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*Galatians 6:9; Romans 6:6-7*

Successful people do Consistently what other people do Occasionally

We connect our Failure to our Identity; Romans 7:24

1. We focus on the What but we do not understand the How

* We focus on the Action we want to Perform but we don’t understand How to get there
* You will not rise to the level of your Goals; you will fall to the level of your Systems
* Daniel Pre-decided 3x a day, Every day, he would Stop to spend time with God
* We need to change the Systems that create unwanted Results
* If we change what we Do, the Outcomes will fix themselves

2. We do not see Progress fast enough

* We do not see much of a Difference and wrongly conclude that Small good decisions don’t Matter that much
* Your life is the Sum Total of all the Decisions you have made
* Who you are Today is the result of every single Small decision you have made along the Way
* One small, Faithful decision after Another will lead you to the place where everyone else wants to Be
* The things No One sees are what bring Results everyone wants

3. Our distorted Identity sabotages our Success

* An unhealthy Identity creates unwise Habits
* Then the unwise Habits reinforce the unhealthy Identity
* Challenge: Start with Who goals instead of What goals
* When you know Who you are, you know What to do
* The Do overflows out of the Who
* Positive Habits reinforce a healthy Identity
* When you know who you Are, you will know what to Do

Honolulu Assembly of God ⬩ *Habits* ⬩ January 9, 2022



**Foods to Eat** on the Daniel Fast

* **All fruit** – fresh, frozen, dried, juiced, or canned.
* **All vegetables** – fresh, frozen, dried, juiced, or canned.
* **All whole grains** – whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.
* **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
* **All legumes** - canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
* **All quality oils** – canola, coconut, grape seed, olive, peanut, and sesame.
* **Beverages** – distilled water, filtered water, and spring water.
* **Other** – unsweetened almond milk, rice milk, or soy milk; herbs, spices, salt, pepper, seasonings, soy products, and tofu.

**Foods to Avoid** on the Daniel Fast

* **All meat & animal products** – beef, fish, lamb, poultry, and pork.
* **All dairy products** – butter, cheese, cream, eggs, and milk.
* **All sweeteners** – agave nectar, artificial sweeteners, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
* **All leavened bread & yeast** – baked goods and Ezekiel bread
(if it contains yeast and honey).
* **All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, white rice.
* **All deep-fried foods** – corn chips, French fries, potato chips.
* **All solid fats** – lard, margarine, shortening and foods high in fat.
* **Beverages** –carbonated drinks, coffee, energy drinks, herbal tea, and tea.

*Special Note:* If you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast.

Source: *https://danielfast.wordpress.com/daniel-fast-food-list/*