

# **SPIRITUAL FASTING**

## **21 DAYS**

*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 10:3)*

**PURPOSE:** The purpose of fasting is to strengthen you spiritually, mentally, and physically. The goal is to help cleanse your temple of the destructive and negative forces that interfere with your relationship with God. Your ability to hear, see and accomplish God's plan will become clearer through fasting. During the fast, you will gradually eliminate the toxic and degenerative foods from your diet and rebuild your diet and rebuild your body with healthier choices.

**INSTRUCTIONS:** You must eliminate each of the following for the entire 21 days:

- Junk food and snacks.
- Beverages with caffeine (coffee/coke), carbonation, corn syrup, fructose, and sugar.
- Television and movies (home or theater), radio. You want to quiet the noise that feeds your subconscious mind. Spiritual, gospel, or mediation programs only.
- Intimate relations I Cor. 7:5
- Addictive habits such as alcohol, smoking, gossiping, etc.

**OPTIONS:** Choose one of the three fasting options. While it is preferred that everyone would choose **OPTION 3**, which will provide the maximum results, it is understood that everyone would not be prepared to begin at the same level. If you do not choose **OPTION 3**, a goal would be to accomplish it in the future.

**FOOD FACTS:** Most natural/holistic practitioners contend that meat, meat products, and processed foods such as white sugar, white rice, and white flour cause many of the diseases suffered by the human body. Red meat takes approximately 3 days for the body to digest.

**RESULTS:** Healthier lifestyle choices help each of us to be more constructive workers for God. As we move away from negative habits (eating, addictions, and lack of exercise), our bodies feel better, we look better and our attitudes are more pleasant. The fast option you choose should catalyze living a more divine life and becoming an instrument for God.

**SEEK THE ADVICE OF A PHYSICIAN BEFORE PARTICIPATING IN THIS FAST IF YOU HAVE ANY ILLNESS OR CONDITION WITH NUTRITIONAL IMPLICATIONS SUCH AS DIABETES, HEART, LIVER, OR KIDNEY DISEASE!!**

## **IMPORTANT FAST RECOMMENDATIONS** \*

- Increase water consumption to 3-4 quarts per day.
- As you eliminate meat (all flesh food) from your diet, be sure to increase your intake of vegetables.
- Fruit consumption is encouraged, especially apples, pears, melons, papaya, and grapes. These fruits help to cleanse the body and will limit acid in the stomach. Bananas may be eaten, but only when ripe with brown spots - no green edges. Citrus fruits are not recommended because of their acidic nature.
- Consider investing in an economical juice machine, which will increase the nutritional value of juices, especially vegetable juices. A blender is not advisable because of the bulk your body will have to digest. If you do not have a juicer, purchase fresh-pressed vegetable juices and non-concentrated juices from a health center or health foods store (Whole Foods, etc).
- Drink natural, non-pasteurized fruit juices. Non-concentrated is preferred. Apple and cranberry juices help to cleanse the body. Avoid all added sweeteners, fructose, corn syrup, and sugar.
- Strict vegetarians are especially advised to use a juice machine. Juice machines ensure “live” juices, which have more nutrients. Drink the juice soon after preparation.
- Steam vegetables for 2-3 minutes in little water to preserve vitamins and minerals. Overcooking will kill the nutritional value of your vegetables. Eat okra in abundance – great for the colon. You may add olive oil sparingly to cooked vegetables or raw salads – also good for the colon.
- Create your salad dressings using olive oil, apple cider vinegar, and spices onion, garlic, basil, and cayenne).
- For salt, it is preferable to use sea salt after cooking. All spices are welcome except black pepper – use cayenne instead (stimulates blood circulation). Spices such as basil, bay leaves, and ginger are excellent. NO CONDIMENTS ex. Mustard, mayonnaise, ketchup, hot sauce, relish, etc.
- Overconsumption of vegetables before the days when you drink fluids may cause a faster’s “detox” (headaches, rashes, nightmares). Limit portions to avoid an overactive appetite.
- Include one daily natural cleanser in your diet, such as psyllium husks, or the commercial product Metamucil (2 tablespoons in juice daily).
- Steam vegetable pulp extracted from the juicer and store it to use as a broth or soup.

## **ITEMS TO COMPLEMENT THE FAST** \*

### **1. INTERNAL COLON AND BODY CLEANSERS (Use in minimal amounts)**

- **Psyllium husk (a natural laxative)**
- **Aloe vera juice or gel**
- **Cascara sagrada (natural laxative)**

### **2. NATURAL NUTRITION SUPPLEMENTS**

- **Wheatgrass**
- **Spirulina**
- **Chlorophyll (blood purifier)**

### **3. HERBAL TEAS (bag or loose)**

- **Pau D'arco (blood cleanser, healer)**
- **Red Clover (appetite suppressant)**
- **Chamomile (relaxant)**
- **Gotu kola (energy, brain food)**
- **Peppermint (relaxant, appetite stimulant)**
- **Golden Seal (antibiotic, healer)**
- **Red Raspberry (helps female reproductive problems)**

### **4. ALTERNATIVE NATURAL FOODS**

- **Olive oil (lubricates colon, aids in digestion); substitute for margarine/butter**
- **Cayenne (stimulant, blood circulator)**
- **Blackstrap molasses (iron substitute)**
- **Liquid kyolic (aged garlic extract without the scent of garlic)**

### **5. EXTERNAL BODY CLEANSERS**

- **All-natural soaps**
- **Epsom salts: add ¼ lbs to a warm bath to help soothe the body and achy muscles. Soak for a maximum of 30 minutes. Then shower in cool water to stimulate circulation.**
- **Oils – pure and nontoxic such as peppermint, almond, and eucalyptus.**

## **CLEANSING THE TEMPLE**

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### **OPTION 1 – For Poultry/Fish Eaters**

- DAY 1 – 2 Eliminate all flesh meat and fish. Alternatives: vegetable protein (tofu), beans, and sprouts.
- DAY 3 Eliminate all dairy products: milk, butter, eggs, cheese, ice cream, and dairy dressings (ranch, creamy types, bleu cheese). Alternatives: soy milk & butter, olive oil.
- DAY 4 Eliminate white rice, all bread & vegetable protein. Alternatives: brown rice (cook with olive oil and fresh pressed garlic).
- DAY 5 Eliminate all starch *i.e.*, potatoes, pasta, etc. - except brown rice.
- DAY 6 Eliminate beans & peas (green beans OK) and brown rice. Steamed and raw vegetables & fruits only (include salads with plenty of green leafy vegetables).
- DAY 7 – 9 Eliminate all cooked food, such that you only consume raw fruits & vegetables. Avoid overconsumption of raw foods. Make your dressing with olive oil and spices.
- DAY 10 – 12 JUICES ONLY, fruit and vegetable type. Use especially fresh-pressed juices since others may have added salt, preservatives & sweeteners. *Prayer, meditation, relaxation, and rest are helpful during these days.*
- DAY 13 – 15 Add raw fruits & vegetables.
- DAY 16 Add steamed vegetables.
- DAY 17 Add beans & rice.
- DAY 18 Add starches: potatoes, whole-wheat pasta, brown rice.
- DAY 19 Add whole grains and cereals (whole wheat, oat, and buckwheat).
- DAY 20 Add meat substitutes – vegetable protein (tofu).
- DAY 21 Balanced diet with less meat and dairy products. Eat small meals. Add fish if you desire, but reduce shrimp, crab, lobster, etc. They are the scavengers of the oceans and rivers, so if you eat them, you eat what they have eaten!!!!

## **CLEANSING THE TEMPLE**

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### **OPTION 2 – Ideal for Current Meat Eaters**

- DAY 1 – 2 Eliminate all red meat (pork, beef & lamb)
- DAY 3 Eliminate chicken, turkey & fish. Alternatives: soy protein (tofu), beans & sprouts
- DAY 4 - 5 Eliminate all dairy products: milk, butter, eggs, cheese, ice cream, and dairy dressings (ranch, creamy types, bleu cheese). Alternatives: soy milk & butter, olive oil.
- DAY 6 – 7 Eliminate white rice & all bread. Substitute brown rice (cook with olive oil and fresh pressed garlic).
- DAY 8 Eat steamed and raw vegetables and fruit. May include one serving of starch (potatoes or brown rice) or beans.
- DAY 9 Eliminate all starches, beans, and peas (green beans acceptable). Eat steamed and raw vegetables & fruit ONLY.
- DAY10 Eat raw fruits & vegetables ONLY (include salads with plenty of leafy vegetables).
- DAY 11 JUICES ONLY - fruit and vegetable type. CAUTION: Vegetable juices may have added salt, preservatives & sweeteners. Fresh pressed juices may be purchased from health food stores. *Prayer, meditation, relaxation, and rest are particularly important on this day.*
- DAY 12 – 13 Eat raw fruits & vegetables ONLY.
- DAY 14 Add steamed vegetables & fruits.
- DAY 15 – 16 Add brown rice (cook with olive oil and fresh pressed garlic).
- DAY 17 Add whole-grain bread only (whole-wheat, oat, buckwheat)
- DAY 18 – 19 Add vegetable protein (tofu), beans & sprouts
- DAY 20 – 21 Add chicken, turkey & fish (baked, broiled, or boiled) limiting red meats. Reduce shellfish – *they're scavengers of the sea*. Limit chicken, turkey & fish to one 5 oz. serving per day. After the fast, eat light meals and add food back gradually to avoid illness.

## **CLEANSING THE TEMPLE**

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### **OPTION 3 – Ideal for Strict Vegetarians**

- DAY 1 – 2    Eliminate all whole-grain bread, starches, and beans.  
Eat raw or steamed vegetables, fruit & brown rice (cook with olive oil and fresh pressed garlic).
- DAY 3 – 7    Eliminate all cooked food (vegetables & rice).
- DAY 8 – 10    Drink fresh-pressed vegetable and fruit juices only.
- DAY 11        Drink spring water only (you may add 6 lemons to 1 gal. of water). *Pray, meditate & relax. Get plenty of rest this day.*
- DAY 12 – 14    Drink fresh-pressed vegetable and fruit juices ONLY (apple & cranberry).
- DAY 15 – 16    Eat raw & steamed vegetables ONLY. Include salads with plenty of green, leafy vegetables.
- DAY 17        Add fresh fruit
- DAY 18        Add potatoes
- DAY 19        Add beans and brown rice (cook with olive oil and fresh pressed garlic).
- DAY 20        Add whole-grain bread (whole-wheat, oat & buckwheat).
- DAY 21        Add vegetable protein (tofu)

After ending the fast, gradually add back food not eaten during the fast to avoid injury or illness to the body. Eat light meals.

## **DAILY SCRIPTURAL MEDITATIONS**

**Read each scripture at the beginning and end of each day and recite the daily word throughout the day.**

|               |                      |                        |
|---------------|----------------------|------------------------|
| <b>DAY 1</b>  | <b>TEMPLE</b>        | <b>I COR. 3:16-17</b>  |
| <b>DAY 2</b>  | <b>POWER</b>         | <b>II TIM. 1:7</b>     |
| <b>DAY 3</b>  | <b>LOVE</b>          | <b>I JOHN 3:1</b>      |
| <b>DAY 4</b>  | <b>FASTING</b>       | <b>II CHRON. 20:3</b>  |
| <b>DAY 5</b>  | <b>STRENGTH</b>      | <b>PSALMS 27:1</b>     |
| <b>DAY 6</b>  | <b>STUDY</b>         | <b>II TIM. 2:15</b>    |
| <b>DAY 7</b>  | <b>WISDOM</b>        | <b>MATT. 7:24-27</b>   |
| <b>DAY 8</b>  | <b>TRUST</b>         | <b>PSALMS 37:3-4</b>   |
| <b>DAY 9</b>  | <b>PRAISE</b>        | <b>PSALMS 138:1-2</b>  |
| <b>DAY 10</b> | <b>FAITH</b>         | <b>MATT. 17:20</b>     |
| <b>DAY 11</b> | <b>PRAYER</b>        | <b>DANIEL 6:11</b>     |
| <b>DAY 12</b> | <b>FELLOWSHIP</b>    | <b>ACTS 2:42</b>       |
| <b>DAY 13</b> | <b>PURPOSE</b>       | <b>ECC. 3:17</b>       |
| <b>DAY 14</b> | <b>PEACE</b>         | <b>ROMANS 8:6</b>      |
| <b>DAY 15</b> | <b>STEADFAST</b>     | <b>I COR. 15:58</b>    |
| <b>DAY 16</b> | <b>RIGHTEOUSNESS</b> | <b>MATT. 5:6</b>       |
| <b>DAY 17</b> | <b>VIRTUE</b>        | <b>II PETER 1:4-8</b>  |
| <b>DAY 18</b> | <b>OBEDIENCE</b>     | <b>I PETER 1:14-16</b> |
| <b>DAY 19</b> | <b>FOLLOW</b>        | <b>LUKE 9:23</b>       |
| <b>DAY 20</b> | <b>LIGHT</b>         | <b>EPHESIANS 5:8</b>   |
| <b>DAY 21</b> | <b>PATIENCE</b>      | <b>PSALM 37:7</b>      |

## **DAILY BIBLICAL REFERENCES TO FASTING**

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### **For Strength & Spiritual Focusing**

|               |                          |
|---------------|--------------------------|
| <b>DAY 1</b>  | <b>DANIEL 10:1-21</b>    |
| <b>DAY 2</b>  | <b>DANIEL 1:11-18</b>    |
| <b>DAY 3</b>  | <b>LEVITICUS 7:19-38</b> |
| <b>DAY 4</b>  | <b>LEVITICUS 11:45</b>   |
| <b>DAY 5</b>  | <b>GENESIS 1:28-30</b>   |
| <b>DAY 6</b>  | <b>EXODUS 4:28</b>       |
| <b>DAY 7</b>  | <b>I CORINTHIANS 7:5</b> |
| <b>DAY 8</b>  | <b>MATTHEW 4:2</b>       |
| <b>DAY 9</b>  | <b>ISAIAH 58</b>         |
| <b>DAY 10</b> | <b>PSALMS 35:13</b>      |
| <b>DAY 11</b> | <b>LUKE 4:2</b>          |
| <b>DAY 12</b> | <b>ACTS 9:9</b>          |
| <b>DAY 13</b> | <b>JOEL 2:12</b>         |
| <b>DAY 14</b> | <b>DANIEL 9:3</b>        |
| <b>DAY 15</b> | <b>MARK 2:13</b>         |
| <b>DAY 16</b> | <b>ACTS 10:13</b>        |
| <b>DAY 17</b> | <b>EZRA 10:6</b>         |
| <b>DAY 18</b> | <b>MATTHEW 17:21</b>     |
| <b>DAY 19</b> | <b>MARK 9:25-29</b>      |
| <b>DAY 20</b> | <b>NEHEMIAH 1:4</b>      |
| <b>DAY 21</b> | <b>ZECHARIAH 8:19</b>    |



## **Week 1: Seeking God's Presence**

### **1. Day 1 - Drawing Near to God:**

*"Draw near to God, and He will draw near to you." (James 4:8)*

### **2. Day 2 - God's Guidance:**

*"Your word is a lamp to my feet and a light to my path." (Psalm 119:105)*

### **3. Day 3 - Trusting God:**

*"Trust in the Lord with all your heart and lean not on your own understanding." (Proverbs 3:5)*

### **4. Day 4 - Repentance:**

*"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:9)*

### **5. Day 5 - Worship:**

*"Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe." (Hebrews 12:28)*

### **6. Day 6 - Renewal of Strength:**

*"But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles." (Isaiah 40:31)*

### **7. Day 7 - Thanksgiving:**

*"Give thanks to the Lord, for He is good; His love endures forever." (Psalm 107:1)*

## **Week 2: Overcoming Challenges**

### **8. Day 8 - Faith Over Fear:**

*"For God has not given us a spirit of fear, but of power and of love and of a sound mind." (2 Timothy 1:7)*

### **9. Day 9 - Perseverance:**

*"And let us not grow weary of doing good, for in due season we will reap, if we do not give up." (Galatians 6:9)*

### **10. Day 10 - God's Peace:**

*"And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." (Philippians 4:7)*

### **11. Day 11 - Overcoming Temptation:**

*"No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able." (1 Corinthians 10:13)*

**12. Day 12 - Victory in Christ:**

*"But thanks be to God, who gives us the victory through our Lord Jesus Christ." (1 Corinthians 15:57)*

**13. Day 13 - Rest in God:**

*"Come to Me, all who labor and are heavy laden, and I will give you rest." (Matthew 11:28)*

**14. Day 14 - God's Protection:**

*"The Lord will fight for you, and you have only to be silent." (Exodus 14:14)*

**Week 3: Living in Purpose**

**15. Day 15 - God's Plan:**

*"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." (Jeremiah 29:11)*

**16. Day 16 - Bearing Fruit:**

*"I am the vine; you are the branches. Whoever abides in Me and I in him, he it is that bears much fruit." (John 15:5)*

**17. Day 17 - Walking in Love:**

*"And walk in love, as Christ also has loved us and given Himself for us." (Ephesians 5:2)*

**18. Day 18 - Generosity:**

*"Give, and it will be given to you. Good measure, pressed down, shaken together, and running over will be put into your bosom." (Luke 6:38)*

**19. Day 19 - Serving Others:**

*"For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another." (Galatians 5:13)*

**20. Day 20 - Boldness in Faith:**

*"For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes." (Romans 1:16)*

**21. Day 21 - Spiritual Growth:**

*"But grow in the grace and knowledge of our Lord and Savior Jesus Christ." (2 Peter 3:18)*