PRAYER AND FASTING

21 DAYS DANIEL FAST GUIDE



PURPOSE OF PRAYER AND FASTING

Relationship with God.

For the will of God personally and cooperatively.

For our needs.



PREPARATION

Pray for God's grace to FAST.

Plan everything

Spiritual- word and prayer.

Physical- eating and drinking plan.



KINDS OF PRAYER AND TYPES



Worship - God for who He is.

Adoration - exalt His greatness.

Thanksgiving - grateful for his goodness.

Supplication - asking for provisions.

Petition - asking for the needs. Intercession - praying for others.

Blessing - praying for favour.

With faith, fervently, effective, warfare and in the Spirit.

GUIDE FOR DANIEL FAST 21 DAYS OF PRAYER AND FASTING)

12NOON- 3PM(7th watch) - 2 glasses of water - 2 Cups of herbal tea/veg juice/ broth soup - Starch veg/protein veg - Sip flavoured water for(hunger pain)
- 2 glasses of water - 2 Cups of herbal tea/veg juice/fruit juice - Fruits/snacks - Sip flavoured water for(hunger pain)
9PM- 12midnight(2 nd watch) - 2 Cups of water - 2 Cups of herbal tea/fruit juice - Starch veg/ protein veg/snacks



FLUID DRINKING:

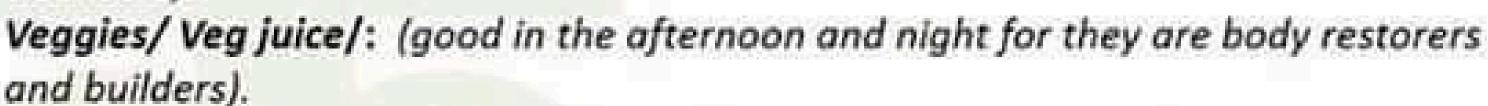
- Drink water 8cups/glasses daily).
- Drink hot/warm fluid when rising (morning) and when retiring (sleeping).
- Sip homemade flavoured fruits water in between for hunger pain(headache, stomach ache or any ache)

AVOID:

- Caffeinated drinks (coffee, tea).
- Fizzy drink (coke, sparkling)
- Dairy products (milk, yogurts).
- Chewing gum (stimulate digestive action in the stomach)
- Salt and sugar
- Canned, frozen and dried (eat moderately) preferable fresh.
- Olive oil (used it moderately)

FLUIDS, VEGGIES AND FRUITS

Herbal tea: herbal tea with a drop of honey.(mint, camomile, green)
Fruits/Fruit juice 100% / Smoothies: (good in the morning for they are body cleansers).



Homemade flavoured fruits water: with water cucumber, strawberry, grapes, berries, Kiwi. Flavoured with mint/basil/cinnamon.

<u>Vea broth (soup)</u>: with water potatoes (cuts unpeel), carrots (cuts unpeel), cabbage, onion, spinach. Boil on medium heat until tender. Flavoured with cayenne pepper/ rosemary/parsley.

MIX/COMBINE PROTEIN WITH VEG OR(STARCH WITH VEG)

STARCH: potatoes, butternut, squash, pumpkin, sweet potatoes, carrots, beetroots.

VEGGIES: spinach, cabbage, broccoli, cauliflower, lettuce, cucumber, onion, peppers, mushroom.

PROTEIN: all type of beans and peas, nuts.

SNACKS: dried fruits and nuts(preferably unsalted mix nuts).



CHALLENGES AND SOLUTIONS

Feeling weak, tired and Irritable. Temptation and overwhelming of things and others. Spend time in prayer and the word, ask God for strength. Be part of cooperation prayer to be build up and equipped.

