

## **Foods to include in your diet during the 21 days of prayer and Fast**

**All fruits:** These can be fresh, frozen, dried, juiced or canned.

**All vegetables:** These can be fresh, frozen, dried, juiced or canned.

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

**All nuts and seeds:** including sunflower seeds, cashews, peanuts, sesame.

**All legumes:** Beans, peas etc. These can be canned or dried.

**All quality oils:** olive, canola, peanut, and sesame.

**Beverages:** spring water, distilled water or fruit juices.

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

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

- ◇ All meat and animal products
- ◇ All dairy products
- ◇ All sweeteners
- ◇ All breads and baked goods.
- ◇ All refined and processed food products
- ◇ All deep fried foods and fats
- ◇ Coffee, soft drinks and alcohol



Remember, this fast is about growing your relationship with God. He's not as concerned about what is in your stomach as He is about what is in your heart.

God is certain to bless your life in new and exciting ways during the fast. We encourage you to write down your prayers and the many ways God reveals Himself to you. We can't wait to see what God is going to do in your life and in the life of our church.

*For when God is the supreme hunger of your heart, he will be supreme in everything. And when you are most satisfied in him, he will be most glorified in you.*

*John Piper*

**life** christian centre

# 21 days prayer fasting

3 Feb —  
23 Feb

**life**

## What is fasting?

Essentially, biblical fasting is refraining from eating food for a spiritual purpose. It is the abstaining from food, to focus on spiritual growth and intimacy with God. The purpose being, to declutter your spirit of the things of this world and to become more sensitive to the things of God. Fasting enables your spirit to be more receptive, and allows you to go deeper into your relationship with Him.

## Why fast?

During the years that Jesus walked this earth, He devoted time to teaching His disciples the principles of the Kingdom of God, principles that conflict with those of this world. In the sermon on the mount, in Matthew 6, Jesus outlined the pattern for how we are to live as a child of God. This pattern addressed three specific duties of a Christian: giving, praying and fasting. Jesus said, "When you give"... "And when you pray"... "And when you fast." He made it clear that fasting, like giving and praying, was a normal part of Christian life. As much attention should be given to fasting as is given to giving and praying.

Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God.

*"I have treasured the words of His mouth more than my daily bread." Job 23:12*

## What is a 21 Day fast?

It is a fast based on the fasting experiences of the Old Testament Prophet Daniel. It's a partial fast where some foods are eaten while others are restricted for a period of time. **Daniel 10:2-3** says, **"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 was grieved with the revelation he had received for Israel. He ate no choice breads or meats, and drank no wine for three weeks. Daniel gave up certain foods to honour God. His fast and prayer broke the power of evil and released the angels of God so that God's purposes could be revealed and served. As with Daniel, fasting and prayer will put you in the best possible position for a breakthrough.

The Daniel Fast, is a spiritual discipline designed to better connect us with God. Remember, if it doesn't mean anything to you, it doesn't mean anything to God.

As a church, we at Life are fasting in order to deepen our relationship with God and to walk in step with His plan and purpose. The best way to do this is to redirect our food source. This is accomplished by substituting our regular food intake with Bible reading, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God.

Daniel's decision not to eat the king's food was an outward symbol of an inward commitment he had made to God. Let your choices over the three weeks reflect the hunger you have for God's presence in your life. It is the spirit of Daniel's decision that we are imitating over the 21 days.

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet. We will focus on eating fruits and vegetables and drinking water. We have included a list of foods to eat and foods to avoid. You may adjust this list according to your own dietary needs. The details of the fast are between you and God, use this time to focus on Him.

If you have any medical or health condition\* which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, sweets, entertainment, television, certain activities, etc) and fast in that manner for the 21 days. **Remember, the details are not as important as the spirit in which you participate.**

*\*If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.*