

## 21 Days of Prayer & Daniel Fast January 3<sup>rd</sup>-23<sup>rd</sup>

### Daniel Food List:

- Fruits
- Vegetables
- Whole Grains
- Nuts & Seeds
- Legumes
- Quality Oils
- Water
- Unsweetened Almond, Coconut, Rice & Soy Milks
- Herbs & Seasonings

### Foods To Avoid:

- Meat & Animal Products
- Dairy
- Leavened Bread & Yeast
- Refined & Processed Food
- Deep Fried foods
- Solids fats
- Alcohol
- Carbonated & energy drinks

Fasting is not a diet, it's a sacrificial discipline. This is not a legalistic fast, it is very much about the posture of your heart. You can determine what you will eat, when to start, how long you will fast and how intense it will be.

There is tremendous power, clarity and intimacy with God, when you take time for prayer and fasting in your life.

Let's believe God together for greater things in 2022!

### Resources:

Life Chapel Facebook Group for meal ideas, devotions and encouragement

Daniel-fast.com, UltimateDanielFast.com & DanielPlan.com



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•**Daniel Fast:** January 3<sup>rd</sup>-23<sup>rd</sup>

•**Week of Prayer:** January 3<sup>rd</sup> – 7<sup>th</sup>

*Sanctuary will be open from 6:30am-7:15am  
for individual prayer.*

•**Special Night of Prayer & Worship:**

*Wednesdays January 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> 6:30pm-7:30pm*

•**Evangelist Jermel Mayo:**

*Sunday January 9<sup>th</sup> 9:00am, 10:45am & 6:00pm*

May our prayers and fasting empty us of  
ourselves and point our weary souls to Christ.  
He alone is able to heal, restore, renew, and  
refresh us with His Spirit.



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