

THE POWER OF

PRAYER & FASTING

March 26 - April 18, 2025

DR. DWIGHT C. JONES
SENIOR PASTOR

DR. DERIK E. JONES
PASTOR

LENT 2025

21 DAYS OF

PRAYER, FASTING,
REFLECTION, & SERVICE

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.

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 flyer. Weekly we will also
pray together. The fast will begin on **Wednesday,**
March 26th and conclude on **Friday, April 18th.**

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

1501 Decatur Street | Richmond, VA 23224 | Phone: 804-233-7679
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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**

Apples
Apricots
Avocados
Bananas
Berries
Blackberries
Blueberries
Boysenberries
Breadfruit
Cantaloupe
Cherries
Coconuts
Cranberries
Dates
Figs
Grapefruit

Grapes
Grenadine
Raspberries
Guava
Honeydew melons
Kiwi
Lemons
Limes
Mangoes
Melons
Mulberry
Nectarines
Oats
Olives
Oranges

Papayas
Peaches
Pears
Pineapples
Plums
Prunes
Raisins
Strawberries
Tangelos
Tangerines
Watermelon

Artichokes
Asparagus
Beets
Broccoli
Brussel sprouts

Cabbage
Carrots
Cauliflower
Celery
Chili peppers
Collard greens
Corn
Cucumbers
Eggplant
Garlic
Ginger root
Kale
Leeks
Lettuce
Onions
Parsley
Peppers

Potatoes
Radishes
Rutabagas
Scallions
Spinach
Sprouts
Squashes
Sweet potatoes
Tomatoes
Turnips
Watercress
Yams
Zucchini
Mushrooms
Mustard greens
Okra

All nuts
Ground flax

Cashews
Walnuts

Sunflower
Sesame
Almonds

Tofu
Soy products
Herbs

Honey
Sea Salt
Spices

FOODS TO AVOID

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

“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