

FASTING DETAILS

What is Fasting?

Fasting is an intentional denial rooted in a quest to get closer to God. Fasting is physical sacrifice for spiritual increase. Fasting is a commitment to deny my physical flesh, to increase my spiritual effectiveness. Fasting takes prayerful discipline!

Mark 9:29

How do I Fast? Fast Options

DENIAL: No food from 6AM to 6PM

DANIEL: Fruit, vegetables, juice and water only.

DESERT: WATER is your only beverage option for the entire period of time. You may eat what you like!

DETOX: No social media, no television with the exception of the news and religious programming.

WHEN FASTING: Refrain from sinful habits or habitual behaviors. (Examples: cursing, gossip, overeating, alcoholism, ungratefulness, sexual sins, etc. See Galatians 5:19-26 and Hebrews 12:1) Prayerfully after the fast, you won't look back!

What is Prayer?

Prayer is my intentional reach for God's direct and specific involvement in my life. Prayer is communication with God, giving thanksgiving, requests and desires, knowing He can and will respond with thoughts, ideas, situations, people or primarily His word. James 5: 16



TAKING CONTROL OF MY DESTINY

FAST & SPIRITUAL CLEANSE

Isaiah 58:1-14

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WEEK 1 MY MIND

October 15th - October 21st

Day 1

Vision Habakuk 2:2-5

Day 2

Direction Psalm 37:23

Day 3

Godliness 1 Timothy 6:6

Day 4

Rest Psalm 23:2

Day 5

Creativity Exodus 35:35

Day 6

Wisdom James 1:5

Day 7

Courage Joshua 1:9

WEEK 2 MY BODY

October 22nd to October 28th

Day 8

Good Health 3 John 1:2

Day 9

Physical Healing Jeremiah 33:6

Day 10

Good Eating Habits 1 Corinthians 10:31

Day 11

Deliverance James 4:7

Day 12

Righteousness 1 John 3:7

Day 13

Self Control Titus 2:11-14

Day 14

Exercise 1 Timothy 4:8

WEEK 3 MY SPIRIT

October 29th to November 4th

Day 15

Emotional Healing 1 Peter 5:10

Day 16

Increase My Faith Luke 17:5

Day 17

Unspeakable Joy John 15:11

Day 18

The Body of Christ Romans 12:4-5

Day 19

Hunger For God's Word 1 Peter 2:2

Day 20

Spiritual Growth Hebrews 5:12-14

Day 21

Spiritual Maturity Galatians 5:13-26

Day 22

Contentment and Peace

Philippians 4:11-13

WEEK 4 MY LIFE

November 5th - November 13th

Day 23

God's Plan For My Life Jeremiah 29:11

Day 24

Family Ephesians 5:21-33

Day 25

Confirmations & Miracles

Judges 6:36-40

Day 26

Obedience Deuteronomy 6:18

Day 27

Resources Philippians 4:19

Day 28

Forgiveness For Yourself & Others

Matthew 6:12

Day 29

Goal Setting, Bench Marks & Results

John 15:1-8

Day 30

Necessary Lifestyle Changes

Romans 12:1-2