

# Foods to Include

Dried beans  
Black beans  
Cannellini  
Pinto beans  
Split peas  
Lentils  
Lupines  
Peas

Green beans  
Green peas  
Kidney beans  
Peanuts  
Beans  
Black eyed peas  
Wheat

## Whole Grains:

Whole wheat  
Brown rice  
Millet  
Tortillas (WH)\*  
Oats  
Rolled Oats  
Plain oatmeal

Barley  
Grits (no butter)  
Whole wheat pasta  
Quinoa  
Plain rice cakes  
Popcorn (plain)

## Liquids:

Water  
Herbal Tea

Soy Milk (unsweetened)  
Fruit/Veg Juice  
*(no sugar added)*

\*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

“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.”

**Matthew 6:16-18**



# THE *Power* OF PRAYER & FASTING

Dr. Dwight C. Jones  
Senior Pastor

Dr. Derik E. Jones  
Pastor

**March 6 - 28, 2024**

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2024  
LENTEN  
FAST

21 Days of

## PRAYER, FASTING, REFLECTION, & SERVICE

We will embark on a **church-wide fast — THE DANIEL FAST.** We will fast primarily from meats and sweets but should **avoid all foods listed on the back of the brochure.** Weekly we will also **pray together.** The fast will begin on **Wednesday, March 6<sup>th</sup>** and conclude on **Thursday, March 28<sup>th</sup>.**

We will pray together on Tuesdays, 6:15 AM to 6:30 AM and Thursdays, 6:00 PM to 6:15 PM.  
**Dial-in Number: 267-807-9601**  
**Code: 679207921.**

Spend this time studying God's word. Commit during this time to regularly attending our weekly TNT Tuesday Bible Study, at 6:00 PM.

## Foods to Include

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

All nuts  
Ground flax  
Cashews  
Walnuts

Sunflower  
Sesame  
Almonds

Tofu  
Soy products  
Herbs

Honey  
Sea Salt  
Spices