

# AWAKENING

## 21 DAYS OF PRAYER AND FASTING

### FASTING CALENDAR

Plan your fasting week	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Use this area of your fasting calendar to choose what days of the week you will fast and what each day will look like.	<b>Day 1</b> Fruits, Vegetables & Water / Day  Dinner – include legumes & whole grains	<b>Day 2</b> Fruits, Vegetables & Water / Day  Dinner – include legumes & whole grains	<b>Day 3</b> Fruits, Vegetables & Water / Day  Dinner – include legumes & whole grains	<b>Day 4</b> Juices & Water / Day  Dinner – fruits and vegetables	<b>Day 5</b> Fruits, Vegetables & Water / Day  Dinner – include legumes & whole grains	<b>Day 6</b> Juices & Water / All Day	<b>Day 7</b> Fruits, Vegetables & Water / Day  Dinner – include legumes & whole grains
This is a sample of what one variation of the Daniel fast can look like & may include soy protein. You may also choose to exclude legumes & whole grains altogether & eat only fruits, vegetables, & water (& soy protein)	<b>Day 8</b> Fruits, Vegetables & Water / Day  Dinner – include legumes & whole grains	<b>Day 9</b> Fruits, Vegetables & Water / Day  Dinner – include legumes & whole grains	<b>Day 10</b> Fruits, Vegetables & Water / Day  Dinner – include legumes & whole grains	<b>Day 11</b> Juices & Water / Day  Dinner – fruits and vegetables	<b>Day 12</b> Fruits, Vegetables & Water / Day  Dinner – include legumes & whole grains	<b>Day 13</b> Juices & Water / All Day	<b>Day 14</b> Fruits, Vegetables & Water / Day  Dinner – include legumes & whole grains
Some people also choose to modify their overall fasting plan to end with a special 3 day fast as indicated here. Again, these are just samples of what your fasting plan can look like.	<b>Day 15</b> Fruits, Vegetables & Water / Day  Dinner – include legumes & whole grains	<b>Day 16</b> Fruits, Vegetables & Water / Day  Dinner – include legumes & whole grains	<b>Day 17</b> Fruits, Vegetables & Water / Day  Dinner – include legumes & whole grains	<b>Day 18</b> Juices & Water / Day  Dinner – fruits and vegetables	<b>Day 19</b> Juices & Water / All Day	<b>Day 20</b> Juices & Water / All Day	<b>Day 21</b> Juices & Water / All Day

<p><b>My Personal Fasting Plan: (List here what foods or activities you will be fasting)</b></p> <hr/> <hr/> <hr/>	<p><b>During this fast, I am praying and believing God for:</b></p> <hr/> <hr/> <hr/>
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