

# All Things Health Month

## Week 1

## Week 2

### Prayer

Zoom Prayer every  
Monday - Friday @ 5am.  
Scan below to gain access to zoom  
prayer link.



### *Water Fast*

For the 1st week of All Health Month, we will enter into a Water Fast. During this fast, you may only drink water but may eat anything.

The primary purpose of a water fast is to promote detoxification and cleansing of the body by allowing the digestive system to rest and heal. The body is forced to rely on stored fat and other energy sources, which can lead to weight loss, improved insulin sensitivity, and other health benefits. Water fasts are also for spiritual and religious purposes, as a form of discipline and purification.

### *Water Fast & Daniel Fast*

For week 2 of All Things Health Month, we will continue with the Water Fast and also incorporate the Daniel Fast to start on Sunday, May 7th.

The Daniel Fast is a type of spiritual fast that involves eating a restricted diet based on the biblical story of Daniel, who abstained from rich foods and wine to honor God. The Daniel Fast typically lasts for 21 days and is meant to promote spiritual growth, discipline, and physical health.

The Daniel Fast allows for a plant-based diet that is rich in whole, unprocessed foods. Here are some foods that can be eaten during the Daniel Fast:

- Fruits
- Vegetables
- Whole grains
- Beans
- Nuts and Seeds

\*\*See the detailed list of foods you can eat during the Daniel Fast.

# All Things Health Month

## Week 3

### ***Water Fast, Daniel Fast & Social Media Fast***

For week 3 of All Things Health Month, we will continue with the Water Fast and Daniel Fast. This week, we will now incorporate Social Media Fasting to start on Sunday, May 14th.

Social Media Fasting consist of not watching any social media that is NOT feeding you Spiritually.

Social Media Fasting can have several potential benefits for a person's mental and emotional health, including reduced stress and anxiety, improved sleep, increased productivity, enhanced self-awareness, and improved relationships with God and your family.

## Week 4

### ***Water Fast, Daniel Fast, Social Media Fast & Exercise***

For the 4th week of All Things Health Month, we will continue with the Water Fast, Daniel Fast, Media Fast and now adding Exercise. This will start on Sunday, May 21st and the entire fast will end on Wednesday, May 31st.

What a perfect way to end the All Things Health Month - with exercising. Exercising has great benefits:

- Improved physical health: Regular exercise can help improve cardiovascular health, boost the immune system, and reduce the risk of chronic diseases such as diabetes, obesity, and heart disease.
- Better mental health: Exercise has been shown to reduce symptoms of depression and anxiety, boost mood and self-esteem, and improve cognitive function.
- Increased energy: Regular exercise can help increase energy levels, reduce fatigue, and improve overall stamina and endurance.

### ***Daniel Fast Resources***

Daniel Fast:  
Benefits for Your Spiritual, Emotional  
and Physical Health



Daniel Fast Recipes



Daniel Fast Friendly Resturants

