

NEWMAN AME CHURCH, PONTIAC MICHIGAN

21 DAY FAST

**REMEMBER! EAT ONLY THE “ONE ACCORD” FOODS LISTED
IN THE ENCLOSED SECTIONS, PER YOUR 21 DAYS !**

ACCORDING TO

Pastor Rev. Yolanda Whiten

(2022)

Pastor Rev. Yolanda Whiten would like for the Newman AME Church Congregation to focus, during the following days of the January 2022 Fast season, to develop more complete love, praise, song and thanksgiving towards the GODHEAD (FATHER, SON, and HOLY SPIRIT), in order to bring the spirit of man into ascendancy over the flesh. Our 21 day Fast begins at 12:01 am on 1/11/22. The Pastor requires you to read your Scriptures for the 21-Days. This will lay the spiritual foundation for bringing believers into a place to be on one accord to hear from GOD. This causes unity and singleness of purpose and healing..

(21) BLESSED DAYS OF FASTING

NEWMAN A.M.E. CHURCH, PONTIAC, MICHIGAN
Pastor, Rev. Yolanda Whiten

SUNDAY, January 3, 2022 Pastor Whiten Proclaims the Fast. EZRA 8:21

Fast begins 1/11/22 at 12:01am. Fast Ends at 11:59 pm on 1/31/22

USE THE “ONE-ACCORD” FLEXIBLE-FOOD-SCHEDULE FOR (ALL) FOOD FASTING!!

DURING THE 21 DAY FAST, PRAY TO AND PRAISE ONLY THE GODHEAD!

ITEMS NEEDED

1. Holy Bible
2. Natural Spring Water or Distilled Water
3. Lemons (Natural) - takes away metallic tastes in water. You may also add honey.
4. Food items listed below in the “ONE ACCORD SCHEDULE” section.
(Raw or steamed vegetables, broiled chicken, fish or turkey (salt substitute may be added).
Eat and drink as much as you want according to the daily “ONE ACCORD SCHEDULE.”

FACTS AND SUPPORTING SCRIPTURE

FASTING IS:

The discipline of abstaining from food for biblical reasons is often practiced to demonstrate the sincerity of our prayers.

SUPPORTING SCRIPTURES:

Judges 20:26, Is, 58:3-6, James 5:13-14

A PROCLAIMED FAST IS:

An announcement by the Pastor for the purpose of bringing believers into a place to be on one accord to hear from GOD. This causes unity and singleness of purpose and healing.

SUPPORTING SCRIPTURES:

II Chronicles 20:1-29, Acts 13:1-2, Jonah 3:5-10, Ezra 8:21

PURPOSE OF THE FAST:

To develop more complete love, praise, song and thanksgiving towards the GODHEAD (FATHER, SON, and HOLY SPIRIT), in order to bring the spirit of man into ascendancy over the flesh. **Luke 4:18 (also Isaiah 61:1 & Daniel 9:24)** - The SPIRIT of the LORD is upon ME, because HE hath anointed ME to preach the gospel to the poor; HE hath sent ME to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised.

SUPPORTING SCRIPTURE:

Isaiah 58:6-14, Psalm 119:130, Colossians 3:16, Luke 4:18

THE OBJECTIVES OF THE FAST:

To experience a theophany (GOD appearing to commission **PRAYER** / saints for some special service).

Gen. 18:1, Exodus 3:2-6, Isaiah 6, Amos 7:14-16

1. To be in one accord in Love, with the SPIRIT of TRUTH.
2. To desire a thirst for HIS Word.
3. To witness GOD’ Love, Glory, and Power. **(Love) Matthew 5:44-46; John 15:12-13; John 3:16; (Glory) Exodus 33:17-23; Isaiah 6:1-5; Acts 7:55-56; (Power) II Timothy 1:7, Matthew 18:19; Galatians 5:22-23**
4. To eliminate all negative thoughts. **Genesis 20:11; Genesis 50:20**

REMEMBER:

Fasting shuts down the influence of the body so that the spirit (of man) can dominate. The power of GOD is in the SPIRIT OF TRUTH. Fasting helps you to tune in to the spirit world where you acquire victory, healing, power, faith and love.

* Meats for this FAST will consist of poultry and fish; **not** RED MEAT or PORK. We offer food suggestions. Pastor would like Newman to choose these foods but we understand physical, and medical reasons to follow a different course. All Church family should Fast from something and preferably food at this time.

HOW TO PROCEED

Pray to the FATHER in the name of JESUS (**Luke 11:2**) and with the assistance from the HOLY SPIRIT, morning, afternoon and nightly (**Romans 8:26**). When you pray, include your objectives (**Proverbs 29:18**), bind **the works of Satan (Matthew. 16:19)**, believe that you have already received your blessing (**Mark 11:24**), **SECOND**, read your daily scriptures and follow the “ONE ACCORD “Flexible” FASTING!”

REMEMBER:

1. Pray before starting each ONE ACCORD assignment.
2. Read the assigned Bible scriptures listed below each morning, afternoon, and evening.
3. Pray each day, to the FATHER, in JESUS’ Name, as the HOLY SPIRIT guides you.
Each day add three (3) minutes or more as the HOLY SPIRIT guides you and stirs your heart to do so.
By day fourteen (14), you should be spending at least one hour with the FATHER.
Days fifteen through twenty-one (15-21); spend approximately one hour or more with the FATHER.

Special Notes / Clarifications / Modifications:

- **Salad Dressing** should be “fat free.” As a suggestion, an excellent dressing with taste is Ken’s Steak House, Fat-Free Raspberry Pecan, or Honey Mustard.
- **Gum/Mints: Sugarless Gum/Breath Mints** are recommended.
- **Salt Substitutes** such as Mrs. Dash, Nu-Salt (or equivalent) may be used.
- **Pepper** (Black, Red, Lemon or White Peppers are preferred).
- **Olive Oil** or a **Vegetable Oil** may be used when cooking eggs.
- **Baking:** When baking Fish, Chicken, or Turkey, the following ingredients may be used: Mrs. Dash, Pepper, Garlic, and Onions.
- **Lactose-free milk & dairy foods** may be used.

Pastors Note: Pastor Whiten encourages “all” people participating in the 21-Day Fast to drink at least 6-to-8 ten-ounce glasses of water each day.

• These are the “One-Accord” Foods that we are requesting you to eat in “modest” portions on a daily basis, that meets your physical needs. For better Food preparation, the following 2022, 21-Day Fast foods are not in any particular “rotational order,” as it was for past Fasts. Pastor wanted to give people “more flexibility” in their daily diet:

1. Fruit, Yogurt, Eggs, Cottage Cheese & Other Milk Products. Juice, Unsalted Nuts, Raisins & Dried Fruit, Salad & Raw Vegetables, Water, Fish, Turkey and Chicken.
2. In addition, all of the foods listed below as well, for your convenience.

Add These Foods to Your Fast / Diet for Greater Health & Life.

Note! Consult with your physician before taking part in this “one-accord-fast if you have any health issues!”

1. **Salads:** You cannot go wrong with fresh salads.
2. **Hummus Dip:** For veggies, rather than low-fat ranch dip! Made from garbanzo beans, has fiber and protein
3. **Salmon:** Great source of omega-3, fatty acids, which protects your heart by lowering triglycerides, thinning of your blood, and reducing the chance of arrhythmias.
4. **Pistachios:** Boost enzymes that remove unhealthy cholesterol in the bloodstream, thus lowering the risk of heart disease.
5. **Oatmeal:** Great source of soluble fiber, which has shown to lower LDL cholesterol.
6. **Almonds:** On salads, rather than croutons. They are higher in fat (monounsaturated) than low-sodium croutons, and they are rich in high-quality protein and vitamin E.
7. **Curry:** Curcumin, an ingredient in turmeric (yellow curry), is shaping up to be a wonder drug of sorts. Past studies have shown it has a role to play in cancer prevention/heart disease.
8. **Broccoli:** Filled with health promoting vitamins, minerals and fiber, broccoli is still one of the most nutritional foods packing punch, especially during winter months when the immune systems are low. Low in calories and containing over 150 health promoting phytochemicals such as sulfurophane, known for its cancer powers, broccoli certainly is at the top of the healthy food list.
9. **Blueberries:** Contain anthocyanins and phytochemicals, which help to reduce some diseases, including cancer.
10. **Plain Yogurt:** Where this dairy product is produced by the bacterial fermentation of milk is eaten, the nutritional benefits are all good. Loaded with p#obiotic essentials to keep you healthy all year long.

Good lining for the intestines, warding off ‘invaders’ and also assist in optimal absorption of nutrients.

11. **Citrus Fruits:** Grapefruits and oranges and tangerines, are some of the healthiest winter foods which helps keep you strong. “They provide vitamin C, when your body especially needs a boost during the winter to keep your immune system up. For example, one grapefruit will provide about 130 percent of your daily vitamin C needs.”
12. **Winter Squash:** The nutritional composition of winter squash, such as butternut squash; pack the perfect blend of nutrients to help keep winter colds at bay. “For example, one cup of butternut squash provides about 450 percent of your daily Vitamin A needs.”
13. **Kale:** “This superstar dark leafy green is without a doubt one of the healthiest foods you can eat, providing more nutrition per unit calorie than almost any other food.” Kale provides seventeen essential nutrients including 100 percent of the RDA for vitamin A and vitamin C in a single serving. Kale tops the list of the most potent antioxidant vegetables.
14. **Pumpkin:** Often overlooked for its nutritional component, but it packs a punch when it comes to a convenient, inexpensive food bolstered by nutrients. Low in calories, high in fiber and providing the concentrated package of disease-busting carotenoids known. Canned pumpkin is an under-utilized superstar food.
15. **Apples:** An apple a day keeps the doctor away -- especially during the long winter months. Almost half of the vitamin C content is just underneath the skin. Apples are rich in fiber, a source of both soluble and insoluble fiber.
16. **Apricots:** combats cancer; prevents constipation; blocks diarrhea; improves lung capacity; cushions joints.
17. **Artichokes:** combats cancer; lowers cholesterol; stabilizes blood sugar; guards against liver disease.
18. **Avocados:** battles diabetes; lowers cholesterol; helps stop strokes; controls blood pressure.
19. **Bananas:** protects your heart; quiets a cough; strengthens bones; controls blood pressure.
20. **Beans:** prevents constipation; helps hemorrhoids; lowers cholesterol; stabilizes blood sugar.
21. **Beets:** controls blood pressure; combats cancer; strengthens bones; aids weight loss; protects heart.
22. **Cabbage:** combats cancer; prevents constipation; protects your heart; helps hemorrhoids.
23. **Cantaloupe:** saves eyesight; controls blood pressure; lowers cholesterol; support immune system.
24. **Carrots:** saves eyesight; protects your heart; prevents constipation; combats cancer.
25. **Cauliflower:** protects against cancer; combats breast cancer; strengthens bones; banishes bruises.
26. **Cherries:** protects your heart; ends insomnia; slows aging process; shields against Alzheimer’s.
27. **Figs:** promotes weight loss; helps stop strokes; lowers cholesterol; controls blood pressure.
28. **Flax:** aids digestion; battles diabetes; protects your heart; improves mental health; boost immune sys.
29. **Garlic:** lowers cholesterol; controls blood pressure; kills bacteria; fights fungus; combats cancer.
30. **Grapefruit:** protects against heart attacks; promotes weight loss; combats prostate cancer.
31. **Grapes:** saves eyesight; conquers kidney stones; combats cancer; enhances blood flow.
32. **Green Tea:** combats cancer; protects your heart; helps stop strokes; promotes weight loss.
33. **Honey:** heals wounds; aids digestion; guards against ulcers; fights allergies; increases energy.
34. **Lemons:** combats cancer; protects your heart; controls blood pressure; stops scurvy; smooth’s skin.
35. **Limes:** combats cancer; protects your heart; controls blood pressure; stops scurvy; smooth’s skin.
36. **Mangos:** boosts memory; regulates thyroid; aids digestion; shields against Alzheimer’s.
37. **Mushrooms:** controls blood pressure; lowers cholesterol; kills bacteria; strengthens bones.
38. **Oats:** lowers cholesterol; combats cancer; battles diabetes; prevents constipation; smooth’s skin.
39. **Olive Oil:** protects your heart; promotes weight loss; combats cancer; battles diabetes; smooth’s skin.
40. **Onions:** reduces risk of heart attack; combats cancer; kills bacteria; fights fungus; lowers cholesterol.
41. **Oranges:** supports immune systems; combats cancer; protects heart; straightens respiration.
42. **Peaches:** prevents constipation; combats cancer; helps stop strokes; helps hemorrhoids; aids digestion
43. **Pineapples:** strengthens bones; relieves colds; aids digestion; dissolves warts; blocks diarrhea.

44. **Prunes**: slows aging process; prevents constipation; boosts memory; lowers cholesterol; protects heart
45. **Rice**: protects your heart; battles diabetes; conquers kidney stones; helps stop strokes.
46. **Strawberries**: combats cancer; protects your heart; boosts memory; calms stress.
47. **Sweet Potatoes**: saves your eyesight; lifts mood; combats cancer; strengthens bones; Eating condiment-free and they are loaded with beta carotene, vitamin C, folate and fiber.
48. **Tomatoes**: protects prostate; combats cancer; lowers cholesterol; protects your heart.
49. **Walnuts**: lowers cholesterol; combats cancer; boosts memory; lifts mood; protects your heart.
50. **Watermelon**: protects prostate; promotes weight loss; lowers cholesterol; controls blood pressure.
51. **Wheat Germ**: combats colon cancer; prevents constipation; lowers cholesterol; improves digestion.
52. **Wheat Bran**: combats colon cancer; prevents constipation; lowers cholesterol; helps stop strokes.
53. **Lemon Yogurt**: guards against ulcers; strengthens bones; lowers cholesterol; supports immune sys.
54. **Blackberries**: highest in antioxidants; improves memory; reduce intestinal inflammation.
55. **Plums**: protects your heart; prevents diabetes; improves bone health; destroys breast cancer cells.
56. **Muscadines**: 40-times the antioxidant than any other red grape; tumor fighting abilities; inhibits prostate cancer cell growth; delays glucose absorption/prevents gastro-intestinal diseases.

At Your Request! Below is listed (14) Foods to Reduce Muscle Soreness, Fatigue & Speed Recovery After A Tough Workout or Overuse (by The Poliquin Group):

1. **Blueberries**: Reduces DOMS (Delayed Onset Muscle Soreness).
2. **Tart Cherries**: Reduce DOMS, and provide the added bonus of raising the sleep hormone “melatonin” in the body, so that you get better rest.
3. **Raspberries, Strawberries, Blackberries, Plums**: Provides medicine for sick muscles, and are nutrient powerhouses as well.
4. **Broccoli, Cauliflower, Brussel Sprouts**: Provides compounds that improve metabolic processes. Rainbow Chard and Collards have been found to reduce the insulin response and they are abundant in nutrients that can help eradicate free radicals that slow healing; reduce inflammation; improve hydration; increase “workout sweat” rate.
5. **Watermelon, Potatoes (also sweet potatoes) Pineapple, Kiwi, Squash**: Increases nitric oxide production, thus delivering nutrient-delivering rich blood to damaged muscle tissue. Helps provide better oxygen use during intense exercise for better endurance performance; raising blood antioxidant status and provides compounds to help fight pain and inflammation.
6. **Drink Water**: Reduces DOMS and repair strength loss.
7. **Cod, Salmon & Other Fish**: Supports protein synthesis and reduce inflammation. Reduce muscle soreness. Contains Omega-3 fats.
8. **Almonds**: Contains Omega-6 fats. Bone repair is improved. When the Omega-3 fats and Omega-6 fats are balanced, they improve time trial performance and boosts energy and antioxidant capacity.
9. **Brazil Nuts**: The very best! Raises testosterone levels in the body.
10. **Walnuts**: Anti-fatigue effect, due to their ability to improve energy use in the body.
11. **High Quality Yogurt, Pickled Veggies**: Repairs tissue; increase metabolism; reduces stress and inflammation.
12. **Eggs**: Speed up tissue repair and reduces inflammation. Great protein source. 2nd highest concentration of “leucine,” after milk, which is the most important amino acid for building muscle.
13. **Cinnamon**: Improves insulin sensitivity for faster tissue repair and glycogen replenishment. Helps tissue repair and recovery from muscle soreness.
14. **Ginger**: Comes from “rhizome plants.” They have pretty powerful anti-inflammatory properties, and shortens muscle recovery time.

The Following Is Continued For The “2021” Fast (For Your Convenience):

- Pick a **Prayer Partner** for this Fasting period, if you like. This person must be someone that is not of your own household. Please take special note to the guidelines below:

Guidelines For “Prayer Partner” Interaction

- **Must** use this time exclusively for spiritually uplifting one another in prayer (whatever your spiritual, physical, and emotional needs may be).
- **Avoid** meaningless communication about foods used during the fast period, or discussing Church business, etc. Please refrain from any form of gossip during this period, because this is a very serious prayer time.
- **Remember** to keep Pastor Rev. Yolanda Whiten, Brother Gregory Whiten, the Pastor’s Mom, and their family in prayer as we continue to move toward our first year together as Pastor & People in a time of complete change and newness.
- We are moving toward One Accord Change.

TWENTY-ONE (21) DAY SCRIPTURE SCHEDULE (Starting on 1/11/2021)

NO. OF DAYS	DATE	SCRIPTURE ASSIGNMENTS (Biblical Order for better flow)	COMPLETED
1	TUES. 1/11	<u>GENESIS</u> : 1:1-31/2:1-14/2:15-25/3:1-20/6:1-18/6:6-13/7:24/9:8-17/11:1-9/11:26-32/12:1-3/* 14:19-20 /21:1-8 <u>EXODUS</u> : 1:1-14/2:1-25/3:1-22/12:1-11	YES / NO
2	WED. 1/12	<u>EXODUS</u> : 12:12-51/13:17-22/15:1-21/16:4-22 <u>LEVITICUS</u> : 1:1-10/1:14-16/2:1-3/2:5-8/2:10-15/3:1-4/4:1-3/11:1-47/* 27:30,32 <u>NUMBERS</u> : 1:1-3	YES / NO
3	THURS.1/13	<u>NUMBERS</u> : 4:1-3/8:17-19/11:1-7/12:31-34/12:1-15/15:32-36/16:19-33/ <u>DETERONOMY</u> : 6:4-9/10:22/14:1-21/* 14:22-23 /16:19/18:22/19:14	YES / NO
4	FRI. 1/14	<u>DETERONOMY</u> : * 28:12-13 /31:6 <u>JOSHUA</u> : 1:1-2,3,8/5:13-15/6:17/10:11-14	YES / NO
5	SAT. 1/15	<u>JOSHUA</u> : 23:10 <u>JUDGES</u> : 7:1-7/13:1-5/13:20-25/15:14-16/16:16-21	YES / NO
6	SUN. 1/16	<u>RUTH</u> : 1:1-5/1:11-14/2:1-2/3:1-4/3:11-14 <u>1 SAMUEL</u> : 2:21-26/3:1-14/3:19-21/4:18-22/6:1-2/7:3/9:9/9:15-16 <u>2 SAMUEL</u> : 1:12/1:23/5:6-10	YES / NO
7	MON. 1/17	<u>2 SAMUEL</u> : 12:1-7/12:9-25 <u>1 KINGS</u> : 2:10-11/3:7-15/7:1-2/7:46-48/9:10-12	YES / NO
8	TUES. 1/18	<u>1 KINGS</u> : 17:1-24/18:36-40 <u>2 KINGS</u> : 2:8-14/2:21-24/4:1-35/5:20-27	YES / NO
9	WED. 1/19	<u>1 CHRONICLES</u> : 4:9-10/10:1-6/10:11-14/22:17-19/23:1-5/28:2-3 <u>2 CHRONICLES</u> : 1:7-14/6:16-18/7:1-6/7:12-14/9:1-9/9:25/10:19/16:12-13	YES / NO
10	THURS. 1/20	<u>EZRA</u> : 2:41,64-65/7:27/8:21-23/10:7-8 <u>NEHEMIAH</u> : 1:4-6/4:1-6/11:22-23	YES / NO
11	FRI. 1/21	<u>ESTER</u> : 1:9-12,15,19-22/2:17 <u>JOB</u> : 1:1-2/1:6-12/2:1-6,9/3:1-3/14:1/21:13/30:30/34:10/38:1/42:10-13 <u>PSALM</u> : 6/11:7/19:10/23:25/21:27/1-6/27:14	YES / NO
12	SAT. 1/22	<u>PSALM</u> : 32:8/34:4/37:21/41:9-13/42:1-11/46/51/55:22/91/118:5-6	YES / NO
13	SUN. 1/23	<u>PROVERBS</u> : 1:5/1:22-33/2:5-11/2:27,33/3:3,5-6/* 3:9-10 /4:19-23/12:4/12:13/12:19/18:21/* 21:5 /* 27:23-24 /28:13/* 28:20,22,28 <u>ECCLESIAES</u> : 1:1-3	YES / NO
14	MON. 1/24	<u>ECCLESIAES</u> : 3:1-8/ 5:4-5/5:18-19 <u>SONG OF SOLOMON</u> : 1:5-6/2:1/8:7 <u>ISAIAH</u> : 1:11-18/2:4/2:11/5:11/5:20-21/6:8/7:10-16/9:6-7/11:1-10/14:12-17	YES / NO
15	TUES. 1/25	<u>ISAIAH</u> : 19:22/25:4/29:13/32:4/53:5/54:7 <u>JEREMIAH</u> : 1:1-10/1:17-19/2:19/3:8/3:15/4:22/5:23-24/7:15-16/8:20/9:23-24/13:18/14:13-15/23:5-6/23:30	YES / NO

NO. OF DAYS	DATE		COMPLETED
16	WED. 1/26	<u>LAMENTATIONS</u> : 1:8-9/2:5-6/2:9/2:15/3:46,52-56/4:7-8 <u>EZEKIEL</u> : 2:6-8/5:13-14/8:17-18/10:6/12:25/33:11-16/37:1-14 <u>DANIEL</u> : 3:12-25/3:29-30	YES / NO
17	THURS. 1/27	<u>DANIEL</u> : 6:16-28/9:25-27 <u>HOSEA</u> : 4:6/10:12/11:1/14:4 <u>JOEL</u> : 2:13-14/2:28/3:19 <u>AMOS</u> : 4:10/5:21-25/8:9-12 <u>OBADIAH</u> : 1:4,8,21 <u>JONAH</u> : 1:1-7/1:17	YES / NO
18	FRI. 1/28	<u>JONAH</u> : 2:1-10/3:4-10 <u>MICAH</u> : 6:8/2:11/4:3-8/6:7-8 <u>NAHUM</u> : 1:3-9 <u>HABAKKUK</u> : 2:2-3/2:12/2:15/2:20 <u>ZEPHANIAH</u> : 2:3/3:9-10 <u>HAGGAI</u> : 1:4	YES / NO
19	SAT. 1/29	<u>HAGGAI</u> : *1:5-7 <u>ZECHARIAH</u> : 1:3/1:8-12/2:12/8:1-5/8:9/8:22/9:17 <u>MALACHI</u> : 1:6/2:1-4/2:15-16/*3:7-14 <u>MATTHEW</u> : 1:18-25/4:1-2/5:3-12/5:4	YES / NO
20	SUN. 1/30	<u>MATTHEW</u> : 5:11-12/5:22-24/5:34/5:43-48/6:16-18/6:19-23/*6:24-34/7:1-2/7:12/7:15-20/7:21-23/8:5-13/8:26/10:16-32/11:28-30/14:28-31/21:12-13	YES / NO
21	MON. 1/31	<u>MATTHEW</u> : 21:21-22/22:15-22/26:39-41/27:46-54/28:10-20 <u>MARK</u> : 1:8-13/4:3-20/6:7-11/6:38-44/*10:17-29/*12:17/*12:41-44/11:22-24/11:25-26	YES / NO

To GOD Be The GLORY!