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21 Days of Prayer and Fasting

January 2 – January 22

As we make our 2021 commitments and resolutions to God and ourselves, we should consider our mind, our body, and our spirit. Fasting and prayer are sure avenues to draw closer to the Lord. **We encourage you to take part in the 21-Day Fast and Prayer as we enter this new year and new season in our lives.** We guarantee, you will be blessed beyond measure.

PARTIAL FAST

FAST from 6:00 am to 6:00 pm OR
6:00 pm to 6:00 am
Time frame of your choosing.
Water or juice only during those times.

DANIEL FAST (complete list below)

Refrain from:

- Salt
- Sweetener/Sugar
- Meat
- Dairy products
- Breads, Pasta, Flour, Crackers, Cookies
- Oils
- Juices, Coffee, Energy Drinks
- Gum, Mints, Candy

OTHER FAST

Refrain from:

- Sweets
- Snacks
- Sodas
- Alcohol
- Eating Out
- Spending
- Social Media, TV, Internet

Allowed: news or work-related content only

DANIEL FAST

Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced, or 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

All vegetables. These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

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

All legumes. These can be canned or 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.

All quality oils including, but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

All meat and animal products including, but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including, but not limited to milk, cheese, cream, butter, and eggs.

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

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

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.

Beverages including, but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.