

NO FOOD OR WATER

THIS FAST RESTRICTS BOTH FOOD AND LIQUID. YOU CAN CHOOSE DO THIS ON GIVEN DAYS AND FOR A CERTAIN TIME FRAME. (EXAMPLE: MONDAYS, WEDNESDAYS, AND FRIDAYS FROM SUNRISE TO SUNDOWN)

FRUITS AND VEGETABLES

THIS FAST IS STRICTLY FRUITS AND VEGETABLES ONLY FOR 21 DAYS. WATER IS ALLOWED.

DANIEL FAST

FOODS TO EAT:

Whole grains, Beans and legumes
Nuts and seeds,
Vegetables, Fruit,
Oils, Other Beverages

FOODS TO AVOID:

Animal products, Added sugar
Yeast, Refined grains, Processed food,
Deep-fried food

21 DAY FAST

JANUARY 11-JANUARY 31

WHY DO WE FAST

"BLESSED ARE THOSE WHO HUNGER AND THIRST FOR RIGHTEOUSNESS, FOR THEY SHALL BE FILLED" MATTHEW 5:6

FASTING LEADS TO A DECLUTTERING OF YOUR SOUL. THE THINGS OF THIS WORLD THAT HAVE A PLACE IN YOUR HEART, ARE THE VERY THINGS THAT ARE HIGHLIGHTED AND REMOVED DURING THIS PROCESS. FASTING IS A SPIRITUAL CLEANSE THAT CREATES A DEEP SENSITIVITY FOR THE THINGS OF GOD. THROUGH FASTING, WE GET TO THE POINT WHERE WE SAY "GOD, WE WANT MORE OF YOU AND LESS OF THIS WORLD."

HOW DO WE FAST

THERE ARE DIFFERENT WAYS TO FAST. FASTING IS A SACRIFICE OF SOMETHING THAT YOU ENJOY. (I.E. FOOD, T.V., SOCIAL MEDIA, SHOPPING ETC.)

THE GOAL IS TO LEARN TO SAY NO TO _____ AND YES TO GOD. THIS SPEAKS OF THE DESPERATION TO SEE GOD MOVE IN OUR LIVES. AND AS A PROMISE GOD MEETS US IN THAT DESPERATION AND IN THAT SACRIFICE.

IDEAS ON WHAT TO FAST

1. NO FOOD/ WATER ONLY
2. FRUITS AND VEGETABLES ONLY
3. "DANIEL FAST"
4. NO SUGAR/ NO CARBS
5. EATING ONLY A CERTAIN TIME OF DAY (example: fasting breakfast and dinner, and eating only in Lunch)
6. SHOPPING
7. SOCIAL MEDIA