



# “Possessing the Keys Of the Kingdom”

Antioch & Kairos Church Ministries

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Dear Members:

Greetings Saints of God! We are about to embark on an incredible journey of faith in 2018 as we strive to be **Disciples with Influence**. In the next weeks, we have the opportunity to spiritually prepare ourselves through prayer and fasting which can break through the lies the enemy has sold the body of Christ. Prayer and fasting empowers believers to break down and destroy spiritual strongholds, some of which the enemy has been diligently forging in our souls for years. Praying, fasting, and seeking the Holy Spirit will reveal strategies that expose the devil's lies and help us to walk into victory.

Saints of God, we are fasting for breakthrough and revival, for our family and loved ones. For the weapons of our warfare are not carnal but mighty through God. In Matthew 17, Jesus gave His disciples the supernatural combination after they had encountered a demon in a young boy and they could not cure him because of unbelief. Unbelief hinders us from dealing with strongholds. It takes faith to dislodge the enemy. Fasting helps us overcome unbelief and build strong faith.

This year as you fast, I ask you to declare these rewards of fasting over your life to break the strongholds of the enemy: ***“Lord, I believe in the power of Your chosen fast. Let my fasting destroy the yokes that the enemy has set up against me! Let Your light come into my life. Let health, healing, and miracles be released in my life, and let me see breakthroughs of salvation and deliverance in my life through Your chosen fast! Let Your power and authority, be released in my life. I drive every, stubborn demon out of my life! Let every assignment of hell against me be broken—all pride, rebellion and witchcraft operating in my life will be destroyed through Your chosen fast!”***

As believers, I ask you to also declare these blessings of God in your life: ***“I humble my soul through fasting; let Your favor exalt me. Let Your anointing increase in my life! Let me enjoy restoration! Let Your covenant blessing and mercy be released on me! Nothing is impossible with You, Lord! Let my impossibilities become possibilities through Your chosen fast! Let my prayers be answered speedily! Guide me and manifest Your glory to me!”***

The called fast for PKOK in 2018 is a twenty-one-day Daniel Fast. The fast will start on January 3rd and run through January 23rd, 2018. I believe that 2018 is going to be a year of restoration and power in your life, and in the life of this

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2018 - Disciples Restored for Soaring – Isaiah 40:31a (MSG)

<sup>31</sup> But those who wait upon GOD get fresh strength. They spread their wings and soar like eagles

ministry as we embrace SERVANTHOOD. For it is time for the church to POWER UP and SOAR AS EAGLES!

Fasting is beneficial whether you fast partially or fully. One-day fasts on a consistent basis will strengthen your spirit over time and give you the ability to discipline yourself for longer fasts. We are going to follow the Daniel Fast and utilize our annual instructions for what to eat and when to eat.

My prayer is that every member will join us with this fast so that we will be empowered corporately. This fast will also prepare our minds to receive divine revelation and impartation during our annual Transformation Conference. All members need to participate in Daily Conference Call Prayer, which starts at 6:30 a.m., by dialing **218-844-1930** and entering the access code: **9071175#**.

*“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.” Daniel 10:2, 3*

Remember that one of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables, fruits and water. The Daniel Fast is attached to this document. In it we see what we eat during the Daniel Fast. We strengthen our Spirit as we eat fruits and vegetable and abstain from meat and meat products. However, during the weekend, baked poultry and fish can be added to your diet. **THIS IS SATURDAY AND SUNDAY ONLY!**

You may also eat whole-wheat grains; unleavened breads, beans and nuts, but you must avoid sweets, fried foods, dairy products, processed foods and beverages except water and 100% fruit and vegetable juices. This is throughout the entire fast. Let us remember “with God all things are possible,” and that biblical meditation transforms what we believe about ourselves and our situation in an accelerated manner. All Christians should attend Bible Study each week and our annual Transformation Conference.

I declare from this day you shall walk in the fullness of the blessing possessing everything our Lord Jesus died to provide. Grace & Peace to you all, FAITH WORKS!

Together in Christ,

Apostle Charles E. Lewis, Sr., D. Min.  
Pastor

# 21 Day Daniel Fast Guidelines

## Foods to include in your diet during the Daniel Fast:

**All fruits.** These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

**All vegetables.** These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

**All whole grains,** including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

**All nuts and seeds,** including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

**All legumes.** These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

**All quality oils** including but not limited to olive, canola, grape seed, peanut, and sesame.

**Beverages:** spring water, distilled water or other pure waters.

**Other:** tofu, soy products, vinegar, seasonings, salt, herbs and spices.

## **Foods to avoid on the Daniel Fast**

**All meat and animal products** including but not limited to beef, lamb, and pork.

**All dairy products** including but not limited to milk, cheese, cream, butter, and eggs.

**All sweeteners** including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

**All leavened bread** including Ezekiel Bread (it contains yeast and honey) and baked goods.

**All refined and processed food products** including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep-fried foods** including but not limited to potato chips, French fries, corn chips.

**All solid fats** including shortening, margarine, lard and foods high in fat.

**Beverages** including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.