

Cade
CHAPEL

28 DAYS OF PRAYER

DRAW ME NEARER

A COLLABORATION OF DAILY PRAYERS WRITTEN BY
REV. REGINALD M. BUCKLEY AND REV. DENNIS M. GRANT



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ABOUT 28 DAYS OF PRAYER

When I prayed about our 28 Days of Prayer for this year, I asked the Lord to let it be something from the heart that reaches the heart of people dealing with life situations, emotions, and issues that provides some kind of verbiage to help express the longings and desires that we have.

The Lord answered that prayer by drawing me into a conversation with a dear friend, Rev. Dennis M. Grant of the Jerusalem Baptist Church in Brandon, MS. As we discussed the need, the purpose and the hope for prayer in people's lives, we then discovered that each of us had been journaling prayers. Some of them were prayers that we had prayed for others, prayers that we had prayed for ourselves, and prayers that we had been guided to write on the behalf of situations that speak to human conditions, situations, and emotions. We immediately felt the Holy Spirit drawing us to collaborate in an effort to bring these prayers to you.

Contained in this booklet is a collection of prayers, written by us - Rev. Dennis M. Grant and Rev. Reginald M. Buckley - that we pray will speak to matters of the heart that you feel, situations that you recognize and issues that you face while encouraging you to be drawn nearer to the heart of Jesus. As you pray these prayers, some may resonate with you more than others. Some less. In such instances, be open to the Holy Spirit bringing to mind individuals who are dealing with the subject matter of the prayer and please share it with them and let them know that you are praying for them as they continue their faith journey.

Welcome to 28 Days of Prayer. May you be drawn nearer to our precious savior - Jesus!

THE WRITERS



REV. REGINALD M. BUCKLEY

PASTOR - CADE CHAPEL M.B. CHURCH

Now in my 18th year serving at Cade Chapel, I am humbled to be given the privilege to preach the gospel of Jesus Christ and minister to God's people in the church where I came to a living faith in Jesus. The prayers that I have written and curated here are a mixture of prayers in both prose and poetic form that attempt to reflect some of the conditions, emotions, and situations that people experience in life. My hope is that these prayers would find their way to the soul that has struggled to put into words the fears and feelings with which we grapple and offer a steadfast hope in the divine will of our great God.



REV. DENNIS M. GRANT

PASTOR - JERUSALEM M.B. CHURCH

After 36 years in pastoral ministry, I have realized one thing... I still don't know how to pray as I ought. It's not that I don't pray, or don't believe in prayer, but I wonder sometimes, Lord, am I doing it right? In simple terms, it is said that prayer is just talking to God. But honestly, it ain't that simple. This is God we are talking to! It should not be laborious but we should labor in prayer. It should not be hard, but we should be hard-pressed to come before his presence. If I am having these concerns, I wondered how many of you might have them also? May God be pleased to use these humble offerings to draw us closer to Himself. Thank you Pastor Buckley for allowing me to partner with you in praying for our people.

PASTOR'S PRAYER FOR YOU FROM THE HEART OF PASTOR BUCKLEY

I pray for you that you will experience the best that God has to offer this year. That every blessing that is yours will be received and every mercy of the Lord will be multiplied upon you. I pray that your footsteps are fortified with heavenly strength and guided by the precision of Holy Ghost GPS. I pray that your dark days don't last too long; that your storms don't create any floods; that your fires would only cause your faith to be forged only to emerge stronger than ever before. I pray that weapons formed against you will malfunction in the hands of those who attempt to use them; that schemes devised against you will be revealed before they can be initiated; that plots would be foiled before they can be implemented; that ditches dug for you will be filled with purpose-directed trampolines that catapult you over every obstacle, every adversity, and every potential threat that would interfere with your progress; and that enemies who come against you will soon discover that God has His Almighty, All-Powerful and Everlasting hand resting on you.

I pray that every fear that you have will be overcome; every anxiety you feel will be calmed and every doubt you have will be quieted by the presence and power of the Holy Ghost. I pray that you discover that God is still a prayer-answering God who is bigger than everything that bothers you; stronger than your struggles; more powerful than your problems and has a miracle in His hands with your name on it.

I pray that you will walk through every God-opened door with boldness, conviction and assurance knowing that if God opened it, that you have what you need to realize everything that's on the other side of it. I pray that this is your year of completing old things and commencing new ones; your year of complete surrender to God's sovereign will; your year of full restoration; your year of healing; your year of victory and favor; your year of finding the peace that you seek; living the dream that you dream; and growing the vision that sits in the soil of your heart waiting to germinate. In short, that 2025 is a ground-breaking, earth-shaking, history-making; promise-taking, giant-awakening, fear-forsaking, miracle-partaking, vision-embracing, God-chasing year unlike any other has ever been for you.

In Jesus' name, Amen



I AM THINE, O LORD

I have heard Thy voice. And it told Thy love to me.
But I long to rise in the arms of faith;
and be closer drawn to Thee.

28 Days of Prayer and Consecration is a season when we intentionally give ourselves to a deeper commitment of communicating with God. The song, "Draw Me Nearer" is a kind of prayer for closeness with the creator. The first line of the song says, "I am Thine, O Lord."

Sometimes we are not satisfied with all that we are or have become. We make the same mistakes, commit the same sins, and fall into the same habits, even after promising ourselves and God that we will be and do better. In these moments, it is easy for us to give up on ourselves. But the good news is that we belong to God!

I am Thine, O Lord. All that I am. All that I'm not. All that I have. All that I'm yet becoming. I belong to the Lord.

The first week of our 28 Days of Prayer may offer some language about who you are and where you struggle. Perhaps it's a struggle with self-identity; maybe it's an issue with stewarding resources like time with more intention. However you are and wherever you are in your life and faith journey, remember that you belong to the Lord. And He who has begun a good work in you shall complete it! Because we belong to God!

01

A PRAYER BEFORE BEGINNING THE DAY

Rev. Reginald M. Buckley

Scripture: Lamentation 3:22-24

Father,

Today help me to see what I've been missing, to say what I've been meaning and to do what You've been wanting.

Help me to hear what has gone unheard, touch who has gone untouched, and show appreciation to those who give of themselves daily without ever being acknowledged.

Help me to make the necessary decisions, take the necessary precautions and show the necessary compassion when handling your people.

As I begin this day, let it be all that You intend for it to be through me and for me as You walk each step with me, with new mercies along the way.

In Jesus' name,
Amen

02

A PRAYER TO STAY
THE COURSE

Rev. Dennis M. Grant

Scripture: Hebrews 12:1-2

Heavenly Father, thank you for waking us up to see another day.

This is the day you have made. We shall rejoice and are glad in it. We thank you for everything that you have done for us. Even though we are undeserving of anything, we know that every good and perfect gift comes from you. Thank you for all the wonderful gifts and riches we have in Christ our Lord.

We thank you, O Lord for your kindness and we are grateful because you have looked behind our faults and saw our need. O LORD our Lord, how excellent is your name in all the earth.

Help us, our Father, to be and do better than we did on yesterday. Empower us to walk circumspectly in the world. Keep our feet from straying off the path of righteousness for we are prone to wander and lose our way.

Father, we pray for our children and ask that you will guide and guard them today. We know that children are the heritage of the Lord and the fruit of the womb is your reward. Protect them from those things that will harm them, people that will hurt them, places that will destroy them and decisions that will affect them for the rest of their lives.

Teach them how to honor and obey your name. Let them learn to trust you. Help them to understand that their lives are important and you only want what is best for them.

Bless our pastor and his family. Give him strength as he shepherds us through our daily struggles. You, O Lord, are our refuge and strength. Our help in times of trouble.

We lean on you, Lord, as we encounter another day of challenge.

Help us to stay the course, Amen.

03

A PRAYER TO
PRIORITIZE

Rev. Reginald M. Buckley

*Scriptures: Ephesians 5:15-17;
James 4:13-17*

Lord, sometimes it feels like everything is coming at me at the same time. And because I'm sometimes not where I want to be in the things that must be done, it's hard for me to put everything in the right place.

God, I need you to help me to prioritize.

Help me to give attention to what's needed - when it's needed - so that I don't get behind.

Help me not to make more of things that add to my level of stress. But rather give me a sense of calmness knowing that I can manage what's coming at me.

Give me a better sense of time management so that I am a better steward of my mental energy and physical strength. Help me tend to the pressing things; organize the next things; plan for the coming things; and say no to the extra things for which I don't have room.

When I feel the pull to do something else that takes me from what I need to finish, Lord, focus me; anchor me; and give me the will to see what I've already started through to completion.

Help me to breathe through it all, knowing that with You, things will get done; projects will get finished; papers will get written; proposals will be submitted; assignments will be completed; deadlines will be met; and everything that I need to do in a day will get done.

In Jesus' name, Amen.

04

A PRAYER FOR
PURPOSE IN LIFE

Rev. Dennis M. Grant

Scripture: Jeremiah 1:4-10

Heavenly Father, thank you for this new day. You have made us for yourself. We are your people and the sheep of your pasture.

Father only you can give real meaning and purpose to our lives.

Help us to focus on the things that matter to you. Things that bring you glory and things that edify your people. Keep us from being negligent and derelict in our duty to serve you wherever we are.

Help us to consider our careers and occupations as an extension of our life's purpose and mission to glorify you. Let us be a witness and share the love of Jesus Christ with those we come in contact.

Help us to stay the course. Amen

05

A PRAYER WHEN
STRESSED

Rev. Reginald M. Buckley

*Scriptures: 2 Corinthians 12:7-10;
1 Peter 5:6-11*

Lord, You know what's on my mind before I do. You understand how I feel and what makes me feel this way. I'm feeling it right now and I don't like it.

I don't like the rush of confusing emotions circling inside. I don't like the spiraling that takes me to dark and lonely places. Lord, I don't like this up and down of me trying to manage these feelings by myself.

You said that your strength is made perfect in my weakness. Lord, I'm weak now and need your perfected strength. You said that I could cast my cares upon You because You care for me. Lord, show me how to do that. You said that there is nothing that can overtake me except what is common to the human experience. Lord help me to understand that I'm not alone in this feeling and that if others cope with it, so can I.

Now with every breath I take in, I affirm that You have given me all that I need. By faith, I receive peace. With every breath I draw into my lungs, I am being filled with settling grace, calming focus, and affirming hope that I've got this. It's not too much because You are faithful in not allowing me to be tried above my capacity. Thank you God that in You, I am enough, I have enough and whatever it is - it's not too much!

In Jesus' name, Amen.

06

A PRAYER FOR THE WITNESS OF THE CHURCH

Rev. Dennis M. Grant

*Scriptures: 1 Timothy 2:1-4;
Psalm 91:1-16*

Heavenly Father as we begin this day we say thank you for a new opportunity to glorify your name. Forgive us of our sin and help us to forgive those who need our forgiveness.

I pray that we will continue to be a church where lives are changed and where those who face the chilly winds of adversity can find shelter from the storms of life.

Father, help us to be salt and light in our community and use us to transform the culture by our witness to your word.

Bless the Pastor and his family and all those who are a part of Cade Chapel.

Give us strength to endure our challenge today. Help us to stay the course.

Amen.

07

I WANT TO LIVE
MASK-FREE

Rev. Reginald M. Buckley

Scriptures: Psalm 116:1-8; Psalm 18:1-3

I know what it means to wear the mask. I put it on everyday, including Sunday. I don't think people would know me if I didn't wear it. It's the smile that makes everyone feel secure; the steady hand that helps others even when I feel like I'm about to fall over myself.

God, help me to know that I don't have to wear the mask anymore. Help me to understand that You have put me in a community of believers who actually love me, genuinely care about me and will do anything they can to help me - if they knew what was really going on behind the mask.

Thank you for friends who want the best for me, family members who pray for me and a church that's here for me. Give me the strength and the courage that I need to let go of the mask and be real with You and those You have given to me who will help me to be whole.

Help me to know that I don't have to be ok all of the time, and that You can handle my bad days - my rough weeks - my desperate seasons. Make me bold enough to ask for help; honest enough to see the need for help; and patient enough to let the help that You send fix what's broken inside of me. so that I can live mask-free.

In Jesus' name,
Amen



CONSECRATE ME NOW

To Thy service, Lord. By the power of grace divine.
Let my soul look up with a steadfast hope, And my
will be lost in Thine.

A consecrated life is a life that is willingly set apart for the service of the Lord. A consecrated life is surrendered to the purposes and the power of God that He might lead and guide one into His perfect will. A consecrated life is given to God with no stipulations; no quid pro quos; no clauses and agreements other than, Lord, here am I.

Jesus lived a life that was completely consecrated to the divine will of the Father. You hear the depth of our Lord's consecration in his prayer to the Father, "Lord, if it be possible, let this cup pass from my lips. Nevertheless, not my will; but thine be done."

During these next seven of our 28 days of prayer, let the goal of consecration be yours. Let yourself be given to God by being honest about who you are and where you are in your life journey and what you need for God to do in order to live completely for Him. Surrender emotions that are debilitating, habits that are destructive, and behaviors that get in the way of living a consecrated life that God can use for His glory.

May you pray a prayer of consecration over yourself and for those you love.

08

I'LL GIVE
YOU MORE

Rev. Reginald M. Buckley

*Scriptures: Romans 12:1;
2 Corinthians 9:7;
Proverbs 11:24-25;
Isaiah 6:8*

Lord, I'll admit today that I can and I should give You more. I can and I should give You more of the time that You have given to me. I can and I should give You more of myself beginning with commitment and devotion. Too many times I start something with You and I don't keep my end of the agreement.

And You have always managed to give me more. More chances to get it right. More resources to meet my needs. More opportunities to explore. More love to experience. More sunshine after life's storms. More grace for every heartache that I bear. More seems to be Your love language with me.

So Lord, let me talk back to You and give you more. More of myself. More of my heart. More of my will. More of my love. More of my devotion. More of my discipline. Lord, I'll give You more of me starting now. Here I am, Lord.

In Jesus' name, Amen.

09

A PRAYER BEFORE
WORSHIP

Rev. Dennis M. Grant

*Scripture: Psalm 100****Heavenly Father, thank you for a new day.***

Thank you for your love that warms our hearts and your Spirit that ignites our souls. We bless you today, O God.

As we prepare our minds, bodies and souls to attend to our duty of worship, cleanse our hearts of any unclean thoughts that would keep your spirit from flowing within our fellowship.

Keep us from yielding to any temptation that might seek to keep us at home and from missing the fellowship of our brothers and sisters in Christ. Give us traveling grace to make it to church safely.

Bless our Pastor today. Use him to proclaim your word with power and authority. Speak to him, as he speaks to us.

“Consecrate us now to thy service Lord by the power of grace divine. Let our soul look up with a steadfast hope and our will be lost in thine”

Give us ears to hear, hearts to believe and wills to carry out your divine will in our lives. Be glorified as we worship you.

Thank you for sustaining us during the first week of our 28 day journey. Help us to stay the course. Amen.

10

WHEN LIFE
IS TOO HARD

Rev. Reginald M. Buckley

Scripture: 2 Kings 3:11-18

***Nothing in me
likes to admit it,
but this is too
hard for me.***

I've come to the place where I can now say it. I can no longer deny it and act like everything is alright. This is too hard for me. I don't understand it. I have tried what I know to try and still no answer. Not the right answer. Not the best answer. Because I know that there has to be something better than the solution that's before me.

Father, I trust Your word that says Your strength is made perfect in my weakness. I am weak now and I need Your strength. I need Your grace. I need You to give me some kind of understanding to get me through this situation. Because this is too hard for me and my strength. Me and my knowledge. Me and my wisdom.

But I know that what's too hard for me is but a light thing for You. What is big to me, is but a small thing in your eyes and for Your understanding. So Lord, help me in this moment to go through it; to get through it; and to come out of it with my faith in tact; my mind in tow; and my spirit in-tune with You and Your will for me. I don't even have to understand it right now. Just help me because it's too hard for me.

In Jesus name, Amen.

11

A PRAYER FOR
COMMUNITY

Rev. Dennis M. Grant

*Scriptures: 1 Timothy 2:1-4;
Psalm 91:1-16*

Heavenly Father this is the day you have made. We rejoice and are glad in it. Thank you for your steadfast love and faithfulness to us. For forgiving us of our sin and helping us to forgive others.

We pray for our community and those who reside in the surrounding neighborhoods. We know that there are many issues that need addressing, and therefore we ask for wisdom and guidance to do our part as a church.

Help our community leaders as they seek answers to remedy the things that we face. Give them wisdom and integrity to do what is right. Let us as believers in Christ work together to make life better for all. Change the hearts of those who commit acts of vice that hurt our communities and protect those who serve and protect us.

Continue to bless our Pastor, his family and our church. Help us to stay the course today, Amen

12

A PRAYER FOR
FREEDOM

Rev. Reginald M. Buckley

Scripture: Galatians 5:13-26

Lord, There are things - there are people - there are situations to which I feel bound. I know that you have given me freedom through your son Jesus Christ. However, there are struggles that I still have that I don't always win.

I feel that war between what I know to do, what I want to do and what I end up doing. My heart is to please You and to experience the fullness of joy that comes with living in victory. I desire to walk in the liberating power of Your Spirit and live the abundant life for which You came. I want Your power and Your presence to flow freely in me and through me and every thing that I do. But I acknowledge that the temptation to do otherwise is usually within reach.

So Lord, I pray for freedom. Freedom from desires that pull me from Your purpose. Freedom from thoughts that take me down dark paths. Freedom from people who only use me for what they can get out of me. Freedom from situations that keep me from being and becoming who You have called me to be. Freedom from substances that draw me into unholy, unhealthy, unproductive behaviors. Freedom from systems and learned behaviors that entrap me in a cycles of poverty and dependence. Freedom from secret sins that weigh my spirit and burden my soul.

For your word declares that those whom the Son make free are free indeed. Let this be my reality today. In Jesus' name, Amen.

13

A PRAYER OF
DECISION

Rev. Dennis M. Grant

*Scriptures: Proverbs 3:5-6;
Philippians 4:6-7;
James 1:5*

Lord, I tried to do it my way but it didn't go well. I thought I had it all figured out but I was mistaken. I thought I knew what to do, but I didn't. I thought it was a piece of cake, but I really didn't understand what was in the mix. I thought it would be a breeze, but I wasn't expecting the chilly winds of adversity to blow this way.

So I have decided that your way is the best way. I have decided to surrender my will to your will. I have decided to leave the results to you. I have decided to follow Jesus, no turning back, no turning back.

In Jesus' name, Amen.

14

INCONSISTENT

Rev. Reginald M. Buckley

*Scriptures: 1 Thessalonians 5:16;-18;
1 Corinthians 15:58*

Lord, there are things that I know to do;
 Things that I want to do
 Things that I start to do
 But I'm inconsistent.

In the time that I spend with you;
 The prayers that I pray to you;
 And giving myself to you -
 I'm inconsistent.

Lord help me to follow through on the things that I start
 Help me to finish that which I begin
 When fear makes me fall off, quickly quicken me to begin again.

Because there's a person that I want to be
 A better version I clearly see
 Lord, but I first must conquer my proclivity of being inconsistent.

So, I'm in consistent prayer.
 I'm in consistent praise.
 I'm in consistent awe of how You always amaze
 I'm in consistent thanksgiving for Your consistent love
 of someone so inconsistent.

Yes, I'm inconsistent but consistently today, I worship You.
 Consistently today, I honor you.
 Consistently today, I bless your name.

In Jesus' name, Amen.



OH, THE PURE DELIGHT

of a single hour that before Thy throne I spend. When I kneel in prayer and with Thee, my God; I commune as friend with friend.

Consider for just a moment, that the great and all-powerful God of the universe allows us, invites us, and even makes the way for us to come into His presence. It is an awesome thought, indeed, that the Creator desires for His creation to be in an intimate and close relationship with Him to the extent that we are called His friend.

Prayer can sometimes be a bit intimidating because we don't want to say anything to offend our great God. And certainly, God deserves all of the reverence and respect that we can show Him. But consider this: as our friend, God can handle us as we are.

The reality is that we are not always at our best. We don't always know what to say. Our words don't always

flow with ease and our thoughts are sometimes jumbled in the chaos and hysteria of the day. The good news is that God is our Father - but He is also our friend!

As a friend, God gives us space to figure it out; time to talk it out; and grace even to misspeak! In prayer, we don't always get it right. But the Lord knows our hearts. The spirit, in fact, makes intercession for us, bringing to the throne of God the thoughts that we are inadequate in expressing. Our obligation is to meet with God; talk with God; pray to God. Oh the pure delight, knowing that our Father and our friend is more than able to handle our cares and concerns. And He waits patiently for us and with us because He's our friend!

15

I WILL BE
GRATEFUL

Rev. Reginald M. Buckley

*Scriptures: Colossians 3:15-17;
Psalm 136; Psalm 103*

Lord, I see now that I'm not nearly as grateful as I should be. Yes, I'm thankful for all that You do and give and provide. But if I'm honest, there's a space of gratefulness that I have yet to occupy.

If I were grateful, I would stop comparing the blessings You've given me to the blessings You've given to others. If I were grateful, I would no longer complain about my lot in life, understanding that I have been given amazing resources and opportunities that others would be ecstatic about. If I were grateful, I would stop moping, murmuring, and making my life out to be so tragic and troublesome and glorify You for all that You provide and allow me to do.

The truth is, You have been and continue to be good in my life. And today, God I chose to be grateful.

Help me to see and seize every blessing and make the most of it without needlessly looking at others. Help me to own what You bring into my life as my own and use it, maximize it, and multiply it so that I might offer it back to you as a faithful and good steward. I repent today of every time I've taken Your great blessings for granted and ask that You forgive me and set my heart and spirit aright.

I choose to be grateful today and ask that You give to me the focus, strength and wisdom to do so everyday.

In Jesus' name, Amen

16

A PRAYER TO BE
DRAWN NEARER

Rev. Dennis M. Grant

*Scriptures: James 4:8; Psalm 145:18;
Hebrews 10:22; Psalm 51:1-10*

My time with you is precious.
A moment so pure and rare.
To bask within your presence
without worry, fear or care.

You bid me come before you.
No pretense of the heart.
My life's an open book
as you search my inward parts.

And though I am afraid
of what I know you'll find.
You show your love and mercy
and you give me peace of mind.

So, here I am O Lord
laying prostrate at your throne.
Fill this empty vessel.
Make my heart your home.

Cleanse me of my sin, Lord.
Purge this heart of mine.
Revive, Renew, Restore me
as my will is lost in thine.

Never let me wander
or stray too far away.
I am lost without your help.
Lord, I need you everyday.

Strengthen thou my faith.
Teach me to obey.
Guide my every footstep.
Lord, show me the way.

Draw me nearer, nearer blessed Lord
To the cross where thou hast died
Draw me nearer nearer blessed Lord
To thy precious bleeding side.

17

I CAN'T

Rev. Reginald M. Buckley

Scriptures: Psalm 116:1-8; Psalm 18:1-3

Lord. I know that your word says I can do all things through Christ who strengthens me. But there are some things that I just can't do.

I can't thank You enough for how You bless me.

I can't move, breath, or exist without You in me.

I can't put into words how much I love You.

I can't be quiet about your goodness.

I can't withhold the praises that You deserve.

I can't do wrong and not feel Your spirit convicting me.

I can't ignore the promptings of Your Spirit directing me.

I can't quench the presence of Your spirit equipping me.

I can't imagine my life without You in it.

I can't fathom where I'd be were You not planning my expected end.

I just can't. And I don't want to.

I can't end this prayer without saying, I love You and I thank You for ever
and ever. In Jesus' name, Amen

18

YOU DID IT AGAIN

Rev. Reginald M. Buckley

*Scriptures: Nehemiah 9:6;
1 Corinthians 8:6*

To bed I went last night after a day of work and a long list of things to do. Within a few minutes, sleep found me. And I let her lead me to the place that I know so well and need so much, but don't fully understand.

Lord, I close my eyes and for those hours of unconsciousness - I'm not in control of anything that's happening, but You're watching over me. Keeping me alive. Making sure my heart is pumping; my lungs are breathing; while my mind and body are resting. Then at just the right time - You touch me to bring me out of it.

All I can say is, Lord, You did it again. And before my day goes any further, I want You to know; I need You to know that I'm thankful. This new day that You have given to me, for whatever reason, help me to use it for good and to Your glory. And when I come home and go to sleep, Lord that marvelous thing that only You can do - I ask that You do it again.

In Jesus' name, Amen.

19

A PRAYER FOR A
MESSED UP ME IN A
MESSED UP WORLD

Rev. Dennis M. Grant

Scripture: Romans 8:22-23

Heavenly Father we come to you this morning with grateful hearts and thankful spirits for another day that you have allowed us to see.

We have made it this far in life only because of your mercy and grace and you have sustained us in spite of our tendency to seek our own way.

Thank you for being the loving and faithful God that you are. Forgive us now of those things that we messed up. Maybe those people we messed over and even those situations that we allowed ourselves to become messy in. Cleanse our hearts and purify our minds and help us to live better for your name sake.

We know Father that you are faithful because of who you are. And because we are who we are, we need you to help us to be more like Jesus.

We cannot make the supreme sacrifice that he made on our behalf at Calvary but we can offer ourselves afresh daily on the altar of service. Because of Christ we have been given a new nature, a new inheritance and a new purpose for living

No longer do we have to be bound by selfish desires and inclinations

that only cater to our flesh. But we can now walk in the spirit, live in the Spirit, love in the spirit and serve in the spirit.

Thank you for the Holy Spirit who not only guides us but guards us and gives us joy in our daily lives.

Father we live in a world marred by sin. A world that does not regard your word as holy. A world that has disobeyed your commandments and defied your will.

Yet, it is a world that you created good and you gave it to us to cultivate and nurture accordingly. We know that because we have not cared for your world as we should we face and suffer the consequences of our actions and decisions.

Natural disaster, crime and vice, the dissolution of the family, political corruption, poverty, strife, and all sorts of evil plague us because we have not regarded you nor your word as holy.

Forgive us and return us to thy loving favor. Father, our only hope is in you.

Help us to stay the course. Amen.

20

A PRAYER OF
SELF-DISCOVERY

Rev. Reginald M. Buckley

Scripture: Psalm 139

Lord, I'm angry and I'm not exactly sure why. All I know is that the people I love dearly are also the ones I'm usually striking out at. And we all end up hurt. Maybe it's them, but if I'm honest, it's not completely them. There are things that I'm trying to figure out.

Who I am. What I am. And where I should be.

Sometimes I feel like it's just too much and that I could do better if I were just somewhere else other than where I am. Truth is, I'm too angry to stay, but too afraid to leave. And I need You with me now!

Lord, let me remain in control of my emotions so that I don't hurt those I love. Let me stay true to my values so as not to damage my reputation or that of my family. But let me also be true to who I am discovering that I am and give me the strength and courage to live fully developed into who You have created me to be. Let me not in haste assume that who I am now is who I will be or that where I am now is how I'll end up. And Lord, help me not to lose what I know to be true about You and myself while searching for who I am. But help me to walk each day more closely to You in the way of discovering me.

In Jesus' name, Amen.

21 | I'M NOT AFRAID, BUT I AM CONCERNED

Rev. Reginald M. Buckley

Scriptures: 2 Timothy 1:7; Proverbs

19:21;

Matthew 6:34; Isaiah 41:10

Lord, I know that you have not given me the spirit of fear, but of power and love and a sound mind. And I'm not scared about what I see happening in the world. But I am concerned.

I'm concerned about this nation; its leaders; and the politics of today. I'm not afraid but I am concerned about policies that might adversely impact those who have the greatest needs.

I'm not afraid, but I am concerned about the condition of our communities and neighborhoods. The violence in our streets and the criminal activity that we hear and see the results of daily.

Lord, I'm not afraid. But I am concerned about the future of our city, its citizens and its recourses. Outside interferences, inside incompetencies and sideline interruptions work together not for our good.

Lord, I'm not afraid, but I am concerned that the dreams, the rights, and the hopes that so many of our fore-fathers and fore-mothers worked, gave and literally died for are slipping away.

Thank you Lord, that I can be honest about my concerns and that I can cast them upon You. Thank you Lord, that I don't have to be afraid even if I'm concerned. Let my concerns be ever framed in the knowledge that You still have the whole world, our world, my world in Your Almighty Hands.

In Jesus' name, Amen.



THERE ARE DEPTHS OF LOVE

that I yet may know, Ere Thee face to face I see. There are heights of joy that I yet may reach, Ere I rest in peace with Thee.

Consider for just a moment, that the great and all-powerful God of the universe allows us, invites us, and even makes the way for us to come into His presence. It is an awesome thought, indeed, that the Creator desires for His creation to be in an intimate and close relationship with Him to the extent that we are called His friend.

Prayer can sometimes be a bit intimidating because we don't want to say anything to offend our great God. And certainly, God deserves all of the reverence and respect that we can show Him. But consider this: as our friend, God can handle us as we are.

The reality is that we are not always at our best. We don't always know what to say. Our words don't always

flow with ease and our thoughts are sometimes jumbled in the chaos and hysteria of the day. The good news is that God is our Father - but He is also our friend!

As a friend, God gives us space to figure it out; time to talk it out; and grace even to misspeak! In prayer, we don't always get it right. But the Lord knows our hearts. The spirit, in fact, makes intercession for us, bringing to the throne of God the thoughts that we are inadequate in expressing. Our obligation is to meet with God; talk with God; pray to God. Oh the pure delight, knowing that our Father and our friend is more than able to handle our cares and concerns. And He waits patiently for us and with us because He's our friend!

22

A PRAYER FOR
THE NATION

Rev. Dennis M. Grant

*Scriptures: Psalm 33:12; 2 Chronicles
7:14;**Psalm 127*

Heavenly Father, we thank you for another day and opportunity to celebrate your name because of who you are. You are the Creator of all things and you alone have all power in your hand.

Forgive us O merciful Father as we also forgive those who need our forgiveness. We lift up our country to you and ask you to have mercy on us. We realize, O God, that we have strayed far away from your laws and commandments and have not walked in your truth.

We are plagued with many problems because of our disobedience and we need your help to fix the many ills in our society.

Your word teaches us that Blessed is the nation whose God is the LORD; and the people whom he hath chosen for his own inheritance. (Psalm 33:12). Help us to truly be "one nation under God."

In Jesus' name, Amen.

23

A PRAYER FOR
SOMEONE I LOVE

Rev. Dennis M. Grant

*Scriptures: James 5:16; Galatians 6:2;
John 13:34-35*

Today I pray for you. I pray that God will fill you with His spirit and remind you of His unconditional and unfailing love for you.

I pray that He will remind you that you are His child and He is your Father and there is nothing good that He will withhold from you.

I pray that you will feel His presence as it engulfs you in His peace and that you will have the assurance and confidence knowing the faithfulness of your Heavenly Father

I pray that He will protect your mind from any thoughts that seek to distract, disturb and disrupt the fellowship you have with Him. And that He will guard your heart from worry, stress, anxiety, fear, doubt, hurt, mistrust and even pride.

You are His child and He loves you. And because His spirit lives and dwells within you, you are a Victor and not a victim. You are an Overcomer and not one that is overwhelmed. You are a Survivor and not one who has succumbed.

***You are
more
than a
conqueror
through
Him that
loves you.***

24

I TRUST YOU

Rev. Reginald M. Buckley

*Scriptures: Psalm 28:6-7; Psalm 37:1-9;
Psalm 25:1-5; Psalm 31:1-15*

Eternal Father, Today I thank you for all you do for me. You are great and greatly to be praised. Lord, I am uncertain of what lies ahead, but I want to state for the record, "I trust You!"

I trust You with my life. You created me and know all that there is to know about me. I trust that You will take care of me and the situations that I deal with physically. I have lived long enough now to know that nothing is too hard for You. And as I continue to age and deal with life as it comes, I affirm today that my life is in Your able hands.

I trust You with my heart.

While there have been times when I have trusted others who for one reason or another let me down, You are completely trustworthy. You care for me like none other has or ever will. You comfort and protect me with your powerful and outstretched hand. Even when I am confused or don't understand Your determinations, I trust that Your divine will is in my best

interest. And I believe that what my heart has yet to accept, You are able to make it work for my good.

I trust You with my soul.

It was for my soul that You gave of Yourself. For my soul, You suffered, bled, and died.. Which lets me know that You value it more than I ever could. So I trust You as the caretaker of my soul. Keep that special part of me in Your loving hands forevermore and perfect it until the day of redemption.

Lord, I trust You with everything I am, everything that I have and everything that You have given to me to steward. I trust Your judgments, Your determinations, Your blessed and perfect will concerning me.

So when I act like I don't trust You, let Your spirit remind me of this declaration and prayer that I do.

In Jesus' name, Amen.

25

A PASTORAL
BLESSING

Rev. Reginald M. Buckley

Scripture: 1 Thessalonians 5:23-28

May you find joy in small things, peace in puzzling moments and hope in that which initially causes question.

May your fears be overshadowed by your faith, your pain be overcome by your prayers and your stress overtaken by His strength being made perfect.

May your wildest dreams be realized, your brightest visions be brought to you in high definition and that which seems far beyond your grasp be so near that you bump into it while going through your daily routines of excellence.

May your low points keep you grounded in prayer; may your high points keep you sensitive to serve; and may the meantime cause anticipatory thanksgiving as God works it for your good.

May God's wind push you into your pre-assigned lane of His providential purpose; may God's sun thaw the frozenness of insecure hesitation

and warm you to accepting His sovereign will; may God's rain water the seeds of hope, love, and faith that others prayed into the soil of your life while you were yet asleep.

May you find peace in unexpected places, significance through selfless service and wholeness when you allow the broken parts to be repurposed.

May you be strengthened for every struggle and may you give voice to every victory.

And finally, may your valleys provide the needed depth to explore and experience the shade of the Father and the covering presence of the Almighty's shadow.

This is my prayer for you.

In Jesus' name, Amen.

26

A PRAYER FOR
AMAZING FAITH

Rev. Reginald M. Buckley

*Scripture: Hebrews 11:1-40****Lord, there are people whose faith amazes me.***

They go through hurtful moments and come out with praise. They believe You for things that I don't even consider. They pray with a level of expectation that borders on being too bold. But what is too bold when You've told us that's how we can approach You in Christ?

Lord I want an amazing faith. I want to walk with You through everything - growing as I go. I want to worship You truly and praise You fully even as I hurt. I want to have confidence in You that allows me to ask You for the incredible, impossible and unlikely things that You are more than able to do.

Lord, give me an amazing faith to follow You through the unknown; trust You in the unfortunate seasons of life; and proclaim with honest surrender Your goodness in everything. Give me an amazing faith that is real, deep, and upward looking to Zion's hills!

In Jesus' name, Amen.

27

I WANT TO PRAY LIKE
ME

Rev. Dennis M. Grant

Scriptures: Genesis 12:1-4; Genesis 22:1-8; Exodus 3:1-7; Esther 4:13-16; Psalm 51; 1 Kings 18; Daniel 3; Daniel 6; 2 Chronicles 20:1-13; Amos 5:14-24; Acts 16:13-15; Acts 16:25-31; Luke 23:39-43; Luke 22:39-46

I want to pray like Abraham
and follow You by faith.
Be willing to sacrifice my all
As You provide in every way.

I want to pray like Moses
and be called to a higher place.
Sandals off on holy ground
and talk to You face to face.

I want to pray like Esther
for such a time as this.
To come before the King of kings
is an opportunity I cannot miss.

I want to pray like David
Lord, give me a heart like Thine.
Purge my soul with hyssop
O, Savior Divine.

I want to pray like Elijah
and challenge the false gods of the
world.

Declare Your sovereignty over
creation.

Proclaim Your power for all to tell.

I want to pray like the Hebrew boys
As I face life's fiery fires.

Bowing only unto You my God
is my only heart's desire.

I want to pray like Daniel
in dungeons dark and drear.

I have no care, if You are there;
No worry, doubts or fears.

I want to pray like Jehoshaphat
Lord, tell me what to do.

I don't know which way to turn.

Therefore, my eyes are upon You.

I want to pray like Amos.
Your justice is not a dream.
Let it flow like running waters
And Your righteousness as a mighty
stream.

I want to pray like Lydia
leading others in a life of prayer
By a riverside or in my home
No matter when or where.

I want to pray like Paul and Silas
in the mystery of midnight.
Shaking foundations and breaking
chains
pointing souls to Christ the Light.

I want to pray like the thief on the
cross.
O Lord, remember me!
You're my only hope and salvation
to live eternally.

I want to pray like Jesus
Your only begotten Son.
Incline my heart each day to say
Not my will, but thine be done.

Lord, I am not a prophet,
a king nor a priest.
And when it comes to importance
I feel that I'm the least.

Sometimes I can't find words
to articulate my thoughts.
And sometimes when I pray
I feel it's all for naught.

But you said I could come,
boldly to the throne of grace.
To find help in time of need
and obtain mercy and more grace.

I cannot pray like others
so Lord, I'll pray like me.
Let the words of my mouth
and meditations of my heart
be glorifying to Thee.

So here I am O, Lord.
Do with me as you please.
You are the potter, I am the clay
I bow on bended knees.

Now raise my head in triumph!
My hands in victory!
Draw me nearer to thy cross, O Lord!
Draw nearer, Lord to me!

28

A FINAL BENEDICTION

Rev. Reginald M. Buckley



May the contours of today bend in your favor and end with intentional design.

May the edges of tomorrow be sharp enough to motivate you to fulfill your purpose, yet dull enough as to not cause too much pain or lasting injury.

May the surfaces of life's journey be cool enough for relief, warm enough for comfort and clear enough for unimpeded progress.

And may yesterday's valleys not cast the clouds of depression upon you but rather provide the needed depth to explore and experience the shade of the Father and the covering presence of the Almighty's shadow.

May this journey of 28 days in prayer ignite a passion to talk more consistently to God, to share more freely with God, to articulate more precisely your heart's desire to God and to trust more faithfully in the promises of our great and wonderful God.

Through Jesus Christ our Lord and blessed savior,
Amen!



FASTING GUIDE

28 DAYS DEVOTIONAL

Cade Chapel M.B. Church
1000 W Ridgeway St
Jackson, MS 39213

Rev. Reginald M. Buckley, Pastor

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 PREPARATIONS

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!

Step 1 - Commit to a Fasting Schedule (Choose one)

- Fast for 3 days (Feb 1st - 3rd)
- Fast for 7 days (Feb 1 - 7th)
- Fast for 14 days (Feb 1- 14th)
- Fast for 28 days

Step 2 - Commit to a Fasting Time Frame (choose one)

- 8 hours daily
- 12 hours daily
- 24 hours

Step 3 - Commit to a Fasting option (choose one) Consult a physician before engaging in a physical fast.

- Daniel Fast - Eat only fruits, vegetables, legumes, whole grains, nuts and seeds. Drinking only water.
- Partial Fast
 - ◊ Sweet Tooth Gone (No sweets nor added sugars/sweeteners)
 - ◊ Water Wave - Follow your regular diet with only water as a beverage
 - ◊ Put the Wine Down - No alcoholic beverages
 - ◊ Your Faves & Frequents (none of your favorite/frequent foods nor beverages)
 - ◊ Your choice - identify a food, beverage and/or habit that you will abstain from during fasting period
- Complete fast - abstain from all food, except drinking water. Important- this option is limited to a maximum of 3 days if you have chosen the 24 hour time frame. After 3 full days of complete fasting, you must eat and drink normally.

Social Media Fast

- Sunday Fun Day - Only engage social media (Facebook, YouTube, Twitter, TikTok, Instagram, Netflix, prime, etc.) on Sunday, after church
- Hour Power - Only engage social media for 1 full hour (60 minutes) a day
- Better - Reduce your time on social media by 50%

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.



FOODS GUIDE

28 DAYS DEVOTIONAL

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Rev. Reginald M. Buckley, Pastor

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

1. 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
2. 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).
3. 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.

4. 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.
5. All quality oils: Including, but not limited to, olive, canola, grape seed, peanut, and sesame.
6. Beverages: Spring water, distilled water, or other pure waters.
7. Other: Tofu, soy products, vinegar, seasonings, salt, herbs, and spices.

The Daniel Fast: Foods To Avoid

1. All meat and animal products: Including, but not limited to, beef, lamb, pork, poultry, and fish.
2. All dairy products: Including, but not limited to, milk, cheese, cream, butter, and eggs.
3. All sweeteners: Including, but not limited to, sugar, raw sugar, honey, syrups, molasses, and cane juice.
4. All leavened bread: Including Ezekiel Bread (it contains yeast and honey) and baked goods.
5. 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.
6. All deep fried foods: Including, but not limited to, potato chips, french fries, corn chips.
7. All solid fats: Including shortening, margarine, lard, and foods high in fat.
8. Beverages: Including, but not limited to, coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

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



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