

# 21 DAY

## Fasting and Prayer Consecration

*Fasting is not something which we are offering up to God, but, instead, it assists in offering ourselves up to God (Rom. 12:1-2).*

**James C. Marable, M. Div., Senior Pastor**

Post Office Box 586/702 Johnstonville Road

January 3, 2018

January 23, 2018

## THE PLAN...

Beginning 6:00 a.m. on January 3rd and ending at 6:00 a.m. January 23<sup>rd</sup> the following plan will be used:

### WHAT TO EAT...

**ALL FRUITS:** These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.

**ALL VEGETABLES:** These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, and zucchini. Veggie burgers are an option if you are not allergic to soy.

**ALL WHOLE GRAINS:** Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.

**ALL NUTS AND SEEDS:** Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also, nut butters including peanut butter.

**ALL LEGUMES:** These can be fresh, frozen, canned, or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, and white beans.

**ALL QUALITY OILS:** Including but not limited to olive, canola, grape seed, peanut, and sesame.

**BEVERAGES:** Spring water, distilled water or other pure waters, 100% All natural fruit juices, and 100% all natural vegetable juices.

**OTHER:** Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

## **YOUTH RESTRICTIONS...**

**January 3– 13, 2018**

No Sweets

No Sodas

No SOCIAL MEDIA

**January 14-23, 2018**

No Sweets

No Sodas

(Can use SOCIAL MEDIA)

## **FOODS TO AVOID ON THE DANIEL FAST...**

**ALL MEAT AND ANIMAL PRODUCTS** including but not limited to beef, lamb, pork, poultry, and fish.

**ALL DAIRY PRODUCTS** including but not limited to milk, cheese, cream, butter, and eggs.

**ALL SWEETENERS** including but not limited to sugar, raw sugar, syrups, molasses, and cane juice.

**ALL LEAVENED BREAD** including Ezekiel Bread (it contains yeast and honey) and baked goods.

**ALL REFINED AND PROCESSED FOOD PRODUCTS** including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**ALL DEEP-FRIED FOODS** including but not limited to potato chips, French fries, corn chips.

**ALL SOLID FATS** including shortening, margarine, lard and foods high in fat.

**BEVERAGES** including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

## **THE PRAYER**

**MANIFESTATION WEDNESDAY...** January 3rd, 19th, and 17th we will hold our corporate prayer beginning at 6:00 a.m. **Dial-in Number: 1-712-775-8962, Conference Code: 152038.** Let's believe God for breakthrough, healing, deliverance, and victory in every area of our lives.