

# PENIEL

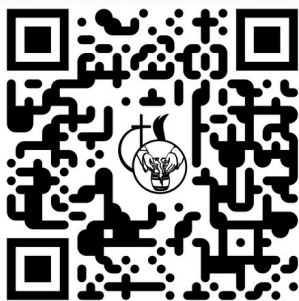
PRAISE COMMUNITY CHURCH

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**New Year's Fast and Consecration**  
**January 7th-27th, 2025**

**A MIND, BODY & SPIRIT**

*#TheShift*



Ephesians 4:20-24,  
Isaiah 40:30-31  
Philippians 4:8

more info:  
[penielchurch.net/fast](https://penielchurch.net/fast)



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***The Daniel Fast- 21 day fast:***

**Drink:** Water

**Eat:** Fresh fruit, fresh  
veggies (steamed or raw),  
soups (clear broth only).

**NO FRIED FOODS**

## WHAT IS THE DANIEL FAST?

The *Daniel Fast* is a partial, plant-oriented fast based on the diet of the prophet Daniel while he was under the rule of Babylon for their personal service. Daniel recorded three occasions of fasting, though he likely fasted even more often.

Daniel 10:2-3 is where we find the model for the 21 day fast. From the passage, a guideline has been developed, primarily by Christians because of its Biblical references.

**No Pleasant food:** This would include breads, sugars, and sweets.

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

### IMPORTANT NOTICE:

***Those with any medical issues should consult their Physician before participating. Try restricting yourself in other areas, and join in prayer and reading the Word of God.***

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### Suggested Prayer Needs:

Senior Pastor, Assistant Pastor, 12 PPCC Ministries, our church, the Church of God at large and the global church, salvation of souls, Peniel Drug & Alcohol Program, US/World Governments, elderly and shut-ins, incarcerated, children, those struggling with addiction, peace for Jerusalem, law enforcement, medical personnel, and front line workers.

**PRAYER STILL WORKS!**

