

Greater Love Church

PRAYER, FASTING, AND PERSONAL DEVOTATION GUIDE

Scripture Reference: Daniel 1:8-21

Congratulations on your willingness and commitment to join Greater Love Church for this 21 day fast

~ January 2021 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Nuts, Fruits, Vegetables & Water ADD 1 MEAL TO INCLUDE Chicken, Turkey, or Fish	4 Nuts, Fruits, Vegetables & Water	5 Nuts, Fruits, Vegetables & Water	6 TOTAL FAST WATER AND JUICES ONLY	7 Nuts, Fruits, Vegetables & Water	8 Nuts, Fruits, Vegetables & Water	9 Nuts, Fruits, Vegetables & Water
10 Nuts, Fruits, Vegetables & Water ADD 1 MEAL TO INCLUDE Chicken, Turkey, or Fish	11 Nuts, Fruits, Vegetables & Water	12 Nuts, Fruits, Vegetables & Water	13 TOTAL FAST WATER AND JUICES ONLY	14 Nuts, Fruits, Vegetables & Water	15 Nuts, Fruits, Vegetables & Water	16 Nuts, Fruits, Vegetables & Water
17 Nuts, Fruits, Vegetables & Water ADD 1 MEAL TO INCLUDE Chicken, Turkey, or Fish	18 Nuts, Fruits, Vegetables & Water	19 Nuts, Fruits, Vegetables & Water	20 TOTAL FAST WATER AND JUICES ONLY	21 Nuts, Fruits, Vegetables & Water	22 Nuts, Fruits, Vegetables & Water	23 Nuts, Fruits, Vegetables & Water
24 FAST ENDS	25	26	27	28	29	30
31						

FOOD TO AVOID:

- MEAT (ONLY CHICKEN, TURKEY, OR FISH ON DESIGNATED DAYS)
- WHITE RICE
- FRIED FOODS
- CARBONATED BEVERAGES
- FOODS CONTAINING PRESERVATIVES OR ADDITIVES
- REFINED SUGAR OR SUGAR SUBSTITUTES
- WHITE FLOUR
- MARGARINE, SHORTENING, HIGH FAT PRODUCTS
- ALL BREADS & DAIRY – MILK, BUTTER, CHEESE, YOGURT, ETC.

Persons on medications or have conditions, please take medicine according to doctors' prescribed recommendation and consult your physician before beginning the fast.

(Foods We May Eat)

Whole Grains: Brown Rice, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats Figs, Grapefruit, Grapes, Guava, Honeydew melon, Kiwi, Lemons, Limes, Mangoes, Oranges, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Yams, Zucchini, Seeds, Nuts Sprouts

Liquids: Spring Water, Distilled Water, (as much as possible) 100% All Natural Fruit Juices, 100% all Natural Vegetable Juices, Unsweetened Soy Milk, Herbal Tea, Whole-Bean Coffee (no sugar or cream), **Other:** Extra-Virgin Oil (small quantities), Honey

If you have any 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 food or beverages, television, other technology, etc.) and fast in that manner for the next 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.

Fasting is a spiritual discipline designed to better connect us with God. It's all about aligning ourselves with God and what He really wants to do. As a church, we are fasting together in order to deepen our relationship with God as well as get in step with His plan and purpose for us during this coming year.

Over the next 21 days, we will substitute our regular food intake with those disciplines that help us better connect with God—reading the Bible, praying, and journaling. The overall goal is to experience a genuine hunger for spending time with God.

Remember, the ideas are to be **realistic, not legalistic**. Focus more on the details connecting with God than the details of the menus and you will discover the blessings of fasting. Over the next 21 days you will undoubtedly discover some amazing benefits of fasting. As God blesses your life, we encourage you to write down your prayers and experiences. Praise God for the renewed relationship you have with Him and for the works He is doing in your life. Prepare to experience the power of a refreshed perspective for the things He has in store for your life in 2014.