# DVCC 10 DAYS OF FASTING AND PRAYER

**FOCUS:**

- Reset/Retool - To set, adjust, or fix in a new or different way. Isaiah 43:19. "[God says] I am about do a new thing; now it springs forth, do you not perceive it?
- Remove Toxins – Ps. 51:10 Create in me a clean heart, O God; and renew a right spirit within me.
  *Natural Toxins* are substances created by plants and animals that are poisonous (toxic) to humans.
  *Spiritual Toxins* How we process the things that we perceive to be unjust and hurtful will either reflect the grace of God at work in our hearts and minds or the poisoning of our minds and hearts. Toxicity within our personal lives will lead to toxic attitudes, toxic interactions, relationships, and toxicity in every other part of our lives.
- *Divine Release*- The promise of God to release you from every burden that could hinder any areas of your lives from moving forward. John 8:36 So if the Son sets you free, you will be free indeed.

**FAST INSTRUCTIONS:**

- **AVOID**: Sugar, Processed Foods, Bread, Sweets, Fried Foods, Sodas, Sweet Tea, Peanuts, Cashews, No snacks
- **EATING:**
  - **DAY 1 – 3** - Three Meals
  - **Day 4 – 6** - Two Meals
  - **Day 7** – One Meal
  - **Day 8 - 10** – No Meal

  **NOTE:** Acceptable Foods- Chicken, Fish, Turkey, Beef (Not Fried); Seeds, Nuts, Fruit (except for bananas), Vegetables

- **MEDICATION:** Take as prescribed and needed.
- **PRAYER FOCUS: Prayer time will be focused on God, Word, & Worship**
  - 1 HR of Prayer Together
  - Pray the SCRIPTURE, Pray in the SPIRIT, Worship from your heart.
  - WILL NOT Prayer for Government, House, Finances, Wealth, Neighbor
- **COMMUNION (EVERY NIGHT):**
  - First Night of Communion will be served, and instructions will be provided
  - Remainder Nights individuals will serve themselves
    (Notes: be prepared for notetaking)
- **DISTRACTIONS:**
  - No social media, and TV

**Food Choices**

**No Fried Foods. Refrain from consuming sugar, bread, pasta, cheese**

**Healthy choices- smoothies, fresh fruit, oatmeal with fruit, veggie omelet**

**Meats- Chicken, Beef, Turkey, Fish, Eggs (fresh or frozen)**

**Veggies- Any frozen or fresh veggies**

**Fruits- All fruit excluding bananas**

**Nuts & Seeds – All nuts excluding cashew and peanut**

**Beverages- Water, unsweet tea, herbal tea, almond milk, coconut milk**

***Example of Daily Meal***

***Breakfast: Smoothy, Veggie Omelet***

***Lunch: Salad, soup***

***Dinner: Chicken, broccoli, baked potato***