

FORTY DAYS OF CHRIST-BASED FASTING AND PRAYER

M	T	W	Th	Fri	Sat	Sun
Day 1 Fast	Day 2 Fast	Day 3 Fast till 4:00	Day 4 Fast	Day 5 Fast	Day 6 Fast till 4:00 p.m. (Dinner)	Day 7 Fast till noon one meal
Day 8 Fast	Day 9 Fast	Day 10 Fast till 4:00 p.m.	Day 11 one meal today (Dinner)	Day 12 one meal today (Dinner)	Day 13 Fast	Day 14 one meal today (Dinner)
Day 15 Fast	Day 16 one meal today (Dinner)	Day 17 one meal today	Day 18 Fast	Day 19 Fast	Day 20 one meal today	Day 21 one meal today
Day 22 Fast	Day 23 Fast	Day 24 one meal today (holiday)	Day 25 Fast	Day 26 one meal today	Day 27 one meal today	Day 28 one meal today
Day 29 Fast	Day 30 Fast	Day 31 one meal today	Day 32 Fast	Day 33 Fast	Day 34 Fast till 4:00 p.m.	Day 35 Fast till noon
Day 36 Fast	Day 37 one meal	Day 38 Fast	Day 39 Fast	Day 40 One Meal Celebrate	Day 41	Day 42
Day 43						
Celebrate						

Meals: Be careful after fasting. Do not over eat. Grilled or Baked chicken or fish vegetables, salads, or always in order (fish does not include shell fish)

Fasting Days: Beverages are o.k. These should be low sugar, no caffeine beverages. Note: on meal days, the later the meal, the greater potential that you will not over eat on that day. (Also, on meal days, a small evening snack <101 Cal. O.k.)

Medical Approval: Be sure that fasting is approved by your physician.

Praying: Pray daily. Three or more times find minutes of stillness. This does not include praying while driving, or in the shower.

Fasting and Prayer Focus: Family request, spiritual growth, change of habit or something similar

Trading Days: You are allowed once per week to trade a fast day for a eating day if needed. You cannot trade any more than three times during the 40 day period.

Special Project: This is also an excellent time to begin, continue, or finish a special project. The project should occupy your time to keep your mind off of food.

Complete a Biblical study. The A3CEES web system has several to keep you focused throughout the week or wherever you travel.

Definitely begin, or review the Christ-based Weight Management study at christbasedcounseling.org