

Fasting and Prayer

Fasting is from **January 3, starting at 5 pm until January 14, ending at 12 noon.**

It's intended for the purpose of spiritual cleansing, sacrificing, and studying the Word and prosperity from God. The Bible records Joshua, Daniel, Moses, Elijah, Paul, and Jesus fasting.

Please note: if you are taking any type of medication, speak with your physician first to see if you can participate in the fast.

This fast consists of a bowl of Soup and the following meat can be used with it: grilled, broiled, baked turkey, fish, or chicken. You may also eat vegetables, salad, and fresh fruit.

Water only, you can use Crystal Light.

Day 1: One bowl of soup.

Day 2: No breakfast, lunch fruit only.

Day 3: No breakfast

Day 4: No breakfast

Day 5: Breakfast fruit only

Day 6: Nothing until 12 and then began your free day

Day 7: Free Day

Day 8: No breakfast

Day 9: Fruit for breakfast

Day 10: No breakfast

Day 11: Fruit for breakfast

Day 12: No breakfast, fast over at noon

During the fasting and prayer period, you must spend as much time as possible with God. Devotional readings should take place in the morning, noon, evening, and prior to bed.

Step out on faith, bring your tithes and offering to God. Malachi 3:6-10 Prayer in fasting makes you sensitive to the voice of The Lord.

Fasting is private and spiritual, not boastful with a sad countenance. Matthew 6:16-18.

If there are any questions, please contact the church office email hodge@regularbc.org.

Scriptures

Monday, January 3rd: Isiah 53 & Hebrews 5

Tuesday, January 4th: Hebrews 4 & Colossians 3

Wednesday, January 5th: Psalms 1 & 2 Peter 1

Thursday, January 6th: Psalms 23 & Psalms 37

Friday, January 7th: 2 Timothy 1 & 2 Timothy 2

Saturday, January 8th: 1 Corinthians 12

Monday, January 10th: 1 John 1 & Matthew 7

Tuesday, January 11th: Ephesians 4 & Romans 12

Wednesday, January 12th: Psalms 91 & Psalms 121

Thursday, January 13th: Proverbs 24 & Philippians 3

Friday, January 14th: 2 Peter 3