

2019 RENEWAL GUIDE



What is 40 Days of Renewal?

40 Days of Renewal is an intentional period of time to pursue lasting renewal in Christ in every aspect of our lives. We have seen firsthand how God has brought about his transformation in people's marriages, families, health, and spiritual walk during the 40 Days of Renewal. We are expecting God to bring about yearround change that will begin in the hearts of our people as we engage in 40 Days of Renewal in 2019.

40 Days of Renewal is simply a time where we break from the rhythms of this world—the way we spend our time, the way we eat, the way we are entertained, all of it—and pursue a season of intentional engagement in the things of God by reading the Bible, praying consistently, praising God throughout the day, and fasting.

My prayer for you is that you will experience deep renewal in Jesus Christ these 40 Days and continue to experience lasting transformation long after this campaign concludes.

Randy Amita



For more information about

40 DAYS of RENEWAL visit mbchurch.com

TEXT

MBRENEWAL to **33222**

to receive text reminders for the Scripture

Rhythms of Renewal

Read, Pray, Praise Texts 3X a Day: 7AM, 12 PM, 7 PM

> Sunday Morning Worship: 8:00 AM and 10:45 AM

Life Group—40 Days Curriculum: 9:30 AM

> Wednesday Prayer: 6 AM and Noon in the Conference Center

Wednesday Night Bible Study Proverbs: 6 PM in the Worship Center

Preparing for 40 Days of Renewal

Loving God with all of our Heart, Soul, Mind and Strength

In the last week of Jesus' life, he said the most important commandment is to "love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength" (Mark 12:30 ESV). Our tendency as humans is to look for a list of things to do to appease our consciences and earn God's favor. Jesus does not call us to this, nor does he allow for this. His harshest rebukes were reserved for such people. This command is only lived out by the inner workings of the Spirit in the heart of the one who has faith in Jesus. This is part of the good news of the gospel: we who were unable to live out God's commands are now empowered to do so by Jesus Christ. Jesus was the one who perfectly loved the Lord with all of his heart, soul, mind, and strength, and Jesus, through his Holy Spirit, now lives within those who have surrendered to him. So, when we seek to carry out this command, we must first yield to the Spirit's inner workings by faith so that it is no longer we who live, but Christ who lives within us (Gal. 2:20).

This does not let us off the hook, however. The life of faith is both wholly passive and wholly active. It is a complete surrender to the work of the Spirit as we actively discipline ourselves to put to death the things of this world, to put on Christ, and to love the Lord with all of our heart, soul, mind, and strength. We do not get the luxury of compartmentalization; Jesus requires all of us all the time. 40 Days of Renewal will seek to live out by faith this command of Jesus, not as the way to carry it out, but a way among many one may choose in pursuit of obedience to Christ.

- We will be intentional about reading and meditating on Scripture which convicts our hearts, strengthens our souls, renews our minds, and directs our strength.
- We will be intentional about praying, through which our hearts draw near to God, our souls are relieved of burdens, our minds are refocused, and our strength is found in the Lord.

- We will be intentional about fasting from unhealthy food and forms of media which will expose idols in the heart, bring about God's clarity in our souls, sharpen our minds, and reinvigorate our bodily strength.
- We will be intentional about gathering together regularly to refresh our hearts, lift up our souls, refocus our minds, and stir up strength in each other.

This intentional pursuit is not meant to end, but rather our hope is that God would use this season to bring about lasting transformation in every aspect of our lives that goes well beyond the conclusion of this season. We believe that if you join us in this pursuit of Christ, you, your family, and our community will never be the same.

TUESDAY, JAN. 1 Passage: Isaiah 40 WEDNESDAY, JAN. 2 Passage: Isaiah 41 THURSDAY, JAN. 3 Passage: Isaiah 42

FRIDAY, JAN. 4 Passage: Isaiah 43

SATURDAY, JAN. 5 Passage: Psalm 1

Let's commit with one another to memorize Psalm 1 (one verse a week) and meditate on Psalm 1 daily these 40 Days. Pray through it. Find strength and encouragement in its truths, and use those truths to strengthen and encourage others.

Week One: Making the Best Use of Your Time

Prayer Guide:

- » Am I utilizing my time effectively for making disciples at home, at work and in the other areas that I live my life? (Colossians 4:2-6)
 - □ Look at and evaluate your regular use of time and ask these questions...
 - Am I using my time for Kingdom purposes?
 - How can I use time more purposefully with my family to help them grow as disciples and disciple-makers?
 - How can I use time at work or school more effectively to not just benefit my workplace or school and the people there, but also to build relationships where disciples of Jesus can be made and grown?
 - How can I use time more meaningfully with my neighbors and the people in the other areas of my life (i.e. extra-curricular activities, sports, etc.) to draw them closer to Jesus?
- » Father, thank you for the time you have given us this week. We pray that we would use it for your purposes in all areas of our lives. Help us not to let the natural current of life carry us through, but may we navigate the waters of life with purpose and intentionality for your glory, knowing that we carry your name wherever we go. In Jesus name, Amen.

Worship Songs for the Week:

- How Deep the Father's Love for Us By Austin Stone Worship
- One True God
 By Steven Curtis Chapman

SUNDAY, JAN. 6 Passage: Psalm 111

MONDAY, JAN. 7 – DAY 1 V Morning Passage: Psalm 39 Lunchtime Passage: Proverbs 16:9 Evening Passage: Galatians 6:9-10

TUESDAY, JAN. 8 - DAY 2
Morning Passage: Psalm 130
Lunchtime Passage: 2 Peter 3:8-13
Evening Passage: James 4:13-17

WEDNESDAY, JAN. 9 – DAY 3
Morning Passage: Proverbs 9
Lunchtime Passage: Proverbs 27:1
Evening Passage: Ecclesiastes 3:1-15

THURSDAY, JAN. 10 – DAY 4
Morning Passage: Psalm 102
Lunchtime Passage: 1 John 2:17
Evening Passage: John 9:1-7

FRIDAY, JAN. 11 - DAY 5
Morning Passage: Psalm 119:1-32
Lunchtime Passage: Proverbs 6:10-11
Evening Passage: Hebrews 4:14-16

SATURDAY, JAN. 12 - DAY 6
Morning Passage: Psalm 90
Lunchtime Passage: Hebrews 10:24-25
Evening Passage: John 13:34-35

Week Two: Life as a Temple of God

Prayer Guide:

- » What things am I exposing myself to that are feeding my fleshly desires instead of the Spirit of Christ within me?
 - Take a look at your habits, patterns, and thought life. Remind yourself of these truths
 - You were made in the image of God...you have value.
 - You were made to fill the earth with the image of God...you have a purpose.
 - The Lord's desire is for you to "be holy because He is holy"...you have a calling.
 - You have taken His name upon your life and are identified as a member of His family, don't take that name and live contrary to it, rendering it powerless; that is taking the name of the Lord in vain...you carry His name wherever you go.
 - He will not leave or forsake us; we have His Spirit within us at all times and are never alone...you have His presence and strength with you.
- » Father, your desire is that we live our lives in intimate relationship with you. We want you to transform our hearts and lives to reflect your character and your glory to those around us. Help us to dig deep into relationship with you so that these things will be true of us and you will be able to use us greatly for your name's sake. In Jesus name, Amen.

Worship Songs for the Week:

Holy, Holy, Holy
 By Audrey Assad

He Who is Mighty
 By Sovereign Grace Music

SUNDAY, JAN. 13 – DAY 7
Morning Passage: Psalm 115
Lunchtime Passage: 1 Corinthians 6:19-20
Evening Passage: 1 Corinthians 2:12-13

MONDAY, JAN. 14 – DAY 8 Original Morning Passage: Psalm 54 Lunchtime Passage: Hebrews 10:19-23 Evening Passage: Luke 11:1-4

TUESDAY, JAN. 15 – DAY 9
Morning Passage: Psalm 103
Lunchtime Passage: Romans 8:1-4
Evening Passage: Ephesians 1:11-14

WEDNESDAY, JAN. 16 – DAY 10 Original Passage: Proverbs 5 Lunchtime Passage: Proverbs 25:27-28 Versing Passage: Proverbs 23:19-21

THURSDAY, JAN. 17 – DAY 11
Morning Passage: Psalm 127
Lunchtime Passage: Romans 8:12-13
Evening Passage: Romans 8:14-17

FRIDAY, JAN. 18 - DAY 12
Morning Passage: Psalm 119:33-64
Lunchtime Passage: Genesis 1:26-27
Evening Passage: 2 Corinthians 6:14-18

SATURDAY, JAN. 19 – DAY 13
Morning Passage: Psalm 139
Lunchtime Passage: 2 Corinthians 5:1-5
Evening Passage: 2 Corinthians 5:6-10

Week Three: Experience Victory over Sin

Prayer Guide:

» What sins do I desire to have victory over but can't seem to shake that I need to lay at the feet of Jesus?

¹⁹ Now the works of the flesh are evident: sexual immorality, impurity, sensuality, ²⁰ idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, ²¹ envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires. (Galatians 5:19-24 ESV)

- You already know some of the sin in your life...if you are aware of it, confess it and ask for forgiveness
- There may be some areas of your life where sin is lurking that you are unaware of...ask the Lord to reveal those to you so that you can repent of it
- » Father, thank you for your forgiveness and that if I confess my sin, you are faithful and just to forgive me and to cleanse me from all unrighteousness. Help me to walk in repentance and faith for your name's sake. In Jesus name, Amen.

Worship Songs for the Week:

- Amazing Grace (My Chains are Gone) By Chris Tomlin
- Do What You Want To By Vertical Worship

SUNDAY, JAN. 20 – DAY 14 V Morning Passage: Psalms 130-131 Lunchtime Passage: 1 Corinthian 10:13 Evening Passage: Isaiah 41:10

MONDAY, JAN. 21 – DAY 15 Original Morning Passage: Psalm 22 Uunchtime Passage: Romans 6:6-11 Evening Passage: Romans 6:12-14

TUESDAY, JAN. 22 – DAY 16
Morning Passage: Psalm 51
Lunchtime Passage: Philippians 1:9-11
Evening Passage: 2 Corinthians 10:3-6

WEDNESDAY, JAN. 23 – DAY 17
Morning Passage: Psalm 1
Lunchtime Passage: Proverbs 3:5-6
Evening Passage: Proverbs 10:2-3

THURSDAY, JAN. 24 - DAY 18
Morning Passage: Psalm 40
Lunchtime Passage: Romans 8:37-39
Evening Passage: Hebrews 3:12-13

FRIDAY, JAN. 25 - DAY 19
Morning Passage: Psalm 119:65-96
Lunchtime Passage: 1 John 1:8-9
Evening Passage: 1 John 2:15-17

SATURDAY, JAN. 26 - DAY 20
Morning Passage: Psalm 23
Lunchtime Passage: Philippians 2:12-13
Evening Passage: 1 Peter 5:6-10

Week Four: Living Set Apart Life

Prayer Guide:

- » What are some ways that I can begin to live distinctly from the culture around me so as to more effectively reflect the character and glory of God? (Matthew 5:16; 2 Timothy 2:21)
 - There is a lot of pressure to conform to the culture around us. Some of that pressure comes from the culture and other people toward us, but some of the pressure also is birthed from within our broken flesh that craves acceptance and praise.
 - Our call as disciples of Jesus is to not live like the world, but to live distinctly. We are to stand out so that the world will know who King Jesus is and He alone will get the glory and praise.
 - What are some ways that I have given into the external and internal pressure to conform to the world around me? What are some ways in which I can live distinctly for the purpose of making Jesus known to those around me?
- » Father, like a city on a hill, may my life and my light shine before men in such a way that those around me will take notice and glorify you who are in heaven. In Jesus name, Amen.

Worship Songs for the Week:

- Come Thou Fount, Come Thou King By Gateway Worship
- Come Ye Sinners
 By Vertical Worship

SUNDAY, JAN. 27 – DAY 21 V Morning Passage: Psalm 133-134 Lunchtime Passage: 1 Peter 2:9-10 Evening Passage: Romans 12:1-2

MONDAY, JAN. 28 – DAY 22 V Morning Passage: Psalm 19 Lunchtime Passage:1 Peter 1:15-16 Evening Passage: 2 Corinthians 5:17

TUESDAY, JAN. 29 - DAY 23
Morning Passage: Psalm 143
Lunchtime Passage: 2 Timothy 1:9-10
Evening Passage: Ephesians 4:22-24

WEDNESDAY, JAN. 30 – DAY 24 Original Passage: Proverbs 2 Lunchtime Passage: Proverbs 10:24-28 Evening Passage: Proverbs 10:29-32

THURSDAY, JAN. 31 – DAY 25
Morning Passage: Psalm 25
Lunchtime Passage: Colossians 3:12
Evening Passage: Leviticus 20:7-8

FRIDAY, FEB. 1 – DAY 26
Morning Passage: Psalm 119:97-128
Lunchtime Passage: Hebrews 10:10-12
Evening Passage: Romans 8:30

SATURDAY, FEB. 2 – DAY 27
Morning Passage: Psalm 27
Lunchtime Passage: Romans 8:31-35
Evening Passage: Galatians 2:20

Week Five: Peace of Biblical Stewardship

Prayer Guide:

- » How am I handling and seeking to use the things that God has blessed me with for Kingdom advancement?
 - Most often when we hear the word, "stewardship", we think of money and how we use it. Our finances are a piece of the puzzle of biblical stewardship, but the puzzle is also made up of many other areas and things in our lives that we are called to manage for the glory of God...i.e. money, house, possessions, skills, work, relationships, time, etc.
 - As stewards of God's resources in our lives, we will give an account to Him on how we manage them for His Kingdom purposes. How are you doing with the things that God has entrusted you with?
- » Father, your blessings are good, and I know that all that you have allowed me to have in this life is to be used for your honor and glory. Help me to be faithful with all of it so that your name would be magnified. In Jesus name, Amen.

Worship Songs for the Week:

- Take My Life and Let It Be (I Am Yours) By Michael Neale
- God, You're So Good
 By Passion

SUNDAY, FEB. 3 – DAY 28
Morning Passage: Psalm 138
Lunchtime Passage: Colossians 3:23-24
Evening Passage: Matthew 25:14-30

MONDAY, FEB. 4 – DAY 29 V Morning Passage: Psalm 16 Lunchtime Passage: 2 Peter 1:3-8 V Evening Passage: 1 Timothy 6:6-19

TUESDAY, FEB. 5 - DAY 30
◊ Morning Passage: Psalm 32
◊ Lunchtime Passage: Matthew 6:24-34
◊ Evening Passage: Luke 12:31-33

WEDNESDAY, FEB. 6 - DAY 31
Morning Passage: Proverbs 11
Lunchtime Passage: Proverbs 19:17
Evening Passage: Proverbs 3:9-10

THURSDAY, FEB. 7 – DAY 32
Morning Passage: Psalm 24
Lunchtime Passage: Proverbs 13:22
Evening Passage: Ephesians 4:29

FRIDAY, FEB. 8 – DAY 33
Morning Passage: Psalm 119:129-152
Lunchtime Passage: 2 Timothy 2:15
Evening Passage: Matthew 25:14-30

SATURDAY, FEB. 9 – DAY 34
Morning Passage: Psalm 112
Lunchtime Passage: Ephesians 2:10
Evening Passage: Matthew 9:37-38

Week Six: Purposeful Relationships

Prayer Guide:

- » Who is in my life that needs to know Jesus? Whom do I need to be investing in to help them grow in their relationship with Jesus?
 - Since the worship and glory of God are ultimate, then our lives ought to be given to encouraging that in others.
 - Our part to play in bringing that about is to live holy lives that reflect the character and glory of God and to engage others in relationships so that they too can come to know Jesus and live their lives for His glory as well...to fill this earth with worshipers of King Jesus (make disciples of all nations).
 - Who am I personally praying for and seeking to engage in conversation and relationship for the sake of the Gospel?
 - Write their names down on an index card and stick it in your pocket this week to remind yourself to pray for them and to be intentional with them as you interact.
- » Father, thank you for saving us from the wrath that our sin was bringing upon our lives. Your love and grace and mercy are great. You are glorious and greatly to be praised, and we give our hearts, our lives, our everything to you for your glory. May You use us to engage those in our circles of influence and the nations in order that many will become disciples and worshipers of you. In Jesus name, Amen.

Worship Songs for the Week:

□ It Is Well □ Is He Worthy? By Austin Stone Worship By Andrew Peterson SUNDAY, FEB. 10 – DAY 35 V Morning Passage: Psalm 145 Lunchtime Passage: Matthew 28:18-20 V Evening Passage: 1 Peter 3:15

MONDAY, FEB. 11 – DAY 36 Original Morning Passage: Psalm 67 Lunchtime Passage: 2 Corinthians 5:20 Evening Passage: 2 Timothy 4:5

TUESDAY, FEB. 12 – DAY 37
Morning Passage: Psalm 33
Lunchtime Passage: Mark 16:15
Evening Passage: Romans 1:16

WEDNESDAY, FEB. 13 – DAY 38
Morning Passage: Proverbs 27
Lunchtime Passage: Proverbs 11:30
Evening Passage: Ecclesiastes 4:9-12

THURSDAY, FEB. 14 - DAY 39
Morning Passage: Psalm 34
Lunchtime Passage: Matthew 4:19-20
Evening Passage: 2 Timothy 2:2

FRIDAY, FEB. 15 - DAY 40
Morning Passage: Psalm 119:153-176
Lunchtime Passage: Colossians 1:28-29
Evening Passage: John 15:5-8

Consider joining us in one of our Discipleship Groups that will launch this coming week. Thank you for going on the journey with us these 40 Days. We hope that God used this season in a powerful way to bring about lasting renewal in every aspect of your life.

THE DANIEL FAST

When I have seriously sought the Lord's guidance, sought his deliverance, or sought the distinction of his voice, I have, at times, sought him with fasting and prayer. When I have purposefully determined to have holy discipline in my life and a heightened pursuit of God's will and ways, I have, at times, included fasting with prayer.

Biblical fasting is primarily a natural discipline of refraining from food for supernatural results. The practice is mentioned as many as 70 times in the Old and New Testaments. It involves, for a period of time, the total abstinence of food or the restriction of some foods (a total or partial fast).

During 40 Days of Renewal, MeadowBrook is encouraging people to consider fasting. Although in Christ all foods are made clean and are unrestricted to us, we recognize the value of denying our bodies certain foods, at least for a period of time, which can help us to grow spiritually and help us to increase in physical health. Greater spiritual and physical health allows us greater opportunity to serve God and others well.

Most people, who participate in a partial fast during 40 Days of Renewal, will follow the example of Daniel, the Old Testament prophet. The restriction that Daniel and his friends imposed on their diet and their devotion to God resulted in healthy benefits. God also blessed the men with unusual aptitude; additionally, Daniel received specific revelations from God. We encourage you to eat decidedly healthy foods during 40 Days of Renewal, including organic, fresh or frozen vegetables and fruits, legumes, nuts and seeds (unsalted, soaked/spouted) and whole grains, such as oats, quinoa and brown rice. See the next pages for a more thorough list. We encourage you to cut additives and processed foods, as well as salt and sugar.

Some people have difficulty consuming enough protein through nuts and legumes, so they may consider adding, in moderation, protein sources such as fish (think salmon and trout) and organic chicken and turkey (think grass-fed, hormone-free, antibiotic-free, and pesticide-free).

The results of participating in the Daniel fast can be astounding. You may recognize strongholds that food and drink have over you, and with God's grace, overcome them. You'll see parallels in making healthy food choices and healthy spiritual choices. You will recognize attitudes and actions that are contrary to the will and way of Christ, and be led and empowered by the Holy Spirit to change course. Your personal and corporate worship will be enhanced, and you'll have an increase in spiritual insights. You'll probably experience great health benefits, including losing unwanted weight, having lower blood pressure, decreased levels of blood sugars and lower cholesterol numbers.

Greatest of all, the fast will help you to seek and know God in a deeper experience. It will provide an opportunity for introspection, confession and repentance. You'll be drawn to a deeper prayer experience and learn to pray continuously.

MeadowBrook will experience unparalleled growth, spiritual and otherwise, if a large number of people purpose to seek God during the 40 Days of Renewal and include the discipline of fasting during the journey.

Randy Hunter

FOODS TO ENJOY

FRUITS preferably organic & fresh or frozen

VEGETABLES preferably organic & fresh or frozen





APPLES	LEMONS
APRICOTS	LIMES
AVOCADOS	MANGOES
BANANAS	MELONS
BLACKBERRIES	NECTARINES
BLUEBERRIES	ORANGES
CANTALOUPE	PAPAYAS
CHERRIES	PEACHES
COCONUTS	PEARS
CRANBERRIES	PINEAPPLES
CRANBERRIES DATES	PINEAPPLES PLUMS
DATES	PLUMS
DATES FIGS	PLUMS PRUNES
DATES FIGS GRAPEFRUIT	PLUMS PRUNES RAISINS
DATES FIGS GRAPEFRUIT GRAPES GUAVA HONEYDEW	PLUMS PRUNES RAISINS RASPBERRIES
DATES FIGS GRAPEFRUIT GRAPES GUAVA	PLUMS PRUNES RAISINS RASPBERRIES STRAWBERRIES

ARTICHOKES	MUSTARD
ASPARAGUS	GREENS
BEETS	OKRA
BROCCOLI	ONIONS
BRUSSEL	PARSLEY
SPROUTS	PEPPERS
CABBAGE	POTATOES
CARROTS	RADISHES
CAULIFLOWER	RUTABAGAS
CELERY	SCALLIONS
COLLARD	SPINACH
GREENS	SPROUTS
CORN	SQUASH
CUCUMBERS	SWEET
EGGPLANT	POTATOES
GREEN BEANS	TOMATOES
KALE	TURNIPS
LEEKS	YAMS
LETTUCE	ZUCCHINI
MUSHROOMS	

LIQUIDS

LEGUMES preferably organic



WATER (SPRING, DISTILLED FILTERED) COCONUT MILK COCONUT KEFIR ALMOND MILK

VEGETABLE JUICE (FRESH PRESSED)

NUTS & SEEDS

preferably organic, raw, unsalted & soaked/sprouted



BLACK BEANS BLACK-EYED PEAS KIDNEY BEANS LENTILS MUNG BEANS PINTO BEANS SPLIT PEAS

WHOLE GRAINS preferably organic







AMARANTH QU BARLEY OA BROWN RICE (G MILLET

QUINOA OATS (GROATS SOAKED)

OPTIONAL SUPPLEMENTAL FOOD ITEMS:

Fish (salmon & trout), Organic Chicken, Turkey (think grass-fed, hormone-free, antiobiotic-free, and pesticide-free)

MUSHROOM FAJITAS

By: Laura Guyton

Makes 6 Servings; (Can sub. mushrooms with pan-fried diced new potatoes)

Ingredients

2-3 large Portobello mushrooms 2 bell peppers 1 onion 1 Tbsp. taco seasoning (see below) Juice of 1/2 lime 1 Tbsp. olive oil (can sub water/broth) Head of Lettuce for Lettuce Wraps Taco Seasoning- yields about 3 Tbsp. 1 Tbsp. chili powder 1 1/2 tsp. cumin 1 tsp. oregano 1 tsp. onion powder 1 tsp. garlic powder 1 tsp. paprika 1/4 tsp. cayenne pepper (optional) **Optional Sea Salt to taste**



Directions

- Remove stems of mushrooms, spoon out gills if desired, and wipe tops clean. Cut into about 1/3 inch thick slices. (For Potatoes: heat up 1 Tbs. olive oil in pan on MEDIUM heat, cut 4 new potatoes into small ½ in. squares and place in heated olive oil. Add a pinch of sea salt (optional) and pepper and let cook for 20 min. or until soft)
- 2. Thinly slice bell peppers and onion.
- 3. Make taco seasoning if necessary
- 4. In a large skillet over medium heat, add 1 Tbsp. olive oil (or water/ broth) and the peppers and onions. Cook about 2 minutes.
- 5. Add mushrooms and 1 Tbsp. taco seasoning.
- 6. Stirring occasionally, cook another 7-8 minutes or until softened. Add juice of 1/2 lime (or more) and stir. Salt if necessary and turn off heat and enjoy!

HOMEMADE SALSA

Combine 1 package of cherry tomatoes, 1 de-seeded and cubed jalapeño, optional Sea Salt to taste, Garlic powder to taste, chopped onions to taste, cilantro to taste and Lime juice to taste into food processor and mix until smooth.

CAJUN RED BEANS AND RICE

By: Taylor Hindsman

Makes 2-3 Servings; For canned goods look for organic & unsalted

Ingredients

- 1 15oz can of red beans
 1 Medium white onion
 1 cup brown rice
 1 Tbs olive oil
 1 Tbs paprika
 ½ Tbs onion powder
 ½ Tbs garlic powder
 ¾ tsp black pepper
 ½ tsp thyme
 ½ tsp Oregano
 Dash of cayenne pepper
 Pinch of red pepper flakes
 Himalayan salt (optional to taste)
 Directions
- 1. Prepare according to package directions
- 2. Mix spices together in a small bowl
- 3. In a medium pan, add the olive oil on medium heat. Once the pan is warm, add onions. Cook for 15 minutes, or until they are clear
- 4. Add red beans and the desired amount of spice mixture. Cook for 10 minutes.
- 5. Place desired amount of rice of on plate, then add beans and onions on top.



STUFFED SWEET POTATOES WITH AVOCADO SAUCE

By: Candace Doak

Makes 4 Servings, For canned goods look for organic & unsalted

Sweet Potatoes

2 large sweet potatoes
1 1/2 teaspoons cumin
1/2 teaspoons smoked paprika
1/4 teaspoon black pepper
1 cup kidney beans canned
1 cup chickpeas canned
½ cup red bell pepper diced
Optional Sea Salt to taste



Avocado Sauce

avocado roughly chopped
 cup fresh coriander chopped
 tablespoons lime juice
 clove garlic
 teaspoon cumin
 cup cold water
 teaspoon salt or to taste
 black pepper freshly ground, to taste

Directions

- 1. Preheat the oven to 400°F/200 °C, pierce the sweet potatoes with a fork multiple times and bake for 40 minutes.
- 2. Meantime, add all the ingredients for the sauce into a blender and blend until smooth. Refrigerate until ready to use.
- 3. Take the baked sweet potatoes out of the oven and cut them length wise into half. Carefully scoop the flesh using a tablespoon into a medium-sized bowl and mix in the spices. Once well combined, add the bell pepper, kidney beans and chickpeas.
- 4. Fill the mixture into the potato skins and bake for another 10 minutes.
- 5. Remove from the oven and drizzle with avocado sauce.

BLACK BEAN BURGERS

By: Kary Brewer

Makes 6 Servings; For canned goods look for organic & unsalted

Ingredients

2 cans black beans ¾ onion

- One red bell pepper
- 1 Tbs cilantro
- 1 Tbs cumin
- 2 cloves of garlic
- 1 Avocado (optional)
- 1 head of lettuce (optional)

Directions

- 1. Preheat oven to 400°
- 2. Rinse and pat dry black beans. Mash with a fork.
- 3. Put onion, bell pepper, cilantro, cumin and garlic cloves into a food processor and chop on medium until finely chopped.
- 4. Combine with the mashed black beans in a bowl.
- 5. Mold together like a burger patty and bake for 10 minutes and then flip for 10 minutes on the other side
- 6. Serve with avocado and lettuce in place of the bun (optional)

5-MINUTE HUMMUS

By: Jessica Williamson

Ingredients

1 15oz can chickpeas, rinsed (organic & unsalted)
 1 clove garlic
 ¼ cup olive oil, plus more for serving
 2 tbsp fresh lemon juice
 2 tbsp tahini (optional)
 1 tsp ground cumin
 ¼ tsp paprika
 Optional Sea Salt to taste



Directions

- 1. Mix all ingredients in food processor until smooth
- 2. Add 2-3 tbsp of water if you want it more creamy
- 3. Drizzle olive oil and paprika on top before serving

3 BEAN CHILI

For canned goods look for organic & unsalted

Ingredients

- 1 can pintos
 1 can great northern beans
 1 can red kidney or black beans
 1 can no sodium Rotel tomatoes & peppers
 1 can diced tomatoes
 ½-1 onion (to taste)
 2 cloves garlic (to taste)
 2-3 cups organic veggie stock
 Bell peppers or carrots for extra veggies
 1 tsp oregano
- 1 tsp chili powder

Directions

- 1. Sauté onion and peppers till softened
- 2. Add garlic; allow to cook for a couple minutes
- 3. Add beans and tomatoes
- 4. Add veggie stock; bring to boil, reduce heat and simmer

SPINACH SALAD

(Can make at Ruby Tuesday Salad Bar)

Ingredients

Baby Spinach leaves Sliced unsalted almonds Cherry tomatoes Banana Peppers Unsalted sunflower seeds Carrots Black beans Edamame Green Peas Corn Black Pepper Fruit (Optional) Oil and Vinegar Dressing



BEAN AND RICE CASSEROLE

For canned goods look for organic & unsalted

Ingredients

- 1 medium onion, chopped
- 1 cups uncooked brown rice
- 1 can red kidney beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 can garbanzo beans, drained and rinsed
- 1 can stewed tomatoes, drained
- 1 can chopped mild chilies (4 oz), drained
- 10 oz frozen green peas, thawed by placing under running water
- 1 cup frozen corn, thawed by placing under running water

Directions

- 1. Preheat oven to 375
- In a 5-qt Dutch oven over medium heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally
- 3. Add rice; cook while stirring until parched and slightly opaque
- 4. Add beans, tomatoes, chilies and 3 ½ cups of water into the Dutch oven and bring to a boil
- 5. Cover tightly and place in oven, baking until rice is tender and liquid is absorbed (around 1 hour)
- 6. Add peas and corn, adjust seasonings, and return to oven until heated through

OTHER LUNCH/DINNER OPTIONS

- Quinoa and veggies
- ◊ Squash Medley, beans, and rice/quinoa
- Chickpeas and rice (Indian dish)
- Spaghetti Squash and homemade pasta sauce
- ◊ Vegetable Plate—Shoot for two greens, one bean, and a sweet potato

"GREEN" SMOOTHIE

By: Hunter Hindsman Makes 2 Servings

Ingredients

Spinach (blender full)

- 1 tbsp. chia seeds
- ¾ cup carrot juice
- 1 cup blueberries
- 4 strawberries



- 2 large spoonsful of Teddy's unsalted peanut butter (Publix
- 1 banana

Directions

- 1. Place spinach, chia seeds, and carrot juice into blender and mix until spinach is chopped so you have more room to fill blender with other ingredients
- 2. Place all other ingredients into blender and mix until smooth
- 3. The great thing about smoothies is that you can add or subtract the amounts and different kinds of fruit you put in it. Just remember to have the spinach base so you can stay up on your iron count for the day!

PEANUT BUTTER BARS

By: Barbara Ann Garrett

Ingredients

2 cups rolled oats (I used the regular old-fashioned oats)Raisins (optional)1 cup natural peanut butter1/2 cup honey

Directions

- 1. Heat honey and peanut butter to mix them
- 2. Pour in oats and raisins
- 3. Spread in a 9x13 and let it sit for 30 minutes, then cut into bars
- 4. Refrigerate until eaten

BANANA-CARROT MUFFINS

By: Jessica Williamson

Ingredients

½ cups grated carrots (about 2 large carrots)
 ½ cups mashed banana (about 2-3 large bananas)
 ½ cup applesauce (unsweetened)
 1 tsp vanilla
 1 cup whole-wheat flour
 1 cup oats, ground OR quinoa flakes
 (optional, add 1 tbsp. cinnamon, nutmeg and raisins)

Directions

- 1. Preheat oven to 355°
- 2. Spray/line 12 muffin cups
- 3. Combine carrots, bananas, applesauce and vanilla in bowl
- 4. Mix in flour, oats and spices (optional) into the wet ingredients, stirring until just combined
- 5. Pour batter into muffin tins with a spoon or ice cream scoop
- 6. Bake for about 30 minutes depending on your oven

GRANOLA (DR. AXE)

Ingredients

cup crushed almonds
 cup oats
 cup sunflower seeds
 cup pumpkin seeds
 cup coconut flakes (optional)
 cup honey
 teaspoon cinnamon

Directions

- 1. Preheat oven to 250 degrees
- 2. Mix all together and spread out on a non-stick cookie sheet and bake for 20 minutes.
- 3. Stir and continue to bake another 20 minutes, stirring periodically to prevent burning. The granola should be lightly browned.
- 4. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags.





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