

# 21 Days of Fasting

January 2024

**Daniel 9:3; Isaiah 56:7;  
2 Chronicles 12:6-7; 1 Timothy 2:8;  
Matthew 17:21; Psalm 35:13;**

**From: Monday, January 1<sup>st</sup> (7pm) To: Sunday, January 21<sup>st</sup> (1pm) Fasting Requirements:**

1. Daily fasting time is from 7pm to 1pm. You may eat from 1pm-7pm.
2. During fasting hours only water may be consumed.
3. During fasting hours prayer and meditation on the word of God must take place (this is at your discretion)
4. For the duration of the fast, all 21 days, unplug from all media and electronics (no movies, TV shows, sporting games, YouTube, Facebook, etc.) The only exception would be job requirements and the streaming of church Sunday service, weekly devotions, and bible study. The time usually spent on those things must be geared towards the reading of the word and prayer.
5. During the duration of the fast only Christian/Gospel music can be played.
6. (Optional) Once a week one day of full fast (no meals, just water)

**During mealtimes:**

1. Mealtimes should consist of vegan meals: any fruit, vegetables, grains, legumes, nuts, and seeds may be used for consumption (raw or cooked your way).
2. During mealtimes no meat or dairy products should be consumed (this includes but is not limited to milk, cheese, butter, eggs, etc.), that is anything coming from animals or animal products.
3. During mealtimes no drinks except water, 100% apple juice, coffee or tea may be consumed without any fillers (100% honey or Stevia may be used...no milk or anything from animal products, no sugar or sugar substitutes at all)

NOTE: if you have a medical condition, please follow the directions of your doctor regarding your diet plan.