

Contact Information

Bethel A.M.E. Church
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Our Leadership

The Rt. Rev. Frederick A. Wright, Presiding Prelate
Rev. Larry E. Bell, Presiding Elder
Rev. Mashod A. Evans, Senior Pastor

Our Ministerial Staff

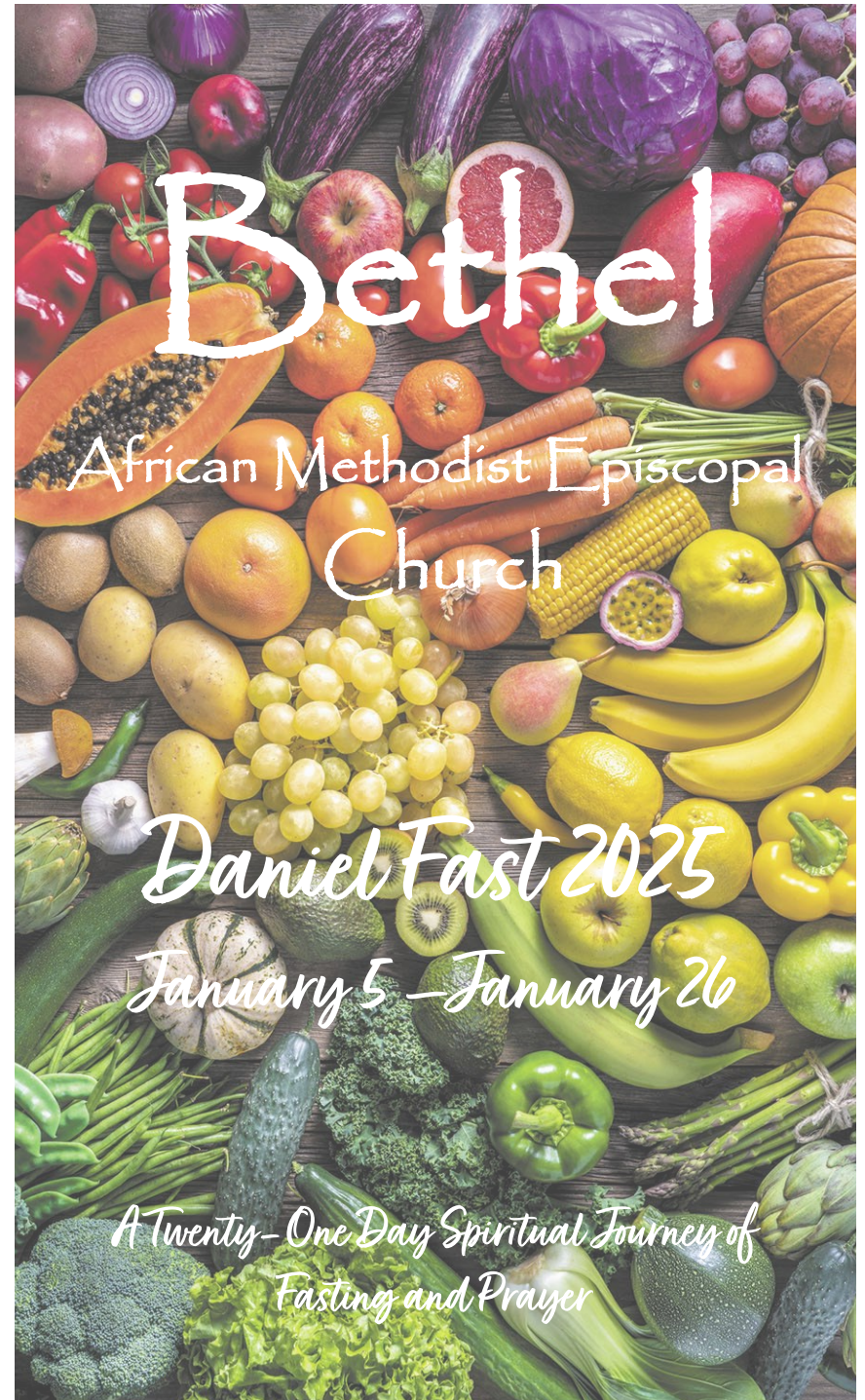
Rev. Derrick Amison
Rev. Karra Evans
Rev. LaTricia Mitchell

Our Motto

God our Father, Christ our Redeemer, The Holy
Spirit our Comforter, Humankind our Family

Our Mission

The mission of the AME Church is to minister to the
social, spiritual, and physical development of all
people.



The Work of Christmas

*When the song of the angels is stilled,
when the star in the sky is gone,
when the kings and princes are home,
when the shepherds are back with their flocks,
the work of Christmas begins:
to find the lost,
to heal the broken,
to feed the hungry,
to release the prisoner,
to rebuild the nations,
to bring peace among the people,
to make music in the heart.*

- Howard Thurman

A SPECIAL NOTE FOR THOSE WITH LIMITATIONS

Fasting is a spiritual discipline which brings us closer to God and closer to God's will for our lives. However, there are those for whom fasting from foods, even certain types of foods, can create or aggravate other medical conditions.

A very common medical concern is for diabetics, who may fill the void of meat and dairy, with foods high in natural sugars (fruit) and high in carbohydrates (potatoes, beans, whole grain pastas, brown rice, etc.), which can affect one's blood sugar level.

For diabetics, we strongly encourage you to seek advice from your physician prior to starting the fast. You may need to modify the fast and focus on several items you can give up such as fried foods, or coffee.

MEDICAL CONDITIONS

Please consult your physician if you have any medical conditions which might make the fasting inadvisable. Some fasters may need to modify the fast in order to ensure a healthy and sustainable fast experience.

CHILDREN

Should children participate in the Daniel Fast? Young children need proper nutrition to grow and be healthy and whole. While fasting as a family can be spiritually beneficial, young children (under the age of 12), should not be forced to participate. However, families may sit down together and come up with alternatives to a complete Daniel Fast including; abstaining from screentime or certain foods.

Closing Prayer

Here we are God, at the end of our twenty—one day journey, and we are GRATEFUL! We are grateful for the road we have traveled, and for the power and presence of Your Holy Spirit that has been with us each and every step of the way. We are grateful for the grace You have given. Even when we fell short, when we messed up, when we threw in the towel, You did not give up on us.

We are grateful for the good and great things You have in store for each of us. Help us to know that this is not an end, but rather a beginning. A beginning of a renewed relationship with You, and a new level of service and faith. Thank You for bringing us to this point and place. However, never allow us to be content and complacent. Encourage and equip us for new journeys, and new opportunities for worship, witnessing, and ministry. In Jesus' Name—AMEN



From The Desk of The Pastor

Dear Friends,

Here we are at the beginning of another year. I pray that you had a joyous holiday season. Moreover, I praise God for what He has done for us in 2024, and we look forward to what He will do in 2025. As we begin this our seventh Daniel Fast here at Bethel, it is my prayer that this twenty—one day journey will draw us closer to God, and grant us a clearer vision for what He desires for us, and from us.

I am a witness to the power of corporate fasting and prayer, over the years I have heard experiences of how believers have experienced God's supernatural power in their lives; answered prayers, healing from illness and addiction, and more. While fasting is not easy, it is worthwhile!

This publication is a guide for our congregation and those who wish to participate. Each week focuses on a passage of scripture and a theme for the week, and includes a week—end reflection for your consideration.

I am looking forward to the testimonies and praise reports that will emerge from this season of fasting and prayer.

Sincerely,

Mashod A. Evans, Sr.

Rev. Mashod A. Evans, Sr.

Servant of God

FOODS TO BE INCLUDED IN THE DANIEL FAST

All fruits. 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. These can be fresh, frozen, dried, juiced or canned (no sugar added).

All vegetables. 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. These can be fresh, frozen, dried, juiced or canned.

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, walnuts, cashews, and pecans. Also nut butters including peanut butter.

All legumes. 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. These can be fresh, frozen, canned or dried.

All quality oils, including but not limited to olive, canola, grape seed, peanut, sesame.

Beverages: Water, herbal teas (non—caffeinated) all 100% fruit and vegetable juices.

Other: Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

WEEK 3

Moving Forward in Faith

Day 15

Sunday, January 19

Join us for Church School at 8:30 a.m. and Morning Worship at 10 a.m.

Day 16

Monday, January 20

Inauguration Day

Read—Luke 4: 16—22

Day 17

Tuesday, January 21

Read—Luke 4: 23—30

Day 18

Wednesday, January 22

Read—Luke 4: 31—37

Day 19

Thursday, January 23

Read—Luke 4: 38—41

Day 20

Friday, January 24

Luke 4: 42—44

Day 21

Saturday, January 25

Read Psalm 19

Reflections on Week 3: The call which God places on our lives requires us to move forward, even in the midst of uncertainty. What do you feel God is leading you towards this year? How will you follow God's call on your life?

WEEK 2

A Call to Discipleship

Day 8

Sunday, January 12

Join us for Church School at 8:30 a.m. and Morning Worship at 10 a.m.

Day 9

Monday, January 13

Read—John 1: 35—42

Day 10

Tuesday, January 14

Read—John 1: 43—51

Day 11

Wednesday, January 15

Rev. Dr. Martin Luther King, Jr. Birthday

Read—John 2: 1—4

Day 12

Thursday, January 16

Read—John 2: 5—8

Day 13

Friday, January 17

Read—John 2: 9—12

Day 14

Saturday, January 18

Read—Psalm 62: 6 – 14

Reflections on Week 2: The Rev. Dr. Martin Luther King, Jr. was a strong prophetic voice and a model of servant leadership. How do you embody a prophetic witness, and servant leadership?

FOODS TO BE AVOIDED DURING DANIEL FAST

All meat and animal products, including but not limited to beef, lamb, pork, poultry, wild game and fish * (see note below). All dairy products including but not limited to milk, cheese, cream, butter and eggs.

All sweeteners, including but not limited to sugar, syrups, corn syrup, molasses, and artificial sweeteners.

All refined and processed food products, including but not limited to leavened bread, artificial flavorings, food additives, chemicals, white rice, white flour, yeast, and foods that contain artificial preservatives.

Other: Alcohol, caffeine.

* **FISH OPTION:** For those who choose, fish can be consumed **twice a week**.

Essentials for The Daniel Fast

(adapted from The Daniel Plan www.thedanielplan.com)

FAITH God is the power and energy behind all positive transformations including lifestyle changes necessary for you to become healthy. As you complete The Daniel Fast, you will discover that you have a part to play in improving your spiritual, mental, and physical health, but God will energize your efforts and that you can rely on God's strength to do it (Philippians 4:13).

FOOD The Daniel Fast is about abundance, not deprivation. You will be invited to eat delicious whole foods that bring vitality and energy to your body and mind. It's all about learning that even your food choices can honor God and his purposes for your life (1 Corinthians 10:31).

FOCUS In a world where so many distractions compete for your attention, it is more important than ever to renew your mind with truth (Romans 12:2) and break negative thought patterns. Focus your thoughts on God's plan and priorities for your life. Express your gratitude to God and make the choice to dwell in God's goodness.

FRIENDS/FAMILY/COMMUNITY The Bible says God created the universe in such a way that we need each other. We pray that as we complete this spiritual journey together, that the bonds and connections of our church family will be strengthened. We also pray that during this fast you will make an initiative to connect with your individual families as well as members of your community to uplift, encourage and inspire others.

WEEK 1

A Journey Into the Wilderness

Day 1

Sunday, January 5

Join us for Church School at 8:30 a.m. and Morning Worship at 10 a.m.

Day 2

Monday, January 6

The Epiphany

Read— Luke 3: 1—6

Day 3

Tuesday, January 7

Read—Luke 3: 7—14

Day 4

Wednesday, January 8

Read—Luke 4: 15—20

Day 5

Thursday, January 9

Read—Luke 3: 21—38

Day 6

Friday, January 10

Read—Luke 4: 1—13

Day 7

Saturday January 11

Read—Psalm 29

Reflections on Week 1: Fasting can be a challenge and a blessing. What are some of the challenges that Jesus experienced while fasting in the wilderness? What are some of the challenges you have experienced this week? What are some of the blessings/benefits?