are actually somewhere between 1 and 3 billion years old.

What's the point? Real, un mistakeable greatness takes time. Sometimes we rush through the necessary processes trying to get to the end result. But you miss that which is critical in the formation when you rush through the process. You miss those essential elements, those basic principles and foundational things that are required.

To be fair, laboratory diamonds (i.e. cubic zirconias) serve a function. They give you the look without the expense. But if you want the real thing, that doesn't

happen in 6-8 weeks. Rather, its through a lifetime of commitment to the pressure, the time, the heat and the force that it takes to produce greatness. Isaiah 48:10 says **10** Behold, I have refined thee, but not with silver; I have chosen thee in the furnace of affliction. Often times, the greatness inside of you is birthed in the crucible of pressure and pain - and you must be patient. Patiently waiting for your change to come. Paul writes in Romans 8:18 For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. What you must go through to get to greatness may not be easy or quick, but it will always be effective. Remember Romans 5:3-4 More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.



Prayer: Lord, the pressure of the process is real. And it doesn't feel good all the time. But help me to be patient with what you are doing and what you are producing inside of me. Help me not to abandon the process by trusting that it will be worth what I've been through. In Jesus' name, Amen.

February 11 - Be Fair

Politics is a fickle thing. Often times we see politicians say one thing when it benefits them or their party only to then argue against the very thing they supported when it benefits the other side. We saw this when President Obama's 2016 nominee for the Supreme Court was not granted a hearing by the Senate which argued that because there was an upcoming election, it should wait and give that privilege to whoever would be elected. Only to argue and do the exact opposite when President Trump nominated and confirmed Amy Coney Barrett by October 26 - just 8 days before the election of 2020.

Being fair doesn't come easy for some, so when you see it on display, it is indeed encouraging, inspiring and worth revisiting. We saw that back in 2008, when at a campaign rally, a woman began to say untruthful and disparaging things about then candidate Obama. And in statesman character, Sen. John McCain took the microphone and rebuked the person insisting that what she was saying was untrue. In essence, his example said to us, we can disagree, but let's be fair with each other.

Being great means that you understand that you don't need to tear someone down so that you can advance. Neither is there any honor or goodness in switching

positions just to win an argument, election, or job title. If you are going to be great, you must operate in fairness with people where you remain consistent in your values and viewpoints - not changing at a whim just to come out ahead.

Psalm 106:3 - Blessed are they who observe justice, who do righteousness at all times.

Prayer: Lord, help me in my dealings, positions, conversations and convictions to be fair. Even when being fair doesn't benefit me, keep me honest and full of integrity so that I might better represent you. In Jesus' name, Amen.



February 12 - Be Aware

I have a friend who went on what's called silence retreat. Basically, it's a week in a remote location where communication with others is cut off. No cell phone; no computers; no television; no social media. Just you, a few books, and a journal. He described the time away as being difficult at first, but by day three he said there was what he called a re-awakening - an awareness of things about himself that he was overlooking. An awareness about his surroundings that he had not paid attention to. An awareness about time and space that had been unrecognized.

When he returned home he said to me that he found himself to be much more aware of things that were awesomely beautiful but had been simple background noise in his mind because of everything else that had taken his attention. On his route to work he noticed buildings he had never seen; he noticed trees; he noticed conditions that had obviously always been there - but simply been bypassed on his way.

Sometimes we miss the awesome beauty and/or burdens around us because we have been desensitized to it or distracted by other things. When either is the case, it is difficult to be empathetic and see people for where they are and how they are. As such, often times people are hurting right in front of us and we miss it because our senses are dulled to the human condition while we are yet on our way.

Jesus was just the opposite. He saw people. People who were overlooked by others were seen by Jesus. And not only did he see them, but he sat with them; ate with them; talked to them; touched them; and healed them. Jesus was aware of those around him and their condition and their need for help. Luke 19:41 says When He approached Jerusalem, He saw the city and wept over it

Being great means that you have not allowed the distractions of the world keep you from being aware of the needs and conditions that exist around you - large or small. Being great is being aware; it is unplugging so that you can plug in to what's important, what's present, and what needs your attention.

Psalm 119: 18-19 Open my eyes, that I may behold wondrous things out of your law. I am a sojourner on the earth; hide not your commandments from me!

Prayer; Lord, I confess that I am distracted from things and people around me that need my attention. Help me to become more aware; more in tune and in touch with those who need my help. Open my eyes and my ears and my spirit that I might know and do your will. In Jesus' name, Amen.

February 13 - Be Good

In your effort to be great, don't forget to be good. Often times we strive for greatness and forget that before you can be great, you must be good. Great football players are first good ones. Great doctors are first good doctors. Great teachers start off being good. Good is a step you must make and master before becoming great.

This applies not just in terms of ability, but also from an ethical and moral perspective. The best of those among us are not just those who have amazing ability but who also have good inside of them that guides their choices, shapes their values, and determines their actions. Great role models are such not just because of their excellence at their craft or profession, but also in part because of the goodness of their character. LeBron James is a great basketball player. But what makes him a role model for so many is the fact that he uses his fame and fortune for good. Building schools, educating children, fighting for causes of justice are some of the good things that make LeBron great.

As a believer, is it imperative that you are not just great - but good. That you stand up for what is good; represent good; choose good; promote good; live a good life. 19th century French diplomat Alexis de Tocqueville is credited with the quote, "America is great because America is good. If America ever ceases to be good America will cease to be great." In essence, one cannot aspire for greatness while neglecting the fundamental principles of goodness. What good things are you being called to embrace, support, and promote? You can be great if you first are being good.

Isaiah 1:17 Learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow's cause.

Galatians 6:9 And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

Prayer: Lord, I know that I can never be good enough within myself to be a righteous person. But help me to practice goodness because of the righteousness that has been given to me through my relationship with you. And in being and doing good, be glorified, Father. In Jesus' name, Amen.

February 14 - Be Thoughtful

Being around considerate people is nice. They seem to know what you're going through, and they gently offer help and comfort to make your path easier. They see how tired you are, and they offer a meal and some rest, even putting a blanket over you so you won't get chilly as you lie down to rest. How thoughtful.

How is it that some people are so thoughtful and considerate? Is it that they're just not thinking about themselves all the time? Not exactly. Thoughtful people think about what would make them feel good; what would be a blessing to them; how something would make them feel - so they do it to others! Just as Jesus commanded, they do to others what they would like done to themselves.

Paul describes another example: "Husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church" ([Ephesians 5:28-29](#)). But let's not get Jesus and Paul wrong. They're not telling us to be considerate just because it benefits us. We are called to love others without conditions, with no strings attached. If we stop being considerate to someone because they aren't considerate in return, our motives probably are selfish.

In a world of selfishness, being truly considerate is a breath of fresh air. It warms the heart and ties us together in love. On this Valentine's Day, be thoughtful and considerate in making someone else's day. Go be Great!!

Prayer: Lord, take any part of me that is selfish and transform me. Use my knowledge of what would please me, and empower me to direct it outward, that I may be thoughtful of others and lighten their burdens. In Jesus' name, Amen.

28 Days Fasting Guide

WHAT IS FASTING?

Fasting is to voluntarily abstain from eating/drinking for an extended period of time. “Eating” and “drinking” can represent anything that is holding you back. What do you “consume” in terms of social food, intellectual food, spiritual food, and emotional food? Are these things distracting you from your relationship with God?

Everyone doing a physical fast should consult a physician first. If you have medical issues, consider fasting TV or media. The point is that there is something God wants you to separate yourself from over the next 28 days so that you can see Him more clearly. Don’t cheat yourself by removing yourself from the fast entirely.

FASTING GOAL: A PERSONAL ENCOUNTER WITH THE LIVING GOD

“He must increase and [we] must decrease.” - John 3:30

“Be ye holy, for I am holy.” - 1 Peter 1:16

You may experience many benefits from fasting (cleansing your body, breaking addictions, etc.), but the goal of fasting is to experience God. Right now your life may be all about you, what you want, and when you want it. Imagine if you separate yourself from your perceived needs (such as food)...you may see that life is all about Him.

FASTING PREPARATION

Prepare your heart:

In 2 Chronicles 7:14, God appears to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. Then, He will hear their prayers and heal them. Be willing to hear what God says needs to change, and be willing to change. Don’t continue to sin. What are the paths He wants you to walk? How much does He want you to pray and read His Word? Tell God that you surrender your life to Him and that you want more of Him and His way.

Prepare your motives:

Ephesians 1:3 says that there are spiritual blessings assigned to us. We can never exhaust them! Who knows what God wants to give you or show you? Maybe He wants to bestow gifts



such as wisdom, anointing, prayer power, healing power, teaching power, joy, or encouragement. When you eliminate things that are keeping you from focusing on God, He is able to show you things about your life that you never knew.

Prepare your body:

If you decide to eat only fruits and vegetables for your fast, it will result in cleansing of your physical body. You may feel sick as your body detoxes, but you'll make it! This isn't a mind game to see if you can survive eating less or not watching ESPN, but about experiencing God.

Prepare your schedule:

Decide where you will meet with God, what and when you will eat, and how you will spend your time differently. Remember, the fast is about communing with God, so don't fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord.

FASTING GUIDELINES

- Explain to your family in advance what you are doing.
- Ask them not to discuss it with you until your fast is over.
- Never complain or brag about your fast, and avoid, as much as possible, talking about it.
- Establish an accountability partner for prayer & encouragement.
- Stay away from negative people.
- Spend as much time as possible alone in solitude and prayer.
- Journal as you pray and meet with the Lord. Write down the miracles God does in your life!

PICK YOUR FAST

After prayer and consultation with your doctor, select the appropriate fast that's right for you! Here are some options.

Complete Fast

- Drinking only liquids, typically water and/or light juices.
- Broth or soup may be included as options.

Selective Fast

- Removing certain elements from your diet.
- The Daniel Fast - abstaining from meat, sweets, or bread; drink water and juice, and eat a variety of fruits and vegetables.

Partial Fast

- Abstaining from eating any type of food in the morning and afternoon.
- Fast during specific times of the day, e.g. 6AM-3PM, or from sunup to sundown.

Soul Fast/ Self-Denial

- Common for: anyone new to fasting food; those with health issues that prevent them from fasting food; those wanting to refocus specific areas of life that are out of balance.
- Suggestions: abstain from engaging in social media, shopping, watching television, internet, Netflix, etc.

ENDURING YOUR FAST

Prayer Life During The Fast

There is a question you will need to answer. When you are fasting, will you seek Him, give Him a listening ear and the quality time He deserves? He will constantly separate you from dependence on the world. Consequently, your time alone with Him may become more frequent than you originally planned, and needless to say, your prayer life will greatly improve.

How appropriate that Jesus and Moses spent extensive time in the desert alone with God. It is ironic that the Hebrew name for desert is *madbar*, meaning “to speak.” You will hear His voice throughout the day in a powerful way. Wisdom will cry out to you in the streets. As the stars in heaven declare the glory of God, so every corner will reveal to your willing soul the mysteries of His Kingdom that have been withheld from the rulers of this age (Proverbs 8:1-3, Psalm 19, and 1 Corinthians 2:7). You will hear Him when you are driving, talking on the phone, or counseling a friend. Expect to hear Him loud and clear.

Social Tensions

A frequently asked question about fasting is: “Should you tell people that you are fasting?” Since fasting is a discipline of self-denial and consecration unto the Lord, constant discussion about it will be a distraction. People will bombard you with countless questions about your health, offer you suggestions about your diet, and tell you horror stories about the dangers of fasting. This type of input during your fast will be a major distraction.

For maximum benefit, it would be best for you not to tell anyone about your fast. Jesus was against the religious leaders drawing attention to themselves by giving people the impression they were suffering for the Lord (Matthew 6:16-18). The religious leaders did this in an attempt to puff themselves up and obviously defeated the purpose of their fasting. If your fast lasts only one to seven days, it will be easy to conceal it. As time goes by and you begin to



lose a considerable amount of weight, it will become more difficult to avoid questions about your appearance. In such cases, you may inform the individual that you are fasting so that they are not overly-worried about your health.

Eventually there will be those who find out that you are fasting, but you can turn this situation into an edifying one. There is a balance between drawing attention to yourself and giving glory to God. You have to decide when and how to discuss it, because your testimony can be used to encourage others to fast. You should “...be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear” (1 Peter 3:15).

AFTER YOUR FAST

Ending your fast properly is just as important as beginning your fast properly. Just as you prepared yourself to begin a fast, you must prepare yourself to stop or break your fast.

Here are a few questions you can ask yourself as you end your fast:

- What are the key lessons learned?
- What new habits or disciplines do you want to keep?
- What new dietary rules will you follow?
- What foods will you begin eating and not eat anymore?
- What dreams and visions have you seen pertaining to your personal walk with the Lord or your ministry?

Get In The “Fast Lane”

Before you end your fast and establish a regular eating schedule, it will be important to set aside time to get in the “Fast Lane” on a regular basis. This is vital if you are going to apply and live out the lessons learned during your fast.

1 Corinthians 11:24-28 says that Paul “fasted often.” But why? You must view fasting as a new way of life, not just a vacation from the old way. According to 2 Corinthians 5:17, “The old is gone and the new has come.” Fasting regularly will help you maintain a level of discipline and spirituality that is necessary to hold the ground surrendered by Satan.

Regular fasts will keep the flesh in submission and serve as a reminder as to who is in charge of your life. Choose a regular fasting schedule to follow. There are those who have chosen to fast one twenty-four hour period per week. Others fast sun-up to sun-down, one day per week. You must pray and design a format that you feel God wants for you, a system that you can be faithful to and consistent with.

Physically

Controlling your eating habits when you end your fast will be important. After you fast, you will feel good about yourself, that you deserve “a break today,” tomorrow and the next day. Remember, the abuse of food, not food itself, was the root of many evils. If you allow food to take its place back on the throne of your heart, you are allowing bad habits to take root and push God farther from the center of your heart than He was before you began your fast.

Once you begin to eat again, if you are not careful, you will feel uncomfortable. Your stomach will feel bloated and full. Introduce solid food slowly. There is a very good chance you will experience stomachaches and diarrhea from the shock on the digestive system. Don't force food back into your system. **Go slowly if you re-introduce certain types of foods back into your diet.**

Emotionally

Satan will be working to take back the ground he has surrendered over to the Lord and he will use your emotional vulnerability to accomplish his goals. It could be an intense time of discouragement leading to depression. Remember to be mindful of this and to eat wisely once you break your fast.

In 1 Kings 18-19, when Elijah is challenged by the 450 prophets of Baal who all followed Jezebel in a most vile and immoral religion. God confronts and defeats them through one man, Elijah. But after this great spiritual victory, Elijah finds himself running for his life from one woman, Jezebel. She had threatened his life and he felt all alone. He became incredibly discouraged and asked God to end his life. Elijah experienced a supernatural and spiritual high, followed by an emotional low. You very well could experience this same type of roller coaster ride.

Thank you for joining in this 28-Day Prayer & Fast!



SAMPLE MENU 1: FRUITS, VEGETABLES, JUICES & WATER

Breakfast - Fruit smoothie with protein powder

Mid-morning Snack - Fresh fruit or fresh vegetables

Lunch - Raw vegetable salad with light dressing and vegetable broth soup

Mid-afternoon Snack - Fresh fruit or fresh vegetables

Dinner - Fresh salad with light dressing and steamed grilled vegetables

SAMPLE MENU 2: LIQUIDS ONLY

Breakfast - Fruit smoothie with protein

Mid-morning Snack - Herbal tea or vegetable broth soup

Lunch - Raw juiced vegetables

Mid-afternoon Snack - Fresh fruit juice or fruit smoothie with protein

Dinner - Vegetable juice or vegetable broth soup

SAMPLE MENU 3: MODIFIED DANIEL FAST

Breakfast - 1 - 2 servings whole grains with fresh fruit juice

Mid-morning Snack - Fresh fruit or fresh chopped vegetables

Lunch - 1 - 2 servings whole grains; fresh salad with legumes and light dressing

Mid-afternoon Snack - Fresh fruit juice or fruit smoothie with protein

Dinner - 1 - 2 whole grains; fresh salad with legumes and light dressing

THE DANIEL FAST

Foods To Include

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to 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

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussels 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, veggie burgers (an option if you are not allergic to soy).

All whole grains. Including, but not limited to, whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.

All nuts and seeds, including, but not limited to, sunflower seeds, cashews, peanuts, sesame. Also, nut butters, e.g.

peanut butter and almond butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils. Including, but not limited to, olive, canola, grape seed, peanut, and sesame.

Beverages: Spring water, distilled water, or other pure waters.

Other: Tofu, soy products, vinegar, seasonings, salt, herbs, and spices.

All meat and animal products. Including, but not limited to, beef, lamb, pork, poultry, and fish.

All dairy products. Including, but not limited to, milk, cheese, cream, butter, and eggs.

All sweeteners. Including, but not limited to, sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread, Including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products. Including, but not limited to, artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods. Including, but not limited to, potato chips, french fries, corn chips.

All solid fats. Including shortening, margarine, lard, and foods high in fat.

Beverages. Including, but not limited to, coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.



Cade Corporate Fasting

28 Day Fast and/or Self-Denial (Your choice)

Fasting from News Cycle - CNN, MSNBC, FOX, Yahoo News, Social Media News outlets, etc.

Only daily National News and Local News only at 5, 6, or 10 (pick 1)

Wednesday: Daniel Fast and Noon day Prayer (Pop-Up Prayer on Facebook and YouTube)

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CHAPEL



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