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| 52 Days of Restoration 2020: Purpose, Position, and Prosperity  Fasting Schedule  Thursday, October 1st through Saturday, November 21st | | | | |
| *Throughout the fast, allow this time to be used to break the yoke of*  *habits, addictions, lusts, distractions, and illicit, inordinate hobbies.* | | | | |
| Fasting Schedule | | | | |
| Week 1 | **Week 2** | **Week 3** | **Week 4** | **Week 5** |
| Wednesday, September 30th @6pm to  Wednesday, October 7th | Wednesday, October 7th @6pm  to  Wednesday, October 14th | Wednesday, October 14th @6pm  to  Wednesday, October 21st | Wednesday, October 21st @6pm  to  Wednesday, October 28th | Wednesday, October 28th @6pm  to  Saturday, October 31st |
| No Sweets  (candy, cookies, ice cream, etc.)  No Soda (Pop)  No Pork  No Breads  (things w/yeast) | **Same as Week 1**  **plus**  **No Milk**  **No Beef** | **Same as Week 2**  **plus**  **No Dairy**  **No Chicken**  **No Turkey**  **No Potatoes** | **Only**  **Fruits**  **Vegetables**  **Water** | **Water Only** |
| Reading:   1. One Proverb Per Day 2. One Chapter of James Per Week 3. Regular Bible Study/Reading 4. Breakfast of Champions (Eph. 1:15-23; Col 1:9-14, Job 22:21) 5. (KJV) | | | | |
| November 1-21  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 to eat! | | | | |
| 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 | | | | |
| Foods to Avoid: | Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods containing preservatives or additives, Refined Sugar, Sugar Substitutes, White Flour and all products using it, Margarine, Shortening, and High Fat Products. | | | |