

STEPS TO ENSURE A SUCCESSFUL FAST

Know what to expect

Prepare spiritually

Prepare physically

Prepare strategically

Prepare mentally

Fasting without praying is just going hungry.

ONLINE RESOURCES:

Meal Planner, Recipes, and More

<http://www.danielplan.com/food/>

Full Daniel Fast Website

<http://goo.gl/ljgWvK>

Juicing Recipes

<http://bit.ly/2BvWjKy>

Daniel Fast Friendly Restaurants

<http://bit.ly/2ncVH9j>

Pinterest – Fasting Recipes

<http://goo.gl/lvGrCG>

Facebook – Fast-Friendly Recipes

<http://bit.ly/2DQXffv>

21 Day Kingdom Impact Daily Devotional Reading

January 1	Matthew 6:25-34
January 2	Matthew 6:16-18
January 3	1 Samuel 1:6-8, 17-18
January 4	Matthew 6:25-34
January 5	Nehemiah 1:4
January 6	Jonah 3:1-10
January 7	Matthew 6:25-34
January 8	Daniel 9:3, 20-22
January 9	Joel 2:12-17
January 10	Matthew 6:25-34
January 11	Luke 2:36-38
January 12	Acts 13:1-3
January 13	Matthew 6:25-34
January 14	1 Kings 3:4-15
January 15	1 Samuel 7:5-13
January 16	Matthew 6:25-33
January 17	2 Chronicles 20:14-21
January 18	Ezra 8:21-23
January 19	Matthew 6:25-34
January 20	Nehemiah 9:1-3
January 21	Acts 2:42-47

PRBC's CORPORATE FAST



During these 21 days, you may engage in the Daniel Fast or the Partial Fast:

THE DANIEL FAST

No meat, no sweets and no bread. Drink water and juice, eat fruits and vegetables. This is for the entire 21 days, and 24 hours of each day.

PARTIAL FAST

Fast from 6AM to 6PM. You can select from:

- Full Fast (liquids only)
- or give up at least one item of food, or a pleasure (television, social media, etc.)

Note: If you have any medical conditions, consult your physician.

Once your fasting parameters are set, be sure to pray and meditate on the daily scriptures.

PRBC Members: Please take this time to choose a prayer partner for the entire month of January.

FOODS TO INCLUDE IN YOUR DIET WHEN DOING A FULL 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, 100% fruit juice.

OTHER

Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

AVOID THESE WHEN DOING A FULL 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, 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.