

**THEME**  
**STRIVING TO BE FAITHFUL, THANKFUL, AND WELL IN 2012**  
**BASIC STEPS TO SUCCESSFUL FASTING AND PRAYING**

Please consult your doctor, especially if you have health problems or you are taking special medications. Limit physical exercise when going on any type of fast. We encourage prayer and study of the Word while Fasting. If this is your first fast, please consider combining the Fasts.

**Examples of fasting:**

**Full Fast** – drinking only liquids (you establish number of days.) Consult your doctor.

**Daniel Fast** – Eat no meat, no sweets, no bread and drink water and juice. Eat fruit and vegetables. (Veggie burgers are an option, as well, if you are not allergic to soy) Some people drink Ensure, Instant Breakfast, etc.

**3-Day Fast** - This fast can be any type of Fast, Full Fast - Daniel's Fast, Just give up one food. It could be a sacrifice other than food.

**Partial Fast** – Fast until 6:00 a.m. to 3:00 p.m. or from sun-up to sundown-? This Fast can also be any type of Fast

**Fast of Sacrifice** – giving up television or anything that would be a sacrifice for you personally.

Confess your sins and forgive all and ask to be forgiven all and remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing. (Isaiah 58; Jeremiah 14:12, Corinthians 8:8).

**Guidelines for Daniel Fast**  
**(Foods We 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

Seeds, Nuts, Sprouts

Liquids: Spring Water, Distilled Water, 100:% All-Natural Fruit Juices, 100% All-Natural Vegetables Juices

(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

**THIS FAST WILL CONSIST OF ONE MEAT A DAY.**

- 1. PRAY AND MEDITATE IN THE EVERYDAY PSALMS 55:17**
- 2. INVITE SOME TO PRAY AND AGREE WITH YOU WHILE FASTING A PRAYING**