

# January 2nd - 22nd

## Daniel Fast, Prayer & Consecration 2017

Book of Acts (Read 2 Chapters per day) followed by Romans (2 Chapters per day) until you finish

Sun	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	Fri	Sat
1 New Year's Day	2 Begin LFCC Daniel Fast	3 Daniel Fast-Total fast after 8 pm	4 Total fast until after Bible Study	5 Daniel Fast	6 Daniel Fast-Free Evening - Family Time	7 Daniel Fast
8 Free Sunday	9 Daniel Fast	10 Daniel Fast -Total Fast after 8 pm	11 Total Fast until after Bible Study	12 Daniel Fast	13 Daniel Fast - Free Evening Family Time	14 Daniel Fast
15 Free Sunday	16 Martin Luther King, Jr. Day Daniel Fast	17 Daniel Fast - Total Fast after 8 pm	18 Total Fast until after Bible Study	19 Daniel Fast	20 Daniel Fast - Free Evening Family Time	21 Daniel Fast - total Fast until 12 noon Sunday
22 Consecration Sunday Total Fast until 12 Noon	<h3 style="margin: 0;">Daniel Type Fast Guidelines</h3> <p style="margin: 0;">ALL Fruits, Vegetables, Juices, Cereals (NO meats, or fish or chick or deserts)</p> <p style="margin: 0;"><b>** Free Day or evening</b> you can eat all food types <b><u>EXCEPT FRIED FOODS</u></b> of any kind - NO FRIED FOOD ON ANY DAYS DURING THE FAST.</p> <p style="margin: 0;">Total Fast Days you may have Water and Juices</p> <p style="margin: 0;">*You do not have to use your free days– Please feel free to Daniel Fast any free days you wish.</p> <p style="margin: 0;"><b><u>Persons on medication or have a condition whereby you must eat to control blood sugar, please eat minimum required.</u></b></p>					