

21 Days of Fasting

January 7 through January 27, 2018

We have set aside these three weeks as a time of corporate, yet voluntary, fasting for Madison Campus Adventist Church. There is significant spiritual blessing in denying self to focus on God.



The Daniel Fast is (see Daniel 10:3):

- 21 days long (you may choose your own length).
- No “pleasant food”—eat only natural, unrefined foods and no dessert (refrain from all sugar).
- No “meat”—eat only a plant-based diet.
- No “wine”—drink only water, and abstain from all alcohol, juice, pop, coffee (caffeinated beverages).

How You Can Participate:

- Decide how long you will fast.
- Be sure to use this as a time for extra spiritual focus and seeking God.
- If you have a medical condition or are using special medication, check with your doctor.

Blessings that Result from Fasting:

- Improves health (Isaiah. 58:8)
- Removes poverty (Joel 2:18-24)
- Breaks sexual addictions (Judges 19:22-20:28)
- Saves wayward children (Joel 2:28)
- Deepens spiritual insight (Daniel 10:1-7)
- Beats back demonic powers (Ephesians 6:10-17)