



21 DAY DANIEL FAST

**Scriptural Reference:
Daniel 10: 1-3**

1 In the third year of Cyrus king of Persia a thing was revealed unto Daniel, whose name was called Belteshazzar; and the thing was true, but the time appointed was long: and he understood the thing, and had understanding of the vision.

2 In those days I Daniel was mourning three full weeks.

3 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.

PRAYER NIGHTLY ON



AT 20:21 (8:21 PM)

Text 21wells to 31996

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21 DAY FAST

**JOIN US AS
WE TAKE A JOURNEY OF
WELLNESS**

January 11 - 31, 2021

JANUARY

21 WELLS DAILY SCRIPTURE FOCUS

11th	12th	13th	14th	15th	16th	17th
Mark 11:24	Exodus 34:28	Ephesians 6:18 NLT	John 14:1	Isaiah 58:6	Jeremiah 33:3	Romans 3:3-4 TPT
18th	19th	20th	21st	22nd	23rd	24th
Matthew 6:16-18	2 Chronicles 7:14	1 John 4:1 NLT	Luke 4:2-4	James 5:16	2 Thessalonians 2:13 ESV	Acts 14:23
25th	26th	27th	28th	29th	30th	31st
Philippians 4:6 NKJV	1 John 3:23	Judges 20:26	Acts 16:25-26	1 Peter 1:21 TPT	Ezra 8:21-23	1 Peter 3:12

FASTING COMPONENTS

SACRIFICE

On the Graduated Daniel Fast, each week a new food item will be sacrificed. Additionally, you should identify the purpose of the fast. What are you seeking God for?

PRAY AND MEDITATE

Each day of the fast there will be a focal scripture that can be used to guide your prayer and meditation for the day. This can also be used as a reminder whenever you feel tempted to eat something that is not allowable for the fast.

CONSECRATE

In order to remain focused on your fasting goals, you must be thoughtful of what you say, hear, and watch. When you are seeking to hear from God you have to be intentional about limiting the other voices seeking your attention.

FOCUS

Remain focused on the purpose of the fast and not the length of time or what you cannot eat. This allows you to be open to hear from God and grow throughout the fast.

GRADUATED DANIEL FAST

Each week an additional item will be added to fast from. As a new item is added each week, increase eating fruits and vegetables. No alcoholic beverages should be consumed during the duration of the fast.

WEEK 1 | NO SWEETS

(This includes sugar, sugar substitutes, cakes, pies, candy, etc.)

WEEK 2 | NO SWEETS OR BREAD

(This includes cornbread, muffins, buns, rolls, etc.)

WEEK 3 | NO SWEETS, BREAD OR MEAT

(This includes chicken, beef, pork, seafood, etc.)