

21 DAYS SPIRITUAL FASTING & CLEANSING PLAN

The fast and cleansing plan is basically an elimination diet, in which we gradually eliminate for the first 9 days various food groups until, in the middle of the 21 days, we take in only vegetables and fruit juices for sustenance. (*Vegetarians can do this for 7 days under that option.*) Then we gradually add back over 9 days the food groups and end up with a healthier, complete diet and greater control over our eating.

The intent is to permanently increase your awareness of what you are putting into your temple (*body*) and to increase your ability to deny the flesh when needed. An ability to deny the flesh is an ability to get closer to God and God's plan for your life. Each day has scriptural and meditative references.

It is strongly advised that you have a partner for support and strength (*such as a spouse, prayer partner or friend*) during the fast.

"...that ye may give yourselves to fasting and prayer; and come together again..." I Corinthians 7:5

"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." Daniel 10:3

PURPOSE: The purpose of fasting is to strengthen you spiritually, mentally and physically. The goal is to help cleanse your temple of the destructive and negative forces that interfere with your relationship with God. Through fasting, your ability to hear, see and accomplish God's plan will become clearer. During the fast, you will gradually eliminate the toxic and degenerative foods from your diet and rebuild your body with healthier choices.

INSTRUCTIONS: It is important that you eliminate each of the following for the entire 21 day:

- Junk foods and snacks
 - Beverages with caffeine, carbonation, corn syrup, fructose and sugar
 - Television ▪ Movies ▪ Home Theater ▪ Radio (*quiet the noise that feeds your subconscious mind.*)
- {Spiritual ▪ Gospel ▪ Meditation Programs ONLY}**
- Intimate relations (*I Corinthians 7:5*)
 - Addictive habits such as alcohol, smoking, gossiping, etc.

OPTIONS: Choose ONE of the two fasting options. They are designed to cleanse and challenge you at your level of nutrition. The vegetarian diet is especially challenging and is not recommended if you have never fasted before.

FOOD FACTS: Most natural/holistic practitioners contend that meat, meat products and processed food such as white sugar, white rice and white flour, along with chemical food additives cause many of the diseases suffered by the human body.

RESULTS: Healthier lifestyles choices help each of us to be more constructive workers for God. As we move away from negative habits (*eating, addictions and lack of exercise*) our bodies feel better, we look better and our attitudes are more pleasant. The fast option you choose should serve as a catalyst for living a more divine life and becoming an instrument for God.



IMPORTANT FAST RECOMMENDATIONS:

- Increase water consumption to 3-4 quarts per day
- As you eliminate meat (*all flesh foods*) from your diet, be sure to increase your intake of vegetables
- Fruit consumption is encouraged especially apples, pears, melons, papaya, grapes. These fruits help to cleanse the body and will limit acid in the stomach. Bananas may be eaten, but only when ripe with brown spots - no green edges. Citrus fruits should be limited or eaten with caution because of their acidic nature.
- Consider investing in an economical juice machine that will increase the nutritional value of juices, especially for vegetable juices. If you do not have a juicer, purchase fresh pressed vegetable juices and non-concentrated juices from a health center or health food store (*Fresh Fields, Trader Joe's, Whole Foods, MOM's, etc.*)
- Drink natural fruit juices, non-concentrated is preferred. Apple and cranberry helps to cleanse the body. Avoid all added sweeteners such as extra fructose, corn syrup and sugar.
- Strict vegetarians are especially advised to use a juice machine. Juice machines ensure "live" juices that have more nutrients. Drink the juice soon after preparation.
- Steam vegetables for 2-3 minutes in little water to preserve vitamins and minerals. Over cooking will kill the nutritional value of your vegetables. Eat okra in abundance – great for the colon. You may add olive oil sparingly to cook vegetables or raw salads – also good for the colon.
- Create your own salad dressing using olive oil, apple cider vinegar and spices (*onion, garlic, basil, cayenne*)
- For salt, it is preferable to use sea salt after cooking. All Spices are welcome except black pepper- use cayenne instead (*stimulates blood circulation*). Spices such as basil, bay leaves, and ginger are excellent.
- NO CONDIMENTS – mustard, mayonnaise, ketchup, hot sauce, relish, etc.
- Over consumption of vegetables before the days when you only drink fluids may cause a certain amount of withdrawal of calories and volume (*headaches and/or nightmares*). Taper off portions to gradually reduce the appetite.
- Include only daily natural cleanser in your diet, such as Psyllium husks, or the commercial product, Metamucil (*1 tbsp. in juice daily*).
- Steam vegetable pulp extracted from juicer and store to use as a broth or soup.

ITEMS TO COMPLIMENT THE FAST:

1. Internal Colon And Body Cleansers (Use in minimal amounts)

- a. Psyllium Husk (*natural laxative*)
- b. Aloe Vera Juice or gel
- c. Cascara sagrada (*natural laxative*)

2. Natural Nutrition Supplements

- a. Wheat grass
- b. Spirulina
- c. Chlorophylli (*blood purifier*)

3. Herbal Teas (bag or loose)

- a. Pau D'arco (*blood cleanser, healer*)
- b. Red Clover (*appetite suppressant*)
- c. Chamomile (*relaxant*)
- d. Gotu Kola (*energy, brain food*)
- e. Peppermint (*relaxant, appetite stimulant*)
- f. Golden seal (*antibiotic, healer*)
- g. Red raspberry (*helps female reproductive problems*)

4. Additional Natural Foods/Spices

- a. Olive Oil (*lubricates colon, aids in digestion*) substitutes for margarine/butter
- b. Cayenne (*stimulant, blood circulator*)
- c. Black strap molasses (*iron substitute*)
- d. Liquid kyolic (*aged garlic extract without scent of garlic*)

5. External Body Cleansers

- a. All natural soaps
- b. Epsom salts – add 1- 4 lbs. to bath to help soothe the body and achy muscles. Soak for a maximum of 30 minutes. Then shower in cool water to stimulate circulation.
- c. Oils – pure and nontoxic such as peppermint, almond and eucalyptus

CLEANSING THE TEMPLE

Fast Option I – Non-Vegetarians

Eliminate From Diet: Days 1-12


- Day 1~2** Eliminate all flesh-meat, poultry and fish, (*alternative-vegetable protein such as tofu, texturized vegetable protein-one good brand name is "Veggie Ground Round", beans and sprouts.*)
- Day 3** Eliminate eggs and all dairy products: milk, butter, cheese, ice cream, dairy dressings (ranch, creamy, blue cheese). (*Alternatives are soy margarine, soy milk and olive oil.*)
- Day 4** Eliminate white rice, all bread, nuts and vegetable protein. (*Alternative – brown rice, cook with olive oil and fresh pressed garlic*)
- Day 5** Eliminate all starch i.e. potatoes, pastas, etc. except brown rice.
- Day 6** Eliminate beans, peas and brown rice (green beans are okay). Steamed and/or raw vegetables and fruit only (*include salads with plenty of green leafy vegetables*).
- Day 7~9** Eliminate all cooked foods, such that you only consume raw fruits and vegetables. Avoid over consumption of raw foods. Make your own dressing with olive oils and spices.
- Day 10~12** Juices only! (*Fruit and vegetable types*) Use especially fresh pressed juices since others may have added salt, preservatives and sweeteners. **Prayer, meditation, relaxation and rest are helpful during these days.**

Add To Diet: Days 13-21

- Day 13~15** Add raw fruits & vegetables
- Day 16** Add steamed vegetables
- Day 17** Add beans, nuts and brown rice
- Day 18** Add starches: potatoes, whole wheat pastas, bread, and other rice
- Day 19** Add whole grains and cereals (whole wheat, oat, buckwheat)
- Day 20** Add meat substitutes – vegetable protein (tofu and others)
- Day 21** Balanced diet with less meat and dairy products. Eat small meals.

**Congratulations, you have cleansed your body and proven your ability to deny your flesh!
Have confidence in this, and build on it. Do not go back to old unhealthy patterns!**

***Regularly add fish if you desire, but reduce shrimp, crab, and lobster, etc.
They are the scavengers of the ocean and rivers, so if you eat them you eat what they have eaten.
They also have higher cholesterol content.***



CLEANSING THE TEMPLE

Fast Option II – Vegetarians

Eliminate From Diet: Days 1-16


- Day 1~2** Eliminate all whole grain breads, starches and beans. Eat raw or steamed vegetables, fruit and brown rice (*cook with olive oil and fresh pressed garlic*)
- Day 3~7** Eliminate all cooked foods (*vegetables and rice*)
- Day 8~10** Drink fresh pressed vegetables and fruit juices only
- Day 11** Drink spring water only (*you may add 6 lemons to 1 Gal of water*). **Prayer, meditation and relaxation are helpful during these days. Get plenty of rest this day.**
- Day 12~14** Drink fresh pressed vegetables and fruit juices only – apple and cranberry.
- Day 15~16** Eat raw and steamed vegetables only. Include salads with plenty of green leafy vegetables.

Add To Diet: Days 17-21

- Day 17** Add fresh fruits
- Day 18** Add potatoes
- Day 19** Add beans and brown rice (*cook with olive oil and fresh pressed garlic*)
- Day 20** Add whole grains and cereals (*whole wheat, oat, buckwheat*)
- Day 21** Add vegetable protein (*tofu and others*)

**Congratulations, you have cleansed your body and proven your ability to deny your flesh!
Have confidence in this, and build on it. Do not go back to old unhealthy patterns!**

***After ending the fast, gradually add back food not eaten during the fast.
Eat light meals.***



DAILY SCRIPTURAL MEDITATIONS

Read each scripture at the beginning and end of each day. Recite the Daily Word throughout the day.

DAY 1

Daily Word: Temple
Scripture: I Corinthians 3:16-17
Scriptural Fast Reference: Daniel 10:1-21

DAY 2

Daily Word: Power
Scripture: II Timothy 1:7
Scriptural Fast Reference: Daniel 1:11-18

DAY 3

Daily Word: Love
Scripture: I John 3:1
Scriptural Fast Reference: Leviticus 7:19-38

DAY 4

Daily Word: Fasting
Scripture: II Chronicles 20:3
Scriptural Fast Reference: Leviticus 11:45

DAY 5

Daily Word: Strength
Scripture: Psalm 27:1
Scriptural Fast Reference: Genesis 1:28-30

Day 6

Daily Word: Study
Scripture: II Timothy 2:15
Scriptural Fast Reference: Exodus 24:18

DAY 7

Daily Word: Wisdom
Scripture: Matthew 7:24-27
Scriptural Fast Reference: I Corinthians 7:5

DAY 8

Daily Word: Trust
Scripture: Psalm 37:3-4
Scriptural Fast Reference: Matthew 4:2

DAY 9

Daily Word: Praise
Scripture: Psalm 138:1-2
Scriptural Fast Reference: Isaiah 58 (*entire chapter*)

DAY 10

Daily Word: Faith
Scripture: Matthew 17:21
Scriptural Fast Reference: Psalm 35:13

Day 11

Daily Word:
Scripture:
Scriptural Fast Reference:

Prayer
Daniel 6:11
Luke 4:2

Day 12

Daily Word:
Scripture:
Scriptural Fast Reference:

Fellowship
Acts 2:42
Acts 9:9

Day 13

Daily Word:
Scripture:
Scriptural Fast Reference:

Purpose
Ecclesiastes 3:17
Joel 2:12

Day 14

Daily Word:
Scripture:
Scriptural Fast Reference:

Peace
Romans 8:6
Daniel 9:3

Day 15

Daily Word:
Scripture:
Scriptural Fast Reference:

Steadfast
I Corinthians 15:58
Mark 2:13

Day 16

Daily Word:
Scripture:
Scriptural Fast Reference:

Righteousness
Matthew 5:6
Acts 10:13

Day 17

Daily Word:
Scripture:
Scriptural Fast Reference:

Virtue
II Peter 1:4-8
Ezra 10:6

Day 18

Daily Word:
Scripture:
Scriptural Fast Reference:

Obedience
I Peter 1:14-16
Matthew 17:21

Day 19

Daily Word:
Scripture:
Scriptural Fast Reference:

Follow
Luke 9:23
Mark 9:25-29

Day 20

Daily Word:
Scripture:
Scriptural Fast Reference:

Light
Ephesians 5:8
Nehemiah 1:4

Day 21

Daily Word:
Scripture:
Scriptural Fast Reference:

Patience
Psalm 37:7
Zechariah 8:19