



2211 St. Lukes Lane | Baltimore, Maryland 21207 | info@risingsunfbc.org | 410.944.4470 | 410.281.9634 FAX

Dear Rising Sun Family,

Grace and peace be unto you in the name of our Lord Jesus Christ—our resurrected, risen, reigning, and soon-returning Redeemer.

As we enter this sacred time of year, we, as a church family and community, are setting aside 10 days to **draw closer to God through fasting, prayer, and devotion**. Beginning on **February 4 and concluding on February 14**, Rising Sun First Baptist Church will embark on a corporate fast, seeking God's presence, wisdom, and transformation in our lives.

Our theme for this fast is **"United in Love."** As we journey through this period of consecration, we are reminded that **God's love is not only something we receive but something we are called to reflect in our relationships with one another**. Jesus said, **"By this everyone will know that you are my disciples, if you love one another."** (John 13:35). This fast is an opportunity for us to **sharpen our desire for God, seek His guidance, and allow His love to be perfected in how we serve, care for, and uplift one another**.

Whether this is your first time fasting or it is already part of your spiritual discipline, our prayer is that this time of consecration will be a **powerful milestone in your faith journey**. Our focus during this fast will be on three key areas of life:

Physical - Honoring our bodies as temples of the Holy Spirit.

Financial - Seeking God's guidance in stewardship and generosity.

Social Media/Entertainment - Removing distractions to hear more clearly from God.

By setting aside these areas, we dedicate intentional time to **grow spiritually, strengthen our love for God, and deepen our love for one another**.

Each morning, we encourage you to **start your day with individual prayer**, seeking God's wisdom and direction for the day ahead. Additionally, we invite you to engage in personal meditation using a devotional and prayer journal to **track your progress, reflect on God's word, and record how His love is moving through your life**.

It is our prayer that this **fast will refresh, renew, and refocus us**—shaping our hearts to be more like Christ and leading us into a deeper, more unified expression of His love. As we come together in one spirit and one purpose, may our church be strengthened, our faith ignited, and our hearts transformed to love as God loves.

If you are new to **Rising Sun First Baptist Church** or participating in a fast for the first time, we welcome you with open hearts. As we have witnessed time and again, **"amazing things happen when you say YES to God"**—and we are expectant for the testimonies that will come forth from this journey.

Let us seek God together, grow in love together, and walk in unity as one body in Christ.

In Christ's Love,

Engel Burns
Pastor, Rising Sun First Baptist Church

Faith. Family. Service.



FASTING GUIDE

As we enter this season of consecration, we are committing ourselves to a **10-day fast from February 4 to February 14**. This is a time for **spiritual renewal, deeper connection with God, and strengthening our love for one another**.

HOW TO FAST?

Before beginning a fast, it is important to prepare **mentally, physically, and spiritually**. Fasting is not a diet but a **spiritual discipline** designed to help us draw closer to God. Please consult with your physician before making any dietary changes.

Preparing for the Fast:

- **Plan ahead.** Prepare meals in advance to maximize your focus on prayer and devotion.
- **Set a clear intention.** What are you seeking from God during this fast? Write it down and pray over it.
- **Eliminate distractions.** Replace time spent on food, entertainment, and social media with time spent in God's presence.

Fasting from Social Media and TV:

In today's digital world, social media and entertainment can be a major distraction. As part of this fast, we encourage you to **limit or completely refrain from social media, television, and streaming platforms** in order to **create more space for God's voice**.

Here's how you can fast from media distractions:

- **Delete or temporarily remove social media apps** from your phone to avoid mindless scrolling.
- **Limit screen time** by setting daily app time restrictions.
- **Replace TV time** with prayer, reading Scripture, or listening to worship music.
- **Use your break times for spiritual nourishment**—listen to a sermon or devotional podcast instead of browsing the internet.
- **Stay accountable.** Let someone close to you know about your commitment to fasting from social media and entertainment.

Remember: Fasting is not just about **removing distractions** but **replacing them with time in God's presence**.

If you happen to break your fast, **do not get discouraged!** Simply refocus and continue pressing forward. The goal is not perfection but **spiritual transformation**.

WHAT IS THE DANIEL FAST?

The **Daniel Fast** is a **biblical fast** inspired by the experiences of the prophet Daniel (Daniel 1:15-16; Daniel 10:2-3). It is a **plant-based fast** that eliminates **meat, dairy, sweeteners, processed foods, and certain beverages** in order to **devote more focus to God**.

The Purpose of the Daniel Fast

The goal is not just to follow Daniel's diet, but to **seek God with greater intensity**. In today's world, food is a major source of comfort and indulgence. By stepping away from our normal eating habits, we **strengthen our discipline and increase our dependence on God**.

FOODS TO EAT ON THE DANIEL FAST

- ✓ **All fruits** – fresh, frozen, dried, juiced, or canned.
- ✓ **All vegetables** – fresh, frozen, dried, juiced, or canned.
- ✓ **All whole grains** – brown rice, quinoa, oats, whole wheat, barley, millet.
- ✓ **All nuts & seeds** – almonds, cashews, walnuts, sunflower seeds, pumpkin seeds.
- ✓ **All legumes** – black beans, lentils, chickpeas, kidney beans, split peas.
- ✓ **All quality oils** – olive oil, coconut oil, avocado oil, grapeseed oil.
- ✓ **Beverages** – water (spring, filtered, distilled), fresh fruit or vegetable juice.
- ✓ **Other** – unsweetened plant-based milks (almond, coconut, soy), herbs, spices, salt, pepper.

FOODS TO AVOID ON THE DANIEL FAST

- ✗ **Meat & animal products** – beef, chicken, pork, fish, eggs.
- ✗ **Dairy products** – butter, cheese, cream, milk, yogurt.
- ✗ **Sweeteners** – sugar, honey, artificial sweeteners, agave nectar, molasses.
- ✗ **Leavened bread & yeast** – baked goods, white bread, regular tortillas.
- ✗ **Refined & processed foods** – white flour, white rice, artificial additives, preservatives.
- ✗ **Deep-fried foods** – French fries, potato chips, fried snacks.
- ✗ **Solid fats** – margarine, lard, shortening.
- ✗ **Beverages** – alcohol, soda, coffee, tea, energy drinks.

FINAL THOUGHTS

During these 10 days, let us **commit ourselves fully to God**—in our eating, in our prayers, in our daily habits, and in our love for one another. This fast is not about deprivation but about **spiritual transformation**.

As we fast together as a church family, may our **hearts be renewed, our faith strengthened, and our love for God and one another deepened**.

Let us seek God together, **united in love!**

In Christ's Love,
Rising Sun First Baptist Church

“By this everyone will know that you are my disciples, if you love one another.” (John 13:35)