

**ILLUSTRATION OF THE 21 DAYS OF FASTING AND PRAYER FROM THE 1ST OF  
DECEMBER TO THE 21ST OF DECEMBER.**

DECEMBER						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 	2 	3 	4 	5 
6 	7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 	19 
20 	21 					



**FOOD**



**FRUITS**



**WATER**

It is a four day cycle, with the first two days fast to be broken with food, the next day with fruits and the fourth day is to drink water only throughout that day.

The days showing the food icon, is the day when the fast is to be broken with food, the days where the icon for fruit is shown, means the fast is to be broken with fruits, while the icon for water signifies the days for water only.