

## PROCEDURE FOR WHITE FASTING

In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

*Daniel 10: 2-3*

Daniel, as perfect example in the Bible, proposed in his heart that he would not defile himself with the King's food (Daniel 1:8). The type of fasting Daniel did involved eating only fruits and vegetable (please see below) for a certain amount of time (in this case 21 days) and abstaining from meat products. It also involved a spiritual commitment to God, which you too can observe for up to one, three, seven, ten, or twenty-one days.

Please, note:

- Be specific in your prayer; you should come to God with specific prayer request(s).
  - Pray three times a day Morning anytime between 5am and 8am; Afternoon, anytime between 12pm and 3pm; Night, between 9pm and 12am. There are suggested prayer points for each session every day for the 21 days as a guide you can then add you own prayers in each session.
  - You can break your fast by 12pm, 3pm, 6pm or 9pm. Please choose one of these patterns.
1. All fruits: These can be fresh, dried, juiced or canned. Suggested fruits include- apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.
  2. Vegetables: These can be fresh, dried, juiced or canned. Suggested vegetables include- artichokes, asparagus, beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce,

**mushrooms, mustard greens, okra, onions, parsley, peppers, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.**

**\*Precautions:**

**Fasting requires reasonable precautions. If you have any health concerns, please consult your physician, pastor or leader prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or a pregnant or nursing a baby.**

**My prayer for you as you participate in this fasting and prayer program is the manifestation of uncommon breakthroughs and extra ordinary deliverance in every areas of your life and family, in the name of Jesus. Amen.**

