From The Office Of Bishop J. V. Porter
February 22, 2010

United Gospel Fellowship Covenant Ministries, International
Devotional & Fasting Schedule 2010

Annual Season of Consecration (90 Days): February 23rd – May 23rd, 2010

The Daniel Fast (21 Days): February 23rd – March 15th, 2010
Combined Fast (19 Days) February 23rd – April 4th, 2010 (Resurrection Sunday)

Resources for Fasting, Devotion, and Prayer:

The Daniel Fast www.danielfast.wordpress.com **Instructional Guidelines and Information Applicable**

Jentezen Franklin Ministries: www.jentezenfranklin.org **Follow Daily Journal Video and Instructions**

40-Day Journey into His Presence 2009 – 50-Day Journey into His Presence 2009 **Guidelines Applicable**

Understanding the Kingdom/Kingdom Principles Study Guide by Myles Monroe **Daily Devotional Guide**

The Power of a New Attitude by Dr. Alan E. Nelson **Required Daily Reading**

The Prayer Guide "Could You Not Tarry One Hour" **For Individual and Corporate Prayer**

Corporate Prayer & Devotional Schedule (21 Days):

Sundays: 7:00 AM – 8:00 AM (Worship Center)
Mondays – Fridays: 6:00 AM – 7:00 AM & 11:30 AM – 12:30 PM (Event Center)

Corporate Fasting Schedule (21 Days):

Follow Daniel Fast Guidelines (Meatless & Sweetless)
Tuesdays and Thursdays - Absolute for the first eight (8) hours of your day.

Behind the Veil Shut In Schedule (21 Days):

Church Family, March 5, 2010 (10:00 PM – 6:00 AM) (Worship Center)
Men's Ministry, March 12, 2010 (10:00 PM – 6:00 AM) (Worship Center)

CHRIST CATHEDRAL
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www.christcathedralchurch.org

United Gospel Fellowship Covenant Ministries, International

Christ Cathedral International Truth Center

Special Days Calendar 2010

February 17, 2010	**Lent (40 days before Easter; not including Sundays)**
February 17, 2010	**Ash Wednesday (40 days before Easter; not including Sundays)**
February 23, 2010	***Annual 40 day Fast (21 Day Daniel Fast; 19 Day Combined Fast)**
March 15, 2010	**21 Daniel Fast ends**
March 16, 2010	**19 Day Combined Fast begins**
March 29, 2010	**Passover, Begins At Sunset**
April 1, 2010	**Holy Thursday (Thursday before Easter)**
April 2, 2010	**Good Friday (Friday before Easter)**
April 4, 2010	**Annual 40 day Fast ends**
April 4, 2010	**Easter (Resurrection Sunday)**
May 9, 2010	**Mother's Day (2nd Sunday in May)**
May 13, 2010	**Ascension Day (40 days after Easter)**
May 23, 2010	***Pentecost Sunday (50 days after Resurrection)**
June 20, 2010	**Father's Day (3rd Sunday in June)**
November 28 – December 24	**Advent Begins November 28, 2010**
Christmas Day	**December 25, 2010 (Saturday)**

***Annual Season of Consecration: February 23, 2010 – May 23, 2010**

THE DANIEL'S FAST FOOD LIST:

Please be sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

Foods To Include in Your Diet During the Daniel's Fast:

All Fruits (fresh, frozen, dried, juiced, or canned): Including but are not limited to - apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupes, cherries, cranberries, figs, grapefruits, grapes, guavas, honeydew melons, kiwis, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelons.

All Vegetables (fresh, frozen, dried, juiced, or canned): Including 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, and veggie burgers (optional) 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 Legumes (canned or dried): Including but not limited to - dried beans, pinto beans, split peas, lentils, black-eyed peas, kidney beans, black beans, cannellini beans, and white beans.

All Nuts and Seeds: Including but are not limited to – sunflower seeds, cashews, peanuts, and sesame. Also nut butters including peanut butter.

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.

Foods to Avoid on the Daniel's Fast:

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 foods 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 but not limited to – shortening, margarine, lard, and foods high in fat.

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