

January 2019 – FAST

Our **FAST** begins on **January 2nd** at **12:00 a.m. (midnight)** and ends on **January 31st** at **4:00 pm**. Each day, fast from 12:00 a.m. (midnight) ‘til 4:00 p.m. *If you are on medication, you may eat just enough food for you to take your medicine and follow your doctor’s instruction.*

DO NOT EAT ANY SWEETS OR JUNK FOOD, AND DO NOT DRINK ANY SODA/POP BEVERAGES, COFFEE, HOT CHOCOLATE OR TEA.

Beginning Wednesday, January 2nd, read the following books of the Bible in the order listed: 1st John, Jude, James, Colossians, and finally 1st Corinthians. (READ ONE CHAPTER PER DAY and on the last day read three additional chapters.) PRAY, FAST, and READ YOUR BIBLE! PRAY, FAST, AND READ YOUR BIBLE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURSDAY
<p><i>Drink water all day.</i></p> <p><i>After 4 pm you may eat whatever you desire, but do not eat any sweets or junk food. Also, do not drink any sodas/pop beverages, coffee, hot chocolate or tea.</i></p>	<p><u>Liquid – Drink water all day.</u></p> <p><u>4 p.m. ‘til midnight liquids and food</u></p> <p><u>100% Juice & Water Fruits – your choice Nuts – assorted (ex. shell peanuts, pecan, walnut, etc.(unsalted)) Vegetables- Your choice (steam, raw, or boiled); however, do not use meat to season vegetables</u></p>	<p><u>Liquid – Drink water all day.</u></p> <p><u>4 p.m. til midnight liquids and food</u></p> <p><u>100 % Juice & Water Fruits – your choice Nuts – assorted (ex. shell peanuts, pecan, walnut, etc. (unsalted)) Vegetable Salad You may use any salad dressing except those with cheese. Bread/crackers – whole wheat Vegetables – your choice, however, do not use meat to season vegetables. Soup – soups that do not have any meat, white pasta or white rice.</u></p>	<p><u>Liquid – Drink water all day.</u></p> <p><u>4 p.m. til midnight liquids and food</u></p> <p><u>100 % Juice & Water Fruits – your choice Nuts – assorted (ex. shell peanuts, pecan, walnut, etc. (unsalted)) Vegetable Salad You may use any salad dressing except those with cheese. Bread/crackers – whole wheat Soup – soups that do not have any white pasta or white rice. No meat except chicken or turkey should be added in soup Meats – chicken, turkey, or fish (baked or broiled only.) Also, canned tuna or salmon.</u></p>	<p><u>Liquid – Drink water all day.</u></p> <p><u>4 p.m. til midnight liquids and food</u></p> <p><u>100 % Juice & Water Fruits – your choice Nuts – assorted (ex. shell peanuts, pecan, walnut, etc. (unsalted)) Vegetable Salad You may use any salad dressing except those with cheese. Bread/crackers – whole wheat Soup – soups that do not have any white pasta or white rice. No meat except chicken or turkey should be added in soup Meats – chicken, turkey, or fish (baked or broiled only.) Also, canned tuna or salmon.</u></p>	<p><u>Liquid – Drink water all day.</u></p> <p><u>4 p.m. til midnight liquids and food</u></p> <p><u>100 % Juice & Water Fruits – your choice Nuts – assorted (ex. shell peanuts, pecan, walnut, etc. (unsalted)) Vegetable Salad You may use any salad dressing except those with cheese. Bread/crackers – whole wheat Soup – soups that do not have any white pasta or white rice. No meat except chicken or turkey should be added in soup Meats – chicken, turkey, or fish (baked or broiled only.) Also, canned tuna or salmon.</u></p>	<p><u>Liquid – Drink water all day.</u></p> <p><u>4 p.m. til midnight liquids and food</u></p> <p><u>100 % Juice & Water Fruits – your choice Nuts – assorted (ex. shell peanuts, pecan, walnut, etc. (unsalted)) Vegetable Salad You may use any salad dressing except those with cheese. Bread/crackers – whole wheat Soup – soups that do not have any white pasta or white rice. No meat except chicken or turkey should be added in soup Meats – chicken, turkey, or fish (baked or broiled only.) Also, canned tuna or salmon.</u></p>

When preparing your food, remember to use all-natural ingredients or herb seasoning. Salt, pepper, butter and other seasoning can only be used during the cooking process of your meal. Do not add eggs or any dairy products to your salad.

For the first 15 days, watch only the following TV Networks – weather, animal or discovery shows, and spiritual programs. You may watch the WORD channel all night if you desire. Pastor will inform you of any changes.