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*John 14:12*

A. Caleb trusted God when Everyone and Everything else said, “It is Impossible!”

* The problem with Man’s Viewpoint; Numbers 13:27-33
* It is a land of Milk and Honey but it Cannot be done
* Caleb had a Different viewpoint; Who is Bigger?
* He was All In! He was ready to Step Out
* Result? He received a Promise; Numbers 14:24

B. He went after the Biggest Challenge when it would have been tempting to just Coast; Joshua 14:6-15

* He refused to let Age keep him from his inheritance
* God helped me Before and He will help me Now
* He refused to let Missed Opportunity keep him from his inheritance
* He suffered because of Other People’s bad decisions and could have become Bitter
* At 85 years old Caleb was as full of Faith and Courage as 45 years earlier
* He refused to let Adversity keep him from his inheritance
* He refused to let Doubt and lack of Faith keep him from his inheritance
* He refused to try to get by with the Minimum
* He chose to Hold Onto God’s promise

C. What about You?

* Don’t let Fear limit what you can Accomplish
* Don’t stay Safe in your Comfort Zone
* Don’t be afraid of Risk or Failing
* Don’t let your Circumstances determine your Outcome
* Get a Bigger Picture of who God is

Honolulu Assembly of God ⬩ January 2, 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/*