

21 Day Fast

Drink:

Water

Eat:

Fresh Fruit

Fresh Veggies

Steamed or Raw

(No Fried Foods)

Soups with Clear Broth
Only

To Break the Fast,
reintroduce foods to
your system with
caution and wisdom.
Gradually begin to eat
foods that were not on
the Fast Food List.

2021

New Year's Fast And Consecration

Obedience to the Word of God

January 7th thru 28th

Our Theme:

RE-FOCUSS

Peniel Praise Community Church

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Drs. Harold and Marion
Spellman

Senior Pastors

Fulfilling the Great Commandment
and the Great Commission



PENIEL PRAISE COMMUNITY CHURCH

2021

NEW YEAR'S FAST AND CONSECRATION

3 John 2

Beloved I wish above all
things that thou mayest prosper
and be in health, even as
thy soul prospereth

Prayer Needs During the Fast

Pray For::

Senior Pastors

Assistant Pastors

12 PPCC Ministries

PENIEL PPCC

PENIEL Drug & Alcohol
Program

Church of God

US Government

Pandemic Relief

Souls Saved and

Baptism of Holy Spirit

Covid 19 Vaccine Efforts

Elderly and Shut Ins

Those Incarcerated

Children of all Ages

Drug & Alcohol Addicted

Peace for Jerusalem

Law Enforcement/ Armed
Forces

Front Line Workers

PRAYER STILL WORKS!

“In those days I Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled. “

Daniel 10:2,3

The Daniel Fast is a plant-based partial fast. It is based on the Prophet Daniel when he was under the rule of the Babylonian Kings for their personal service. Daniel recorded three occasions of fasting, though he likely fasted many more times since he was a man of God.

Daniel 10:2,3 is where we find the model for the 21day Daniel Fast. From the passage, a guideline has developed over the years, primarily by Christians who use this in popularity because of its Biblical based references.

No Pleasant Food: This would include breads, sugars, and sweet food.

No Meat: All animal products are restricted on the Daniel Fast. This includes meat, poultry, fish, and dairy products (milk, eggs, cheese butter etc.)

Scripture References:

Eph. 4:3 1st Cor. 12:26-28

Eph. 4:13 Gal. 3:26-28

1Cor. 1:10 Eph. 1:10

2nd Chr. 30:32

Eph. 4:15 Ps. 133:1

Mal. 2:100 Phil. 2:1-2

Matt. 23:8 Col. 3:13-14

John 17:23 1st John 4:12

Rom. 12:45 Deut. 32:30

Rom. 12:16-18

PLEASE READ:

Those with any medical issues should consult their Physician before participating in this Fast.

Try restricting yourself in other areas, but join in prayer and reading the Word of God.

Our Heart is to Pray for Healing of our Land.

2 Chronicles 7:12-16