

# 21 Days

OF PRAYER AND FASTING

*January 30th - February 19th, 2023*

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*“Cleanse My Temple”  
I Corinthians 3:16-17 & 6:19*

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## DESIRED FOCUS:

- Manifested healing and complete restoration of Bishop Denson.
- A unified church body operating on the principle of “One Accord.”
- The outpouring of the gifts of the Holy Spirit upon our leadership and church body.

## FASTING

## guidelines

### **Week 1:** (Jan. 30<sup>th</sup> – Feb. 5<sup>th</sup>)

No red meat; no pork; no carbonated drinks; no social media; only Christian TV and news only after 6 pm. Orange juice, apple juice, and cranberry juice are allowed.

### **Week 2:** (Feb. 6<sup>th</sup> – Feb. 12<sup>th</sup>)

Same as the first week, with the addition of no chicken; no bread; no sweets; no caffeine.

### **Week 3:** (Feb. 13<sup>th</sup> – Feb. 19<sup>th</sup>)

Fruits & vegetables only; no red, no white meat; no pork, no seafood. Water only; no carbonated drinks; no caffeine; no orange juice, apple juice, cranberry juice, or tea; no bread; no sweets; no social media; Christian TV programs and news only.

**NOTE:** If you are under doctor’s care, please consult with your physician and modify  
The fast as needed.