

21 Days First-Fruits Fast - January 5 – 25, 2026

PEOPLE USING MEDICATION SHOULD CONSULT WITH THEIR PHYSICIAN BEFORE JOINING THE FAST

Book to be read: I and II Corinthians

WORSHIP: Throughout the day. (Be discrete at work of course).

CHURCH: Sunday Morning Services will remain in person and virtual – 7:00hrs

Morning and Evening Sessions will be virtual via ZOOM - 05:00hrs – 06:00hrs and 18:00hrs - 19:00hrs respectively – (Monday through Saturday; no session on Saturday evenings)

ZOOM Meeting ID:896 2027 9923

Passcode:882083

PURPOSE OF THE FAST: For all of God's promised First Fruits blessings to fall upon our house, family, our living community, First Assembly and the Nation.

FAST INSTRUCTIONS:

- **Midnight to 17:00 hours - Lots of Water/teas and Raw Foods:**
Foods: Fruits such as bananas, apples, blackberries, blueberries, cantaloupe, pomegranate, cherries, cranberries, grapes, pears, plums, raspberries, aronia berries, and strawberries; polyphenols.
- Vegetables such as broccoli, cabbage, celery, onion and parsley.
- Letuce, tomatoes, carrots, olives, fennel seed, broccoli, sylvestre leaf, and mulberry leaf, etc. (Washed in Vinegar/Baking Soda).
- All raw NUTS – Walnuts, almonds, chestnuts, hazelnuts, peanuts, cashews, Brazilian nuts, etc. (Soak overnight in water)
- **17:00 hours to Midnight – COOKED FOODS** – Hot soups with **scale fish**, Legumes and root vegetables, eg. Yams, sweet potatoes, etc., and or baked fish. BITTER MELON FRIED IN ORGANIC COLD PRESS COCONUT OIL.
- **NO FRIED FISH.**

- Lots of hot WHITE TEA with or without honey and or Maple Syrup and Water throughout this fast. Add Turmeric powder, cloves and cinnamon in your teas.
- DRINK CRANBERRY JUICE, BEET JUICE AND LEMON WATER.
- **NO COFFEE.**
- **NO MEATS.**
- **NO SWEETS AND PERFUME.**

PLEASE WASH ALL RAW FOODS WITH BAKING SODA and or VINEGAR WATER TWICE TO REMOVE PESTICIDES, etc.

IMMERSE/SOAK NUTS overnight before eating. When you leave the nuts immersed in (preferably spring or purified) water overnight all of the enzyme inhibitors, toxic compounds, Phytic acid and goitrogens will be removed from them making them safer and more beneficial to eat.

Fruits

Fruits are important sources of nutrition to consume on the Daniel Fast. They contain essential vitamins, minerals and antioxidants your body needs to properly function. For example, C and B vitamins are powerful antioxidants that protect your body from free radical invasion and strengthen your immune system. They also contain starch and sugars for added energy during your fast. All fruits are considered good to eat during the 21-day Daniel Fast.

Vegetables

Vegetables are wonderful additions to include in your daily diet. Like fruits, they contain fiber, which promotes bowel and overall digestive health. All vegetables qualify as permitted foods for the Daniel Fast. For best results, steam a variety of vegetables or eat them raw.

Whole Grains

Whole grains such as grits, plain oatmeal, brown rice and wild rice can be consumed whole on the Daniel Fast but only **after 1700 hours**. Whole grains are sources of plentiful fiber, B and E vitamins, magnesium, copper and zinc.

Liquids

Consuming an adequate amount of liquid is important while on your fast. MayoClinic.com recommends you drink/consume **64 ounces daily**, which is equal to eight standard 8-ounce glasses. Although water is the majority liquid you should consume, you can also juice, puree or blend fruits for your drinking

pleasure. Drink Beet roots, hot green teas and cranberry juice during this **21 days FAST**.

Proteins

Since the 21-day Daniel Fast restricts meat, you can get your protein from permitted sources, such as **beans, seeds and nuts**. Examples of these foods include kidney beans, black beans, lentils, macadamia nuts, Brazil nuts, peanuts, sesame seeds, sunflower seeds, cashew and almonds. Check the nutritional labels to ensure your nuts or seeds contain no added sweeteners or artificial preservatives. **SCALE FISH is only ALLOWED after 1700 hours, but NOT after midnight.**