**Welcome to Eagle’s Nest Ministries**

 **21 Day Daniel Fast (vegetables, water and fruit)**

Start

8:00 am

January 19, 2021

End

8:00 am

February 8, 2021

**FASTING**

Wherever you are in life or whatever your needs today, fasting can benefit you. If you are struggling with your health or finances, fasting is a powerful spiritual tool. Maybe you need guidance from God or protection for your family. Fasting is a private discipline with public rewards. It is the spiritual key in certain seasons and situations of your life.

 Whatever your season in life, release the power of fasting into your needs.

**Nine Biblical Fast**

1. **The Disciples Fast** Scripture Hebrews 12:1
2. **The Ezra Fast** Scripture Ezra 8:21
3. **The Samuel Fast**  Scripture 1 Samuel 7:3
4. **The Elijah Fast** Scripture 1 King 19:4
5. **The Widow Fast** Scripture 1 Kings 17:10-16
6. **The Paul Fast**  Scripture Acts 9:3-6
7. **The Daniel Fast** Scripture Daniel 10
8. **The John The Baptist Fast** Scripture Matthew 9
9. **The Esther Fast** Scripture Esther 4:16

Thank you for joining in with our yearly Church Fast. God bless you all these 21 days and the rest of year.

Love,

Pastor and Sr Pastor