

21 Days of Prayer & Daniel Fast

January 3rd-23rd

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
- Solid 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 3rd-23rd

•**Week of Prayer:** January 3rd – 7th

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

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

Wednesdays January 5th, 12th & 19th 6:30pm-7:30pm

•**Evangelist Jermel Mayo:**

Sunday January 9th 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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