

Selective Fasting Guide: Type and Food List 2021

This year we will follow the plan of **The Daniel and Selective Fasts**. You have the option of choosing one or the other.

The Daniel Fast

The Daniel Fast list is as it has been in past years and this list is provided.

The Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast. You can have selected meats. **Chicken** and **fish** are allowed **baked, grilled, or steamed**, not fried.

From this you follow the other items from the **Daniel Fast**.

Remember, the goal of the fast is to connect with God at a greater degree. So, we abstain to the point of **replenishing** the flesh for **strength**, not eating for **pleasure**.

This year, I have been led of the Spirit of God to lead us in refraining from as much **social media** and **television** as we do daily. I know that this is the main way in which we get our communication; however, we can become obsessed with it more for pleasure than information. Limit those times to read the **word of God**, **pray** and **consecrate** yourselves for a greater anointing for **kingdom** work.

My prayer is that whatever fast you participate in, it will make you **better, stronger, and wiser**.

Grace on the Journey,

Bishop Leofric