

Daniel's Fast - 21 Days to Calvary

21 Days to Calvary, our Daniel's Fast begins on March 13th and ends on April 2nd. Click [read more](#) for additional information.

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The Daniel's Fast with
Prayer:

21 days to Calvary: Sat. March 13 to Friday April 2nd.

Dan 10:2 In those days I
Daniel was mourning three full weeks.

3 I ate no pleasant bread,
neither came flesh nor wine in my mouth, neither did I anoint myself at all,
till three whole weeks were fulfilled.

Purpose: A time of consecration unto the Lord. Enhancing
personal and corporate devotion unto God through bible reading, meditation and
prayer.

Foods to avoid :

All meats & fish.
All dairy products, butter & eggs.

All artificial sweeteners, sugar (raw), syrups, cane juice, molasses or honey.

All flour, yeast, leavened breads & baked goods.

All refined and processed foods.

All deep fried packaged, restaurant or home cooked foods.

All solid or high in fats foods, margarine, lard and shortenings.

Liquids to avoid: All coffee's,
teas (herbals, as well) energy drinks, alcohol and carbonated drinks.

Foods to allow:

All fruits, fresh,
frozen, dried, juiced or canned (no added sugar).

All vegetables, fresh, frozen, dried, juiced or caned

All nuts & organic peanut butter.

All legumes or beans. Fresh, canned or dried.

All quality oils, olive, canola, grape seeds, peanut, vegetable and sesame.

All whole grains, whole wheat (no bread) brown rice(no sugar, butter or milk), whole wheat pasta & tortillas. Barley, grits (no butter, sugar or milk). Rice cakes & unbutter popcorn. Also allowed: Tofu & soy products, vinegar, salt, seasoning, herbs and spices.

Liquids allowed: Water, bottled, spring, distilled, pure and filter from tap.

Please check the label on all canned packaged or bottled foods. There should be sugar, chemical and artificial preservatives free.

NOTES:

WATER: Always drink a lot of water while you are fasting. The average person needs to drink $\frac{1}{2}$ - $\frac{3}{4}$ of a gallon of filtered water each day. To figure out the amount of water your body needs each day, use this easy formula. Take your body weight; divide it by 2, and the answer is the number of ounces you should drink each day.

So if you weigh 120 pounds and you divide that by 2, you need to drink 60 ounces of water each day. Water is the best way to detox your body, it fills your stomach so you won't want to eat as much, and it keeps your whole body hydrated (our bodies are 70% water). So drinking adequate filtered water each day is a good habit to get into!

ENDING THE FAST: I do want to caution everyone about ending the fast. You will need to be careful during the first couple days of "ordinary eating." To keep your body from rebelling loudly, reintroduce foods slowly. This is especially important when resuming coffee and caffeine, meat, dairy products and sweets. Small portions are better and easing back into consumption of these foods is advised.

Also, when you end your fast, reflect on the lessons you learned during your period of fasting, prayer and meditation. Thank you for joining us on this 21 days journey of spiritual consecration. May the Lord richly bless and draw you closer, is our prayer.

Much Love,

Pstr. & Sis. Emory