

24 Hour Fast
Monday - Saturday (Excluding Sunday)
Days 1-40 Feb. 17 - Apr 2
Daniel Fast

Vegetables — these can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley radishes, rutabagas, scallions, spinach, sprouts, squashes, tomatoes, turnips, watercress, yams, zucchini.

Fruits — these can be fresh, frozen, dried, juiced are canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

Beverages — Spring water, distilled water or other pure waters.

All Nuts and seeds — including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All Whole grains — including but not limited to whole wheat, brown rice, millet, quinoa, oats barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All legumes — these can be canned are dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black-eyed peas, kidney beans, black beans, cannellini beans, white beans.

Foods to AVOID on the ENTIRE Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish. (With the exception of fish on days 35 through 40).

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, french fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Corporate Prayer

Every Weekday Morning at 7:00am

Dial in Number is (605) 313-4197

Access Code is 613592

