



calvary
christian
church

RESET

JANUARY
04

FEBRUARY
08

36
DAYS
OF CONSECRATION

12 :2
ROMANS

21
DAYS
OF FASTING



Grace and Peace Calvary Family!

By God's grace we have arrived to a new year that contains great momentum. It is not a mistake that you made it to this kairos moment. It is a predestined time. The Lord has spoken clearly that this is the **Year of ACCELERATION!**

As I shared during Vision Sunday last year in preparation for this year that what God desires to do for us and through us will not be delayed. In fact, it will be accelerated. Whatever hinderance, opposition, and adversity that seek to subvert God's Plan will fail. Yet, this Promise of God will only be realized if the condition of our heart is in alignment with His Heart, and Will. The Lord spoke very clearly to me that now is the time for intentional introspection and assessment individually and collectively as a body of believers. The purpose behind this is to examine our healthiness holistically. The performance of any vehicle is hinged upon the health of it's engine. If the engine is in poor condition, then it will not achieve optimal performance.

The same is with God's Church. We are His vehicle. Yet, we will not accelerate at the Pace of God, if we are operating poorly as a body. What the Lord has revealed to me as your Pastor is that our Church has been moving, working, and growing. While we have had great productivity, there is still much progress ahead of us to make. However, there are some updates, readjustments, and even flaws that the Lord desires to address in this ministry. It is time for a Holy Reset.

In Romans 12:2, the b-clause Paul admonished the saints to "*be transformed by the renewal of your mind.*" So, this consecration is designed to take us through a resetting so that we are prepared for the Acceleration God desires to manifest in our reality. Let's raise our expectation, and let's go forward towards the greater God has prepared for us!

In God's Service,
Pastor Kameron L. Adams

INTRODUCTION

A Letter from Our Leader

**A MOMENT OF
REFLECTION &
RESPONSE**

DANIEL FAST **GUIDE**

The Daniel Fast: Foods to Consume

WHOLE GRAINS

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

BEANS AND LEGUMES

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

NUTS AND SEEDS

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

VEGETABLES

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

FRUIT

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

OILS

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sautéed foods in olive oil but avoid deep-frying them.

OTHER

Unleavened bread (whole grain bread made without yeast, sugars, or preservatives. All herbs, spices, and seasonings are allowed, including salt and pepper.

BEVERAGES

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it).

FOODS ALLOWED FOR THIS FAST

Poultry and Fish (Baked, Grilled, Broiled, Stewed, etc. **NOT FRIED & NOT BREADED**)

If you desire to make turkey/chicken burgers, use ground turkey/chicken only. Avoid pre-packaged turkey/chicken patties if it contains eggs or dairy.

Coffee and Tea (absent of cream and sugar)

The Daniel Fast: Foods to Avoid

ADDED SUGAR

Artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, malt syrup, molasses, and raw sugar.

YEAST

Yeast (and, therefore, leavened bread) isn't part of the Daniel Fast.

REFINED GRAINS

White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel — the bran, germ, and endosperm.

PROCESSED FOOD

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

DEEP-FRIED

Food Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients. Check the label for "baked" to be sure.)

SOLID FATS

Butter, lard, margarine, and shortening.

CHOCOLATE

Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.

BEVERAGES

Alcohol, and energy drinks.

ADDITIONALLY

Minimize Social Media/ Avoid Social Media Completely

Christian, Motivational, Inspirational, Wholesome content on TV, Streaming platforms, social media, books, articles, journals, are allowed.

The Daniel Fast: A Diabetics Guide

The Daniel Fast is an extremely healthy way of eating, and many people with diabetes have successfully completed the Fast. One of the benefits of the Daniel Fast, from a dietary perspective, is the regular intake of nutrient-dense foods rich in vitamins, minerals, and other nutrients important for health, which help to keep your blood sugar stable. The type of diabetes a person has is important to know because it will affect how one approaches the Daniel Fast while treating the diabetes. In type 1 diabetes, the pancreas produces little to no insulin. Insulin is a hormone needed to allow glucose (sugar) to enter our cells to make energy. Approximately 5-10% of adults in the US are type 1 diabetics. In type 2 diabetes, the most common, the pancreas produces insulin but the body does not use it efficiently. Approximately 90% of adults with diabetes in the US are type 2.

During the Daniel Fast, it is recommended to focus on low-glycemic index foods. The glycemic index ranks food on a scale from 0 to 100. The low end of the scale has foods that have little effect on blood sugar levels. A copy of the low-glycemic index is provided here for you. During the Daniel Fast, you should continue taking your medication as prescribed. It is important to note that it is possible to eat large amounts of carbohydrates/sugars (potatoes, fruits) on the Daniel Fast, so be aware and regularly monitor your glucose, and make adjustments to your medications if and when needed. Consider consuming small but frequent meals. This means avoiding long gaps between meals by eating a small meal every two to three hours. Remember to consume nutrient-dense foods which have a high ratio of nutrients to calories. They contain the highest possible levels of quality protein, carbohydrate, fat, vitamins, and minerals for the least amount of calories. Another option is to use plant-based protein powder that does not contain whey (whey is an animal-based protein). If you have any questions or concerns, consult your physician.

LOW GI FOODS

- **BREAKFAST CEREALS:**
oatmeal (not instant)
- **FRUITS:** (Limit 1-2 Fruits/Day) mango raisins apples apple juice apricots blackberries blueberries cherries cranberries grapefruits grapefruit juice peaches pears plums tangerines tomato juice prunes raspberries strawberries
- **BEANS AND LEGUMES:**
black-eyed peas, butter beans, chick peas, green beans, kidney beans, pinto beans, lentils, lima beans, navy beans, snow peas, hummus
- **NON-STARCHY VEGETABLES:** asparagus, artichoke, avocado, broccoli, cabbage, cauliflower, celery, cucumber, eggplant, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash, zucchini, turnips
- **GRAINS:** barley, rye, bulgur, wild rice, wheat tortilla, wheat pasta
- **NUTS, OLIVES AND OILS:**
almonds, peanuts, pecans, sunflower seeds, hazelnuts, olives walnuts, oils that are liquid at room temperature

MODERATE GI FOODS

- **FRUITS:** banana (under ripe), grapes, mangos, raisins, figs, kiwi, oranges
- **BEANS AND LEGUMES:**
pinto, kidney or navy beans, green peas
- **VEGETABLES:** beets, carrots, sweet potatoes, yams, corn on the cob
- **GRAINS:** cornmeal, brown and white rice Couscous
- **NUTS:** cashews, macadamia

THE GLYCEMIC INDEX

The glycemic index (GI) is the measurement of how much foods raise our blood glucose after eating them. Foods increase glucose to varying levels (carbohydrates increase blood sugar the most; fats and protein, the second most). Actual sugar has a glycemic index of 100, and other foods are measured and ranked as low, moderate, or high-GI foods.

Although GI is helpful for meal planning, the total number of grams of carbohydrate can have a bigger impact on blood sugar levels than the GI. Consuming low GI foods + calculating carbohydrate intake = the most stable blood sugar levels!!!

**ROADMAP FOR
THE RESET:**

**CONSECRATION
2026**

Roadmap for the Reset: Consecration 2026

The next set of pages will lead you on a journey of seeking God intentionally about this new year. Being that we are tithing the year to God, we will approach this consecration in a strategic manner to cover all 365 days. There are twelve letters in "**Acceleration**". Each letter of this theme has been assigned a focus to each month that aligns with **Acceleration**.

Since there are four quarters in a year, and each quarter is made up of three months with a total of approximately 90 days, we will divide the 36 days of our consecration into 4 sets of 9 days representing each quarter, and the 90 days that cover an entire quarter. So, on the next page you will find what focuses have been assigned to each month. Following that page, the next set of pages will give you the dates and the focuses so you will know what direction to pray concerning each 9 day period during this consecration with space provided for study and reflection.

Lastly, no specific scriptures were provided for each focus purposefully. **You are being both challenged and charged to seek the holy scriptures personally, or with a group of your choosing to see what the Word of God says about each focus.** Our prayer is that you will be led by the Holy Spirit during this sacred process. Should further clarity be needed please contact us via our website at calvaryclt.org.

Roadmap for the Reset: Consecration 2026

January - "A"
Acceptance

February - "C"
Commitment

March - "C"
Charge

April - "E"
Excel

May - "L"
Latitude

June - "E"
Empowerment

July - "R"
Release

August - "A"
Aptitude

September - "T"
Transformation

October - "I"
Increase

November - "O"
Opportunity

December - "N"
Next Dimension

Roadmap for the
Reset: Consecration
2026

PAGE 7

CONSIDERING THE **QUARTERS**

QUARTER 1

Quarter One

- **January 4 -12**
- Focuses for Quarter One to study, reflect, and pray concerning:
Acceptance, Commitment, Charge

REFLECTIONS

Use this space to write and reflect about Quarter 1.

QUARTER 2

Quarter Two

- January 13 - 21
- Focuses for Quarter Two to study, reflect and pray concerning: Excel, Latitude, Empowerment

REFLECTIONS

Use this space to write and reflect about Quarter 2.

Quarter 2:
January 13 -
January 21

PAGE 9

QUARTER 3

Quarter Three

- **January 22 - 30**
- Focuses for Quarter Three to study, reflect, and pray concerning: Release, Aptitude, Transformation

REFLECTIONS

Use this space to write and reflect about Quarter 3.

QUARTER 4

Quarter Four

- January 31 - February 8
- Focuses for Quarter Three to study, reflect, and pray concerning: Increase, Opportunity, Next Dimension

REFLECTIONS

Use this space to write and reflect about Quarter 4.

Quarter 4:
January 31 -
February 8

PAGE 11

**A MOMENT OF
REFLECTION**

A Moment of Reflection

Take a moment to identify the testimonies, revelations, clarity, growth, and wisdom you both experienced and received during this consecration.

Use this space to write and reflect.

ADDITIONAL RESOURCES

Restaurant Options

The Daniel Fast doesn't have to remain in the house. Here are some Dining Options outside the house for you to enjoy the Daniel Fast, and fellowship.

- **Sanctuary Bistro** - Upscale vegan with creative dishes that emphasize veggies, grains, legumes.
- **Oh My Soul** - Vegan comfort and soul food; lots of options you can tailor.
- **Bean Vegan Cuisine** - Popular vegan spot with hearty plant-based meals.
- **Mike's Vegan Grill** - Highly rated vegan grill with burgers, bowls, and salads.
- **Vegan To-Go** - Quick vegan meals to take home or eat out.
- **Taste of Soul: Plant based & Vegan Cuisine** - Plant-based comfort dishes (inside Citykitch).
- **Sun Burger Vegan Cuisine** - Vegan Caribbean/burger options.
- **The People's Market Elizabeth** - Good variety of vegan plates.
- **Soul Miner's Garden** - Creative vegan menu with seasonal ingredients.
- **Exposed Vegan** - Vegan juice bowls & smoothies (great for fruit servings).
- **Vegan Bake Shoppe** - Vegan desserts & snacks (check ingredients for sugars).
- **Romeo's Vegan Burgers** - Vegan burgers and sides.

Food Pantries & Community Support

These groups offer free or low-cost groceries including fruits, veggies, grains, and staples:

Food Pantries & Assistance

- Hope Street Food Pantry - Fresh produce and groceries distribution throughout Charlotte.
- Hope Street Food Pantry
- Hearts & Hands Food Pantry - Offers shelf-stable and perishable groceries.
- Hearts & Hands
- Care Ring Food Pantry - Free produce and groceries (referral required).
- Care Ring
- Nourish Up / Pantry List - Directory of pantries with produce and dry goods available.
- CAF

Additional pantries around Charlotte (e.g., Christ the King Food Pantry, Angel & Sparrows) offering groceries.

Daniel Fast Recipes

Scan the links below to have access to recipes for the Daniel Fast.



a couple cooks



**Additional
Resources**

PAGE 14