



Fasting Schedule

**Monday January 8th- Sunday 28th 2024 (beginning
midnight and ending at midnight)**

Mon-Wed Liquids only from 6am-6pm (Daniel fast after
6pm)

Thursday-Sunday Daniel Fast (ALL DAY) NO SOCIAL MEDIA

****Fruits, Vegetables and Whole grains ONLY****

Food Guidelines for a Daniel Fast

Foods You May Eat:

- Whole Grains:
Brown Rice, Oats, Barley
- Legumes:
Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- Fruits:
Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- Vegetables:
Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini
- Liquids:
Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.
- Others:
Seeds, Nuts, Sprouts

Foods to Avoid:

- Meat
- White Rice



- Fried Foods
- Caffeine
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar
- Sugar Substitutes
- White Flour and All Products Using It

Margarine, Shortening, High Fat Products

The Purpose of fasting

1. To humble yourself; Psalm 69:10-12
2. To get direction from God and clearly hear his voice (Acts 13:2) Fasting does not cause God to speak to us. If we truly pray according to his word, he will speak to us. (John 10: 4-5)
3. To help you deny yourself and help you overcome sin and strongholds. (Matt 16:24)
4. To abort the attacks of the devil. (Luke 22:31-32)
5. As a sign of godly remorse for your sins. (Nehemiah 9:1-2)
6. To get deliverance from an attack from the enemy
7. To draw close to the Lord. (Joel 2:12-13)
8. Fasting for the lives of others

Consecration

Making sacred, dedicating to the service of worship of God, separated from a common use to a sacred one.

1. Increase Prayer Time: Spend at least 2 hours a day in prayer, worship, study and meditation. This time does not have to be all at once.
2. Limit or avoid or even exclude secular T.V. , radio, social media, and magazines.)
3. Limit or avoid social calls, video games etc. Instead replace what you are sacrificing for time with God through prayer and his word.
4. Exercise: Daily 30 exercise (walking, cardio etc)
5. Married Couples: Do not deprive one another except with consent for a time.



6. Children: No Fast Food, No Video Games, No Youtube etc. Instead generate family unity

Early Morning Prayer: 6:00am every morning Monday-Friday during the fast

8:00 am Prayer every Saturday

NO SUNDAY MORNING PRAYER- Attend church

All morning prayer will be via Zoom Platform:

Zoom ID: 473 377 4329

Password: elotw

Read the New Testament in 21 Days

Day 1 Matthew 1-10

Day 2 Matthew 11-20

Day 3 Matthew 21-28

Day 4 Mark 1-8

Day 5 Mark 9-16

Day 6 Luke 1-8

Day 7 Luke 9-16

Day 8 Luke 17-24

Day 9 John 1-10

Day 10 John 11-21

Day 11 Acts 1-10

Day 12 Acts 11-20

Day 13 Acts 21-28

Day 14 Romans

Day 15 1 Corinthians

Day 16 2 Corinthians - Galatians

Day 17 Ephesians-2 Thessalonian



Day 18 1 Timothy- Hebrews

Day 19 James-Jude

Day 20 Revelation 1-10

Day 21 Revelations 11-22

Set aside 30 minutes to an hour in the morning for study, prayer and worship.

Example schedule

5 minute worship

15 minute S.O.A.P study Method (see details below)

5 minute prayer

How do I study during my quiet time?

Use the S.O.A.P Method.

WHAT DOES S.O.A.P. MEAN?

S– The S stands for Scripture- you physically write out the scripture.....you'll be amazed what God will reveal to you just by taking the time to slow down and actually write out what you are reading!

O– The O stands for observation- what do you see in the verses that you're reading? Who is the audience? Is there a repetition of words? What words stand out to you?

A– The A stands for Application- this is when God's Word becomes personal. What is God saying to me today? How can I apply what I just read to my own personal life? What changes do I need to make? Is there an action that I need to take?



P– And finally P stands for Prayer. Pray God’s Word back to Him. If He has revealed something to you during this time in His Word, pray about it. Confess if He has revealed some sin that is in your life.