

FASTING GUIDELINES

Our fast will begin Sunday, January 1st at 8:00 pm, and end Saturday, January 21st at 8:00pm. We believe that our daily commitment to these disciplines and spiritual routines are going to give way to clarity of direction and manifested goodness for every area of our lives and our church.

(If you have any physical or dietary concerns that may limit what you can or cannot fast please pray concerning what you can do and adjust accordingly).

Food Focus

You May Eat:

- Whole Grains: Brown Rice, Oats, Barley
- Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you not allergic to soy.
- Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices (no added sugar), 100% All Natural Vegetable Juices. You may also drink protein drinks.
- Others: Seeds, Nuts, Sprouts

You May NOT Eat:

- All Meat
- White Rice
- Fried Foods
- Dairy Products Caffeine
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar
- Sugar Substitutes
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Products

Physical Focus

- Physical Activity or Exercise (20-30 minutes daily)

Spiritual Focus

- Daily time in Bible reading and prayer 3x per day (refer to I-24/7 prayer guide)
- Extra attention to spiritual teachings/literature (DVDs, CDs, Books, Bible Teaching TV)
- Self Examination (I Corinthians 11:31; II Corinthians 7:1; Psalm 139:23-24)
- NO TV except Christian TV programs that are spiritually edifying.

Relationship Focus

- Dedication and commitment to peaceful communication and interaction
- A minimum of one, 1-hour long conversation-based activity with spouse/children (family meeting, feelings sharing, household assessment/planning)
- A minimum of one planned fun activity for the household that focuses on family interaction (games, outings, etc.)

Ministry Focus

- Sensitivity to ministry opportunities to share your faith and testimony with others.
- Sensitivity to daily opportunities to demonstrate God's love and do good to people!
- Expect God to use you.

Faith Focus

- Divine wisdom and protection in our daily affairs.
- Supernatural progress, favor, restoration, and change of status.
- Clarity of the Spirit regarding the direction of our lives and our church (Specifically: Increase in our partner base, increase in our ministry resources, and the future destination of our new church home).
- Souls