

## The Bridge Church 40-Day Corporate Prayer & Fast Weekly Fasting Meal Plan

- Week 1 No Meats - No chicken, beef, pork or land animal; seafood is acceptable.
- Week 2 No Starches - Includes: rice, pastas, corn, potatoes, tortilla, etc.
- Week 3 Daniel Fast – Eat only fresh or frozen vegetables, beans, nuts, seeds, whole grain, fresh fruits (watermelon, cantaloupe, mango, banana etc.)
- Week 4 No Caffeine – No coffee, sodas or sports drinks, juices, etc.
- Week 5 No Fast Foods – Hamburgers, hot dogs, pizza, wings, etc.
- Week 6 No Sweets or Desserts – Cakes, pies, ice cream, candy, etc.
- Week 7 No Leaven Breads (Passover Week)

**Fast Begins:** Wednesday, February 22, 2023

**Fast Ends:** Friday, April 7, 2023 (midnight)

**Fasting Times:** Daily Prayer at 7 AM on Social Media  
Feel the victory, power and the anointing!  
(*Medical needs; adjust schedules as needed*)

**Matthew 6:16-18** *When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.*