

Foods to Include

Dried beans	Green beans
Black beans	Green peas
Cannellini	Kidney beans
Pinto beans	Peanuts
Split peas	Beans
Lentils	Black eyed peas
Lupines	White
Peas	
Whole Grains:	
Whole wheat	Barley
Brown rice	Grits (no butter)
Millet	Whole wheat pasta
Tortillas (WH)*	Quinoa
Oats	Plain rice cakes
Rolled Oats	Popcorn (plain)
Plain oatmeal	
Liquids:	
Water	Soy Milk (unsweet)
Herbal Tea	Fruit/veg Juice (no sugar added)
Honey	

*WH = whole wheat

Foods to Avoid

All meat, poultry, fish	White rice
White bread	Deep fried foods
Caffeine	Coffee
Carbonated drinks	Energy drinks
Foods w/additives	Refined foods
Processed foods	Refined sugar
Sugar substitutes	Raw sugar
Syrups	Molasses
Cane juice	White flour
Margarine	Shortening
High fat products	Butter
Leaven breads	Baked goods
All dairy	Milk
Cheese	Yogurt
Cream	Eggs
Alcohol	Mayonnaise

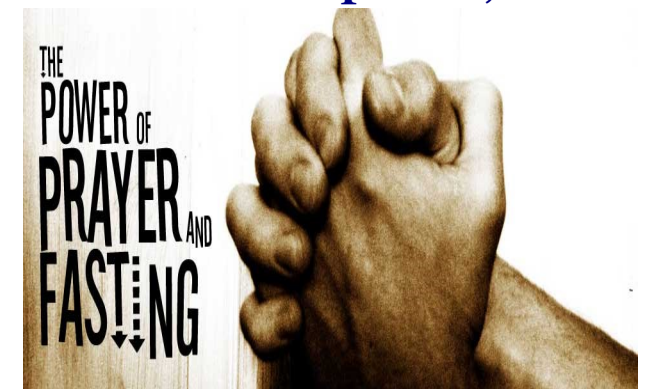
Matthew 6:16-18 “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But **when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret.** And your Father who sees in secret will reward you.”



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40 Days of Lent
February 26—April 12, 2020
Churchwide Daniel Fast
21 Days of Intention
March 22 —April 10, 2020



**21 Days of Intention
Churchwide Fast
March 22 – April 10**

- Day 1 Intentional Kindness
- Day 2 Intentional Forgiveness
- Day 3 Intentional Generosity
- Day 4 Intentional Quiet Time
- Day 5 Intentional Service
- Day 6 Intentional Physical Fitness
- Day 7 Intentional Prayer for 3 People
- Day 8 Intentional Devotion
- Day 9 Intentional Patience
- Day 10 Intentional Self Control
- Day 11 Intentional Love/Compassion
- Day 12 Intentional Witness
- Day 13 Intentional Example
- Day 14 Intentional Focus on Family
- Day 15 Intentional Compliments
- Day 16 Intentional Outcomes*
- Day 17 Intentional Words of Affirmation
- Day 18 Intentional “No” Complaining
- Day 19 Intentional “No” Cursing
- Day 20 Intentional Thinking
- Day 21 Intentional Worship

**Take Part in Tuesday Morning Glory 6:15AM
Daily 15 Minute Morning Affirmations
Commit to TNT on Tuesdays 12pm & 7:00PM

Foods to Include

Apples	Guava	Strawberries	Artichokes	Onions
Apricots	Honeydew melons	Tangelos	Asparagus	Parsley
Avocados	Kiwi	Tangerines	Beets	Peppers
Bananas	Lemons	Watermelon	Broccoli	Potatoes
Berries	Limes	Tofu	Brussel sprouts	Radishes
Blackberries	Mangoes	All nuts	Cabbage	Rutabagas
Blueberries	Melons	Ground flax	Carrots	Scallions
Boysenberries	Mulberry	Cashews	Cauliflower	Spinach
Breadfruit	Nectarines	Walnuts	Celery	Sprouts
Cantaloupe	Oats	Sunflower	Chili peppers	Squashes
Cherries	Olives	Sesame	Collard greens	Sweet potatoes
Coconuts	Oranges	Soy Products	Corn	Tomatoes
Cranberries	Papayas	Herbs	Cucumbers	Turnips
Dates	Peaches	Tofu	Eggplant	Watercress
Figs	Pears	Honey	Garlic	Yams
Grapefruit	Pineapples	Sea Salt	Ginger root	Zucchini
Grapes	Plums	Spices	Kale	Mushrooms
Grenadine	Prunes	Sea Salt	Leeks	Mustard greens
Raspberries	Raisins		Lettuce	Okra

INTENTIONAL WORSHIP

Good Friday, April 10, 2020, 7 Last Sayings

Resurrection Sunday, April 12, 2020, 7:00AM & 11:15AM, 9:15AM