

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)

<b>6AM- 9AM(5<sup>th</sup> watch)</b> <ul style="list-style-type: none"><li>- 2 Cups of water (warm/hot on rising)</li><li>- 2 Cups of herbal tea/fruit juice</li><li>- Smoothies/ fruits</li><li>- Sip flavoured water for( hunger pain)</li></ul>	<b>12NOON- 3PM(7<sup>th</sup> watch)</b> <ul style="list-style-type: none"><li>- 2 glasses of water</li><li>- 2 Cups of herbal tea/veg juice/ broth soup</li><li>- Starch veg/protein veg</li><li>- Sip flavoured water for( hunger pain)</li></ul>
<b>9AM- 12NOON(6<sup>th</sup> watch)</b> <ul style="list-style-type: none"><li>- 2 glasses of water</li><li>- 2 Cups of herbal tea/fruit juice</li><li>- Starch veg/ protein veg/snacks</li><li>- Sip flavoured water for( hunger pain)</li></ul>	<b>3PM- 6PM(8<sup>th</sup> watch)</b> <ul style="list-style-type: none"><li>- 2 glasses of water</li><li>- 2 Cups of herbal tea/veg juice/fruit juice</li><li>- Fruits/snacks</li><li>- Sip flavoured water for( hunger pain)</li></ul>
<b>6PM- 9PM(1<sup>st</sup> watch)</b> <ul style="list-style-type: none"><li>- 2 glasses of water</li><li>- 2 Cups of herbal tea/fruit juice</li><li>- Starch veg/ protein veg/snacks</li></ul>	<b>9PM- 12midnight(2<sup>nd</sup> watch)</b> <ul style="list-style-type: none"><li>- 2 Cups of water</li><li>- 2 Cups of herbal tea/fruit juice</li><li>- Starch veg/ protein veg/snacks</li></ul>



### **FLUID DRINKING:**

- *Drink water 8 cups/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).

**Veggies/ Veg juice/:** (good in the afternoon and night for they are body restorers and builders).

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

**Veg broth (soup):** 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.**

