



## 2022 Theme: “Tenacious Hope!”

### ABOUT THE DANIEL FAST

THE DANIEL FAST IS BASED ON THE FASTING EXPERIENCES OF THE OLD TESTAMENT PROPHET. IT'S A PARTIAL FAST WHERE SOME FOODS ARE EATEN WHILE OTHERS ARE RESTRICTED. WE WILL BE USING THIS METHOD OF FASTING FOR 21 CONSECUTIVE DAYS.

### DRAW CLOSER TO GOD

ENTERING INTO A PERIOD OF EXTENDED PRAYER AND FASTING IS LIKE PUSHING THE “PAUSE BUTTON” ON LIFE SO YOU CAN DRAW NEARER TO GOD. THE HOLY SPIRIT JOINS YOU IN THIS EXPERIENCE AS YOU OPEN YOUR HEART TO RECEIVE FROM THE LORD.

### DON'T SETTLE FOR LESS AND MISS THE BEST

YOU HAVE A CHOICE WHEN YOU FAST. YOU CAN FOCUS ON THE FOOD AND MATTERS OF THE FLESH. OR, YOU CAN ENTER INTO A DEEP SPIRITUAL EXPERIENCE WITH THE LORD SO HE CAN WORK IN YOUR LIFE AND ON YOUR BEHALF. DON'T SETTLE FOR LESS BY CATERING TO THE FLESH. INSTEAD REACH OUT FOR THE BEST AND ALLOW GOD TO MINISTER TO YOU.

2022

[daniel-fast.com](http://daniel-fast.com)



# 21 DAY FAST

Theme: "Tenacious Hope!"

Week One

Focus: You

## Prayer and Bible Study Points of Focus REPENTENCE (Making a "U" Turn)

- Letting Go of the Past
- Hunger for God's Presence
- Personal Life of Worship
- Life of Obedience to God's Word
- Philippians 3:1 NLT
- Isaiah 26:9 NLT
- Psalm 73:26-26 NIV
- 1 John 2:4-5 NLT

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# 21 DAY FAST

Week Two

Focus: Our Church

## Prayer and Bible Study Points of Focus RE-VISIONING (A New Perspective)

- For God's Glory to Fill Our Church • Revelation 15:8 NLT
- Impact the Church' Community for Christ • Matthew 28: 18-19 NLT
- Leadership that propels FBCR to Excellence • Exodus 18:21 NLT
- Manifestation of Miracles (Family/Finance/Salvation) • Matthew 17:20 NLT
- 2016 Theme: Going Beyond the Ordinary • Ephesians 3:20-21 NKJV

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# 21 DAY FAST

**Week Three**

**Focus: Our Community**

## **Prayer and Bible Study Points of Focus RESTORATION (Return to a Healthy Condition)**

- For Restoration of Families • Joshua 24:15 NLT
- For God's Strategy to Impact our Community • Jeremiah 29:11 NLT
- For Young People and Challenges Facing Youth • Proverbs 22:6 GNT
- Unity Among Believers in DC that Models Christ • Jeremiah 29:4-7 NIV
- LOVE WEEK • John 3:16 NKJV; John 13:35 NIV

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# 21 Day Fast Food List

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

## **Foods to include in your diet during the Daniel Fast**

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, 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, 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 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, 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.

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

## **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, honey, syrups, molasses, date honey, agave, stevia 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.

**Remember, READ THE LABELS!**

# 2022 Prayer Book

PRAYER REQUESTS

Date

ANSWERS TO PRAYER

Date