

21

DAYS OF

PRAYER + FASTING
PRAYER + FASTING

GUIDE

SCG CHURCH

21

DAYS OF PRAYER & FASTING GUIDE

OUR VISION

OUR WHY

JESUS CHANGES EVERYTHING!

OUR WHAT

MAKE FOLLOWERS OF JESUS

OUR HOW

COME IN. BUILD UP. GO OUT.

COME IN

TO A RELATIONSHIP WITH JESUS AND HIS FAMILY (THE CHURCH)

BUILD UP

YOUR FAITH IN CHRIST AND LOVE FOR ONE ANOTHER

GO OUT

SHARE CHRIST'S MESSAGE AND SERVE ON HIS BEHALF

THEN THE MASTER TOLD HIS SERVANT, 'GO OUT TO THE ROADS AND COUNTRY LANES AND COMPEL THEM TO COME IN, SO THAT MY HOUSE WILL BE FULL.'

LUKE 14:23

WHY WE'RE FASTING

WHY ARE WE ASKING YOU TO JOIN US IN THIS FAST? WE'VE PUT TOGETHER THIS PACKET TO HELP YOU ANSWER THIS QUESTION, SO READ ON!

FOCUSING ON THE WHO: SPEND THE NEXT 21 DAYS FASTING AND PRAYING FOR SOMEONE WHO NEEDS TO BE HERE AT SCG.

IF YOU JOIN SCG IN THIS FAST, YOU WILL BE GIVING UP SOMETHING IMPORTANT TO YOU (SEE [FASTING TYPES](#)) IN ORDER TO DRAW CLOSER TO GOD. WHEN WE FAST, WE COME TO GOD WITH A SPECIFIC REQUEST; WE ASK HIM TO MEET A NEED IN OUR LIFE OR COMMUNITY. THE FOCUS OF THIS FAST IS NOT A "WHAT," IT IS A "WHO." AS YOU FAST OVER THE NEXT 3 WEEKS, YOU WILL BE FOCUSING YOUR PRAYERS ON THE SPECIFIC **PEOPLE** IN YOUR LIFE THAT NEED TO KNOW HIM. JAMES 5:16 SAYS THAT OUR PRAYERS ARE POWERFUL AND EFFECTIVE. WE REALLY CAN'T WAIT TO SEE WHAT GOD DOES THROUGH YOURS!

WHAT IS FASTING?

FASTING IS REFRAINING FROM SOMETHING IMPORTANT TO YOU FOR SPIRITUAL REASONS FOR A SET AMOUNT OF TIME.

MOST OFTEN A FAST INVOLVES NOT EATING CERTAIN TYPES OF FOOD, OR ABSTAINING FROM ALL FOODS AND DRINKING ONLY WATER OR JUICE. WHILE FASTING, YOU SET ASIDE SOMETHING IMPORTANT TO YOU THAT MAY BE BENEFICIAL BUT CAN ALSO CAUSE DISTRACTION. THE TIME YOU MAY HAVE SPENT ON THAT THING IS THEN SPENT FOCUSING ON GOD. BIBLICAL FASTING ALWAYS HAS GOD AT ITS CENTER. WHEN PEOPLE IN THE BIBLE FAST, SOME ARE ASKING FOR GOD'S WISDOM, OTHERS FOR HIS FAVOR, AND STILL OTHERS ARE BEGGING HIM TO RESCUE THEM; BUT ALL ARE SEEKING NOTHING MORE OR LESS THAN A DEEP EXPERIENCE WITH GOD. WHEN FASTING IS DONE IN FAITH WITH A HUMBLE HEART, IT CHANGES THE LIVES OF THE PEOPLE WHO DO IT.

IN FASTING, OUR FOCUS IS TO DRAW CLOSER TO GOD, TO HEAR HIS VOICE, AND TO BE BETTER ABLE TO DISCERN HIS WILL FOR OUR LIVES.

FASTING: TYPES

DANIEL FAST*

THE PROPHET DANIEL FASTED ON A NUMBER OF DIFFERENT OCCASIONS. THE DANIEL FAST USES HIS PRACTICES AS AN EXAMPLE AND ELIMINATES ALL PROCESSED FOODS, SUGAR, CAFFEINE, ALCOHOL, AND MEAT FROM YOUR DIET. YOU MAY EAT ALL FRUITS, VEGETABLES, NUTS, AND HEALTHY OILS THAT YOUR HEART DESIRES. THE BENEFIT OF THIS TYPE OF FAST IS THAT YOU ARE STILL ABLE TO EAT AND MAINTAIN YOUR NORMAL DAILY ROUTINES WHILE ELIMINATING UNHEALTHY FOODS FROM YOUR DIET. WE HAVE INCLUDED MORE DETAILS ON HOW TO PARTICIPATE IN THIS TYPE OF FAST AT THE END OF THIS GUIDE.

PARTIAL FAST*

IN A PARTIAL FAST, YOU CAN CHOOSE TO LIMIT YOUR DIET TO SPECIFIC FOODS OR FAST FOR ONLY SPECIFIC TIMES DURING THE DAY. SOME HAVE CHOSEN TO LIMIT THEMSELVES TO ONLY VEGETABLES FOR THE DURATION OF THE FAST, WHILE OTHERS CHOOSE TO FAST FOR ONLY SPECIFIC TIMES OF THE DAY (FROM SUNUP TO SUNDOWN). PRAY ABOUT HOW FOOD MIGHT BE DISTRACTING YOU. ASK GOD TO SHOW YOU WHAT YOU SHOULD GIVE UP.

COMPLETE FAST*

IN THE COMPLETE FAST, YOU WILL GIVE UP ALL SOLID FOOD. SOME CHOOSE TO EAT AND DRINK NOTHING BUT WATER FOR THE DURATION OF THE FAST. WE RECOMMEND INCLUDING FRUIT AND VEGETABLE JUICES AND VEGETABLE BROTH IN ADDITION TO WATER TO ENABLE YOU TO PARTICIPATE NORMALLY IN YOUR DAILY ROUTINES. WE HAVE INCLUDED MORE DETAILS ON HOW TO PARTICIPATE IN THIS TYPE OF FAST AT THE END OF THIS GUIDE.

SOUL FAST

FOR HEALTH REASONS, SOME ARE UNABLE TO PARTICIPATE IN A FOOD FAST. IN THESE CASES, MANY HAVE CHOSEN TO GIVE UP SOMETHING THAT MAY BE A DISTRACTION TO THEM IN THEIR DAILY WALK WITH GOD AND TO USE THE FREE TIME GAINED TO FOCUS ON HIM. SOME HAVE CHOSEN TO GIVE UP SOCIAL MEDIA, SOME ABSTAIN FROM ALL FORMS OF DIGITAL ENTERTAINMENT, AND OTHERS HAVE CUT OUT ALL ELECTRONICS THAT ARE NOT ESSENTIAL TO THEIR DAILY WORK OR FAMILY COMMITMENTS. WE HAVE SO MANY DISTRACTIONS IN OUR DAILY LIVES, THAT YOUR OPTIONS OF WHAT TO GIVE UP ARE PLENTIFUL! PRAY AND ASK GOD TO SHOW YOU WHAT MIGHT BE DISTRACTING YOU!

***BEFORE BEGINNING ANY TYPE OF FAST THAT WILL AFFECT YOUR DIET, YOU SHOULD CONSULT YOUR DOCTOR TO DETERMINE WHICH CHOICE IS BEST FOR YOU.**

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DAYS OF PRAYER & FASTING GUIDE

DURING THE FAST: SPEND TIME WITH GOD

THE MAIN GOAL OF YOUR FAST IS TO DRAW CLOSER TO GOD, SO MAKE YOUR TIME WITH HIM A PRIORITY. WE PRAY THAT YOU EXPERIENCE GOD IN WAYS YOU NEVER THOUGHT POSSIBLE AND THAT THE NEXT 21 DAYS WILL BE LIFE CHANGING FOR YOU!

PRAYER

TALK TO HIM CONSTANTLY! PRAY WHEN YOU WAKE UP, BEFORE SLEEP AT NIGHT, WHEN YOU'RE HUNGRY, AND WHEN YOU ARE CRAVING THE THINGS YOU HAVE GIVEN UP. YOUR CONVERSATIONS WITH GOD ARE GOING TO BE WHAT GETS YOU THROUGH THIS FAST.

DAILY DEVOS

SCHEDULE A TIME AND PLACE EACH DAY THAT YOU WILL MEET WITH GOD (IT HELPS IF IT IS THE SAME TIME AND PLACE EVERY DAY). OUR PASTORS HAVE WRITTEN DEVOTIONS TO GO WITH EACH DAY OF THE FAST. EACH INCLUDES A BIBLE VERSE, ENCOURAGEMENT FOR YOUR JOURNEY, AND QUESTIONS FOR YOU TO REFLECT AND PRAY OVER THROUGHOUT YOUR DAY.

ROOTED

CONTINUE TO SCHEDULE A TIME AND PLACE EACH DAY TO MEET WITH GOD. DURING THIS TIME YOU WILL CONTINUE WITH YOUR DAILY ROOTED "HOMEWORK" AS NORMAL, BUT EXPECT TO HEAR GOD SPEAK EVEN MORE CLEARLY AS YOU FAST.

DOWNLOAD THE DAILY DEVOTIONS AT SCGCHURCH.ORG/21DAYS OR PICK UP A PACKET AT GUEST SERVICES.

DURING THE FAST: HOW TO ACT

WHEN YOU FAST, DON'T MAKE A BIG DEAL OUT OF IT. JESUS WARNS US THAT IF WE FAST SO THAT PEOPLE WILL THINK WE ARE HOLY, WE ARE ACTUALLY DISPLEASED GOD (MATTHEW 6:16). SO WHEN YOU FAST, TRY YOUR BEST NOT TO COMPLAIN; DRESS NORMALLY, DO YOUR HAIR, PUT ON MAKEUP, AND FEEL FREE TO BE YOUR NORMAL SELF.

YOUR FAST CAN BE AN ENCOURAGEMENT TO OTHERS. EVEN THOUGH YOU AREN'T MAKING A BIG DEAL OUT OF IT, PEOPLE ARE GOING TO NOTICE IF YOU RADICALLY CHANGE YOUR DIET, HABITS, OR STOP EATING ALTOGETHER. THIS IS NOT A BAD THING.

YOU CAN USE CONVERSATIONS THAT COME UP AS AN OPPORTUNITY TO TALK ABOUT YOUR FAITH AND SHARE THE REASONS WHY YOU ARE FASTING.

MATTHEW 5:16 SAYS THAT WE ARE TO LET OUR FAITH SHOW OUT IN PUBLIC SO THAT PEOPLE WILL SEE GOD THROUGH US. IT'S OKAY IF PEOPLE NOTICE, IT'S OKAY TO SHARE. ALSO, YOU'RE NOT IN THIS ALONE! ALL OF SCG IS GOING THROUGH THIS WITH YOU! FEEL FREE TO REACH OUT TO A FRIEND FROM CHURCH TO ASK THEM TO PRAY FOR YOU, TO SHARE YOUR STRUGGLES, AND TO ASK FOR ENCOURAGEMENT. WE ARE HERE FOR YOU!

IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, THAT THEY MAY SEE YOUR GOOD DEEDS AND GLORIFY YOUR FATHER IN HEAVEN.

MATTHEW 5:16

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DAYS OF PRAYER & FASTING GUIDE

DURING THE FAST: HANDLING QUESTIONS

FASTING WILL BRING YOU CLOSE TO GOD IF YOUR HEART IS FULLY COMMITTED TO DRAWING CLOSER TO HIM. JESUS WARNS US THAT IF WE ARE FASTING SO THAT PEOPLE WILL THINK WE ARE HOLY (OR EVEN JUST TO MAKE OUR LEADERS HAPPY), WE WILL BE DOING SOMETHING THAT DISPLEASES GOD (MATTHEW 6:16). **WHEN YOU FAST, DON'T MAKE A BIG DEAL OUT OF IT.** DRESS NORMALLY, DO YOUR HAIR, PUT ON MAKEUP, AND FEEL FREE TO BE YOUR NORMAL SELF. IT WILL BE DIFFICULT, BUT TRY NOT TO COMPLAIN OR SPREAD YOUR "HANGRY" AROUND TO YOUR FAMILY AND FRIENDS. THAT SAID, PEOPLE ARE GOING TO NOTICE IF YOU RADICALLY CHANGE YOUR DIET, HABITS, OR STOP EATING ALTOGETHER. THIS IS NOT A BAD THING.

YOU CAN USE CONVERSATIONS THAT COME UP AS AN OPPORTUNITY TO TALK ABOUT YOUR FAITH AND SHARE THE REASONS WHY YOU ARE FASTING.

MATTHEW 5:16 SAYS THAT WE ARE TO LET OUR FAITH SHOW THAT PEOPLE WILL SEE GOD THROUGH US. IT'S OK IF PEOPLE NOTICE THAT YOU ARE FASTING AND IT'S OK TO SHARE. ALSO, YOU'RE NOT IN THIS ALONE! ALL OF SCG IS GOING THROUGH THIS WITH YOU! FEEL FREE TO REACH OUT TO A FRIEND FROM CHURCH TO ASK THEM TO PRAY FOR YOU, TO SHARE YOUR STRUGGLES, AND TO ASK FOR ENCOURAGEMENT. WE ARE HERE FOR YOU!

IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, THAT THEY MAY SEE YOUR GOOD DEEDS AND GLORIFY YOUR FATHER IN HEAVEN.

MATTHEW 5:16

DURING THE FAST: GROWING CLOSER TO GOD

SINCE THE GOAL OF ANY FAST IS TO DRAW CLOSER TO GOD, YOU ARE GOING TO WANT TO MAKE YOUR TIME WITH HIM A PRIORITY OVER THE NEXT 21 DAYS. TALK TO HIM CONSTANTLY! WHEN YOU WAKE UP: PRAY. WHEN YOU ARE HUNGRY: PRAY. WHEN YOUR TASTEBUDS REBEL AT THE THOUGHT OF EATING ONE MORE PIECE OF BROCCOLI: PRAY. YOUR CONVERSATIONS WITH GOD ARE GOING TO BE WHAT GETS YOU THROUGH THIS FAST.

YOU ARE ALSO GOING TO WANT TO SCHEDULE A TIME AND PLACE EACH DAY THAT YOU WILL MEET WITH HIM. IT IS EXTREMELY HELPFUL TO DO THIS AT THE SAME TIME AND LOCATION EVERY DAY. IF IT VARIES, YOU MAY FORGET IT, SO MAKE IT A PRIORITY. IF YOU ARE IN ROOTED, YOU PROBABLY ALREADY HAVE THIS TIME BUILT INTO YOUR SCHEDULE SO YOU CAN JUST CONTINUE WITH YOUR NORMAL DAILY "HOMEWORK." IF YOU ARE NOT CURRENTLY IN ROOTED, OUR PASTORS HAVE DESIGNED A 21 DAY DEVOTIONAL TO GO ALONG WITH THIS FAST. YOU CAN SIGN UP TO RECEIVE THIS DEVOTIONAL THROUGH A DAILY EMAIL, THROUGH OUR APP, FROM OUR WEBSITE, OR YOU CAN PICK UP A PRINTED OUT COPY AT GUEST SERVICES EACH WEEKEND. THESE DEVOTIONALS WILL INCLUDE A BIBLE PASSAGE, THOUGHTS AND ENCOURAGEMENT FROM SCG PASTORS, AND SOME QUESTIONS FOR YOU TO REFLECT AND PRAY OVER THROUGHOUT YOUR DAY. WE PRAY THAT THIS FAST WILL BE A LIFE CHANGING EXPERIENCE FOR YOU AND THAT THROUGH IT YOU EXPERIENCE GOD IN WAYS YOU NEVER THOUGHT POSSIBLE.



DAYS OF PRAYER & FASTING GUIDE

FASTING: GETTING STARTED

FAST BEGINS

AT YOUR WEEKEND SERVICE | FEB 15/16

FAST ENDS

AT YOUR WEEKEND SERVICE | MAR 7/8

FASTING: PREPARATION

REMEMBER, THIS FAST IS ABOUT DRAWING CLOSER TO GOD; IT IS NOT ABOUT FOOD. YOUR TASTEBUDS AND YOUR DIGESTIVE SYSTEM WILL GO TO GREAT LENGTHS TO KEEP YOUR MIND FOCUSED ON FOOD, BUT A FEW SIMPLE STEPS WILL GREATLY AID YOU IN KEEPING YOUR THOUGHTS ON GOD.

PREPARE YOUR KITCHEN

PLAN OUT SIMPLE MEALS THAT YOU CAN USE THROUGHOUT THE FAST

IF YOU ARE PLANNING AND PREPARING YOUR MEALS DURING THE FAST, YOU WILL FIND YOURSELF HIGHLY FOCUSED ON FOOD. PLANNING AHEAD WILL HELP YOU TO BE LESS DISTRACTED BY FOOD. CHOOSE RECIPES AND PLAN MEALS BEFORE YOUR FAST STARTS THAT YOU CAN REUSE THROUGHOUT THE 21 DAYS.

3 BREAKFASTS (FRUIT, SMOOTHIES, STEEL CUT OATMEAL WITH BERRIES AND NUT BUTTER)

3-4 LUNCHESES (SALAD WITH OIL & VINEGAR DRESSING, SOUP WITH PITA BREAD, ACAI BOWL W/ NO ADDED SWEETENERS)

5-6 SIMPLE DINNERS (RICE AND BEANS, SALADS WITH LENTILS AND GRAINS, HEARTY VEGGIE STEWS)

3 SNACKS (NUTS, VEGGIES, FRUIT)

SEARCH "DANIEL FAST RECIPES" ON THE INTERNET FOR A WIDE RANGE OF OPTIONS

PREPARE YOUR CALENDAR

- BLOCK TIME IN YOUR SCHEDULE TO SHOP
- THE DANIEL FAST DOES NOT INCLUDE PRESERVATIVES SO YOU WILL NEED TO REPLENISH YOUR SUPPLIES OFTEN
- HAVE THE INGREDIENTS ON HAND SO TO ASSEMBLE YOUR MEALS QUICKLY AND EASILY
- BLOCK TIME IN YOUR SCHEDULE FOR DAILY TIME WITH GOD
- REVIEW YOUR CALENDAR AND MAKE A PLAN FOR ANY PARTIES, EVENTS OR VACATIONS THAT OCCUR DURING THE FAST

PREPARE YOUR BODY

- **BEGIN TO TAPER OFF CAFFEINE, SUGAR AND SWEETENERS AS SOON AS POSSIBLE.** BY WEANING YOURSELF OFF OF THESE ADDITIVES BEFORE THE FAST, YOU WILL BEGIN DETOXING. THIS WILL MAKE ALL OF THE OTHER DETAILS OF YOUR FAST MORE BEARABLE.
- **SLOWLY INCREASE YOUR FIBER.** THE DANIEL FAST INCLUDES AN ABUNDANCE OF FIBER, WHICH MAY IMPACT YOUR BODY DRAMATICALLY IF YOU DO NOT PREPARE IN ADVANCE.
- **SIMPLIFY YOUR MEALS.** OVER THE NEXT 21 DAYS, YOUR TASTEBUDS WILL LIKELY BE EXPOSED TO A BROAD RANGE OF FLAVORS. DO YOURSELF A FAVOR AND BEGIN TO ADJUST YOUR PALATE AHEAD OF TIME, SO THAT THE FAST DOES NOT COME AS SUCH A SHOCK TO YOUR SYSTEM.
- **START DRINKING LOTS OF WATER.** WATER IMPROVES YOUR DIGESTION AND CAN REDUCE HUNGER. YOUR WATER BOTTLE WILL BE YOUR BEST FRIEND OVER THE NEXT 21 DAYS.

PREPARE YOUR FAMILY

- IF YOU SHARE MEALTIMES WITH FAMILY MEMBERS, THEY WILL BE AFFECTED BY YOUR FAST
- ASK THEM TO PARTICIPATE WITH YOU IF POSSIBLE, AND, IF NOT, ASK FOR THEIR ENCOURAGEMENT AND SUPPORT
- LET ANY OTHERS WHO MAY BE AFFECTED BY YOUR FAST KNOW WHAT YOU ARE DOING AND ANSWER ANY QUESTIONS THEY MIGHT HAVE
- CONSULT YOUR DOCTOR IF YOU HAVE ANY HEALTH CONCERNS

IF YOU ARE PREPARING FOR A COMPLETE FAST:

ALL OF THE ABOVE NOTES APPLY. YOU SHOULD PLAN OUT YOUR JUICES, ALERT YOUR FAMILY, CONSULT YOUR DOCTOR, AND BEGIN TO PREPARE YOUR BODY. YOU WILL WANT TO EASE INTO YOUR FAST GRADUALLY; LIMITING YOURSELF TO FRUITS, GRAINS, AND VEGETABLES FOR A FEW DAYS BEFORE ELIMINATING FOOD ALTOGETHER.

YOU WILL ALSO NEED TO PUT A PLAN IN PLACE TO SLOWLY "WAKE UP" YOUR DIGESTIVE SYSTEM AFTER YOUR FAST. IT IS NOT ADVISED TO GO BACK TO EATING NORMALLY IMMEDIATELY AFTER BREAKING YOUR FAST. WE SUGGEST REVIEWING ADDITIONAL FASTING GUIDELINES AND LINKS BEFORE BEGINNING YOUR FAST.

DANIEL FAST

FOODS TO INCLUDE

THE LISTS BELOW ARE SUGGESTIONS FOR WHAT TO INCLUDE FROM EACH CATEGORY. IF WE HAVE NOT INCLUDED ONE OF YOUR FAVORITE ITEMS IN THAT CATEGORY (I.E. AN EXOTIC FRUIT), FEEL FREE TO INCLUDE IT (PROVIDED IT IS NOT ON THE EXCLUDED FOODS LIST).

ALL FRUITS AND VEGETABLES

*THIS INCLUDES ANY FRUIT OR VEGGIE THAT IS FRESH, CANNED, FROZEN, JUICED, OR DRIED.**

FRUITS

APPLES	LIMES
APRICOTS	MANGOES
BANANAS	NECTARINES
BLACKBERRIES	ORANGES
BLUEBERRIES	PAPAYAS
BOYSENBERRIES	PEACHES
CANTALOUPE	PEARS
CHERRIES	PINEAPPLES
CRANBERRIES	PLUMS
FIGS	PRUNES
GRAPEFRUIT	RAISINS
GRAPES	RASPBERRIES
GUAVA	STRAWBERRIES
HONEYDEW	TANGELOS
MELON	TANGERINES
KIWI	WATERMELON
LEMONS	

VEGETABLES

ARTICHOKES	LETTUCE
ASPARAGUS	MUSHROOMS
AVOCADOS	MUSTARD GREENS
BEETS	OKRA
BROCCOLI	ONIONS
BRUSSELS SPROUTS	PARSLEY
CABBAGE	POTATOES
CARROTS	RADISHES
CAULIFLOWER	RUTABAGAS
CELERY	SCALLIONS
CHILI PEPPERS	SPINACH
COLLARD GREENS	SPROUTS
CORN	SQUASHES
CUCUMBERS	SWEET POTATOES
EGGPLANT	TOMATOES
GARLIC	TURNIPS
GINGER ROOT	WATERCRESS
KALE	YAMS
LEEKs	ZUCCHINI

**BE SURE TO READ LABELS AND INGREDIENTS ON ALL PACKAGED GOODS TO ENSURE THERE ARE NO ADDED SWEETENERS OR PRESERVATIVES*

WHOLE GRAINS

WHEAT BERRIES
 BROWN RICE
 MILLET
 QUINOA
 OATS
 BARLEY
 GRITS
 FLOURS MADE FROM WHOLE GRAINS
 MADE FROM 100% WHOLE GRAIN FLOURS*
 - PASTA
 - TORTILLAS
 - PITA BREAD
 RICE CAKES
 POPCORN

NUTS & SEEDS

SUNFLOWER SEEDS
 PUMPKIN SEEDS
 CASHEWS
 PEANUTS
 WALNUTS
 PECANS
 MACADAMIA NUTS
 SESAME SEEDS
 NUT BUTTERS*
 - PEANUT BUTTER
 - ALMOND BUTTER
 - SESAME PASTE

LEGUMES (BEANS)

BLACK BEANS
 PINTO BEANS
 WHITE BEANS
 KIDNEY BEANS
 SPLIT PEAS
 LENTILS
 BLACK EYED PEAS
 CANNELLINI BEANS

QUALITY OILS

OLIVE OIL
 CANOLA OIL
 AVOCADO OIL
 WALNUT OIL
 SESAME OIL
 GRAPE SEED OIL
 SUNFLOWER SEED OIL
 SOYBEAN OIL

BEVERAGES

PURE WATER (WITHOUT CARBONATION,
 FLAVORINGS, OR ADDITIVES)

OTHER*

TOFU, SOY PRODUCTS, VINEGAR,
 SEASONINGS, SALT, HERBS, AND SPICES

*BE SURE TO READ LABELS AND INGREDIENTS ON ALL PACKAGED GOODS TO ENSURE THERE ARE NO ADDED SWEETENERS OR PRESERVATIVES



DAYS OF PRAYER & FASTING GUIDE

FOODS TO ELIMINATE

THE BELOW LISTS ARE INTENDED TO GIVE YOU EXAMPLES OF FOODS OR ITEMS FROM EACH CATEGORY, BUT THIS IS NOT AN EXHAUSTIVE LIST. A GOOD RULE OF THUMB FOR THIS FAST: IF IN DOUBT, DON'T EAT IT.

**ALL MEAT
AND ANIMAL
PRODUCTS****BEEF, LAMB, PORK, POULTRY, FISH, EGGS****ALL DAIRY
PRODUCTS****MILK, CHEESE, CREAM, BUTTER, YOGURT****ALL
SWEETENERS****SUGAR, RAW SUGAR, HONEY, AGAVE,
MAPLE SYRUP, MOLASSES, CANE JUICE****ALL BREADS/
BAKED GOODS
WITH YEAST****BREADS, ROLLS, CAKES, PIZZA DOUGH****ALL REFINED
AND PROCESSED
FOOD****CHOCOLATE, CANDY, GUM, ARTIFICIAL FLAVORINGS,
ADDITIVES, CHEMICALS, WHITE RICE, WHITE FLOUR,
ARTIFICIAL PRESERVATIVES****ALL FRIED
FOODS AND
SOLID FATS****POTATO CHIPS, FRENCH FRIES, CORN CHIPS,
SHORTENING, MARGARINE, LARD, COCONUT OIL****ALL BEVERAGES
OTHER THAN
PURE WATER****COFFEE, TEA, NON-DAIRY MILKS,
HERBAL TEAS, CARBONATED BEVERAGES
ENERGY DRINKS, ALCOHOL**