

21 DAYS OF FASTING AND PRAYER

For 21 days, we set this time apart to seek God with all our heart, to humble ourselves before Him, and to align our lives with His will. Fasting and prayer are not just spiritual practices, but an invitation to deepen our relationship with God, strengthen our spirit, and make room for Him to move powerfully in our lives, families, and church.

Fasting Options

To encourage everyone's participation, two fasting options are available. Each person may choose one option and commit faithfully for the full 21 days:

1. Water Fast (until 4:00 p.m.)

This option consists of fasting with water only from the morning until 4:00 p.m. After that time, food may be consumed in a moderate and mindful way, maintaining an attitude of prayer and consecration throughout the day. Sugar-free gum or sugar-free mints are allowed. On Sundays, the fast is broken at 12:00 p.m.

2. Daniel Fast (21 Consecutive Days)

This option consists of observing the Daniel Fast for the full 21 days without interruption.

FOODS TO ABSTAIN FROM (NOT PERMITTED)

Avoid all of the following during the 21 days:

Animal Proteins

- Meat (beef, chicken, pork, turkey)
- Fish and seafood
- Eggs

Dairy Products

- Milk
- Cheese
- Yogurt
- Butter

Refined Grains

- White bread
- White pasta
- White rice
- Commercial cookies/crackers

Sugars & Processed Foods

- Refined sugar
- Candy, chocolate, pastries
- Soft drinks and processed juices
- Packaged snacks

 **Beverages**

- Coffee
- Energy drinks
- Alcohol

 **PERMITTED FOODS (ALLOWED)** **Vegetables (all)**

- Spinach, broccoli, lettuce, carrots
- Cucumber, tomato, onion, peppers
- Zucchini, cabbage, cauliflower

 **Fruits (all)**

- Apples, bananas, pears
- Grapes, strawberries, watermelon
- Papaya, mango, pineapple

 **Whole Grains**

- Brown rice
- Oats
- Quinoa
- Whole wheat
- Barley

 **Legumes**

- Beans
- Lentils
- Chickpeas
- Fava beans

 **Healthy Fats**

- Nuts
- Almonds
- Seeds (chia, flaxseed, sunflower)
- Olive oil or coconut oil (in moderation)

 **Beverages**

- Water
- Water with fresh lemon
- Herbal teas (caffeine-free, unsweetened)

 **BIBLICAL FOUNDATION**

“Please test your servants for ten days, and let us be given vegetables to eat and water to drink.”

Daniel 1:12