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| 52 Days of Restoration 2022  Fasting Schedule  Monday, October 3rd through Wednesday, November 2nd | | | | |
| *Throughout the fast, allow this time to be used to break the yoke of proclivities, tendencies,*  *habits, addictions, lusts, distractions, and illicit, inordinate hobbies.* | | | | |
| September 30th – November 4th | | | | |
| Week 1 | **Week 2** | **Week 3** | **Week 4** | **Week 5** |
| Monday, October 3rd @6pm  to  Monday, October 10th @6pm | Monday, October 10th @6pm  to  Monday, October 17th @6pm | Monday, October 17th @6pm  to  Monday, October 24th @6pm | Monday, October 24th @6pm  to  Monday, October 31st @6pm | Monday, October 31st t @6pm  To  Wednesday, November 2nd h 6pm |
| \*\*\*Drink Water Everyday    No Desserts  (Candy, cookies, pies, cakes, ice cream, sweets, etc.)  No Soda (Pop)  No Breads  (things w/yeast) | **Same as Week 1**  **Plus**  **No Beef**  **No Pork** | **Same as Week 2**  **Plus**  **No Milk**  **No Chicken**  **No Turkey** | **Only**  **Fish**  **Fruits**  **100% Juices**  **Vegetables**  **(No White Potatoes)** | **Only**  **Fruit**  **Water**  **(No Juice)** |
| **Monday, October 31st @ 6pm until Tuesday, November 2nd @ 6pm Water only**  Reading:   1. Breakfast of Champions (Eph. 1:15-23; Col 1:9-14, Job 22:21)/Daily Devotion 2. One Proverb per day 3. One Chapter of the Book of James Per Week 4. Ministry CDs/DVDs/Access previous sermons on Facebook | | | | |
| November 4-21 *Daniel Fast* | | | | |
| Guidelines For the Daniel Fast  Some of you may already be familiar with this type of fast, but for those who are unsure how to do this, we have included a list of what you may and may not eat while following a Daniel Fast. This type of fast is base on Daniel 10:2-3, “In those days I Daniel was mourning three full weeks. 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.” We encourage you to read through the surrounding chapters to get a more thorough understanding of why Daniel was led to do this, and follow this plan as you believe the Holy Spirit is leading you. | | | | |
| Foods We May Eat (Fish is okay too!) | | | | |
| Whole Grains: | All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, and rice cakes. | | | |
| Legumes: | 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. | | | |
| Fruits: | 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, and watermelon. | | | |
| Vegetables: | 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, nuts, and sprouts. | | | |
| Liquids: | Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices | | | |