

Developing a Righteous, Spiritual Hunger

21 Day Progressive Fast

This is simply an outline of a regimen that I intend to follow. I invite you to join with me on this quest, or you can modify this as you see fit to address your needs. Blessings on you as you hunger after Him! – Pastor Cornelius

Sunday, October 26 – Tuesday, October 28: 3 Days

No sweets (including soft drinks or products with excess amounts of sugar)

Wednesday, October 29 – Saturday, November 1: 4 Days

No sweets, no meats

Sunday, November 2 – Tuesday, November 4: 3 Days

No sweets, no meats (including no peanut butter or eggs)

Wednesday, November 5 – Saturday, November 8: 4 Days

No sweets, no meats, no bread (pastas & rice are OK)

Sunday, November 9 – Wednesday, November 12: 4 Days

Eat only fruits & vegetables; media fast (no internet, radio, video, newspapers, etc. (Work related minimize but OK))

Thursday, November 13 – Friday, November 14: 2 Days

Drink juices and water only; maintain media fast

Saturday, November 15: 1 Day

Water only; maintain media fast

(Break fast at the time you began on Sunday October 26)

If you have never attempted an extended season like this, I encourage you to address a couple of items:

- 1. If you have health considerations that are effected by changes in diet, consult with your physician before undertaking anything of this nature.*
- 2. Drink plenty of fluids. It is easy to get dehydrated during such a season, and God is not honored by your harming your body.*
- 3. Cover yourself with lots of prayer. Engaging in such a spiritual quest is an "invitation" for the enemy to launch a spiritual attack.*
- 4. Be accountable to someone during this time especially.*