

PREPARING YOUR BODY FOR A LIQUID OR DETOX FAST

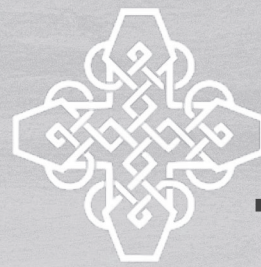
SPIRITUAL PREPARATION

All fasts should begin with prayer. Commune with God and open your heart to Him.

It's also important to gradually prepare your body for a liquid only fast because it is a radical change for most people.

- Days 1 and 2: Cut out processed foods, alcohol, caffeine, meat, dairy and added sugars. Focus on eating raw whole foods, especially fruits and vegetables.
- Day 3: Get used to a liquid diet by enjoying smoothies, pureed soups and broths, as well as fresh fruit and vegetable juices.
- Day 4: Drink only water and fresh-squeezed orange juice. Add maple syrup as needed for additional calories. Drink laxative tea before bed.
- Day 5: Start the liquid or detox fast.

21-Day Fasting and Prayer



Abyssinian Baptist Church

TYPES OF FASTS

Fasting is a way for you to draw closer to God and for Him to draw closer to you.
Which Fast is Right for You?



Fasting, Praying and Seeking God Together
21 days of fasting and prayer!



Experience the joy of celebrating God's goodness and mercy through fasting.

Open your heart and prepare for the abundance of blessings that God has in store for you. As you embark on this spiritual journey, take the time to seek God in prayer and let the guidance of the Holy Spirit lead you in choosing the perfect fast.

Learn about the different types of fasting and how to prepare your body for the transformative journey!

THE DANIEL FAST

Perhaps the most popular fast is the Daniel Fast which consists of all natural food items including fruits, vegetables, whole grains, and raw nuts. This fast excludes added sugars, meats, and dairy.

'Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break

LIQUID FAST

During a liquid fast, you dramatically decrease your caloric intake while staying hydrated with water, juice, or broth. Typically, you should avoid dairy products and solid foods in this type of fast. All-natural fruit or vegetable juices are acceptable.

DETOX FAST

The Detox fast is designed to benefit your spiritual and physical health. With just four simple ingredients, this fast gives your body the calories and energy it needs to make it through the day. The recipe below will yield one gallon of the detox.

PERSONAL FAST

This fast helps you to refocus in certain areas of your life by giving up something that hinders you from accomplishing God's purpose for you. For example, you may give up social media for 40 days and monitor how you re-incorporate it into your life.

****Check with your physician before participating in any fast****