



## 21-Day Daniel Fast 2022

(Sunday September 4 - Saturday September 24)

Here are the particulars for this time

\_\_\_ **A Daniel/media fast.** A Daniel fast involves eating the foods that Daniel ate in Daniel 1:12 and while seeking the LORD in Daniel 10:2-3. This basically involves eating vegetables, fruits, whole grains (breads or rice from whole grains), legumes (peas or beans), nuts, seeds, tofu, and herbs in moderation. Drinking only water or including noncaffeinated herbal teas, fruit/vegetable juices. Daniel abstained from all meat, sugar, dairy products, wine, and from all pleasant foods and beverages (all food flavor-enhancers—seasonings, salad dressings, sweetener, etc.). The media fast would involve fasting from superfluous internet, media, entertainment, or news.

\_\_\_ **A one hour/day prayer commitment** to connect with God at the same time each day for the 21 days. This intercessory time will be used to pray for personal renewal, family, congregation, our city, state, and nation for a return to YHWH. The time that I have chosen to pray for this 21 day period is (please list the start time for your daily hour timeframe):

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Please list out the following prayer requests that will be compiled and released to all those joining the time so that we can all be praying together for breakthroughs.

Prayer for salvation (someone you are praying to come to Yeshua):

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A specific (it'll be obvious if/when it is answered) prayer request that you have:

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\_\_\_ **A corporate prayer meeting at least once a week.** We presently have eleven corporate prayer times to choose from at the Lighthouse. Monday through Friday at Mayflower from 11am-noon. Sunday through Thursday 6-7pm Zoom prayer times. Saturday evening prayer from 6pm-midnight. You are also welcome to start your own prayer time of praying with at least one other person corporately together. Please list the time that you plan to join in for a corporate prayer time:

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\_\_\_ **Read Brian Alarid's *When People Pray* book** (~3 chapters of the book per week) through the month of September.

I purpose to take part in this year's 21 day vigil leading up to the Feast of Trumpets. From Sunday September 4th through Saturday September 24th.

Name

Date