Day 1 Matthew 4: (NKJV): But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’”

Day 2 John 6:50-71 (NKJV): This is the bread which comes down from heaven, that one may eat of it and not die. I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever, and I will raise him up at the last day. For My flesh is food indeed,[a] and My blood is drink indeed. He who eats My flesh and drinks My blood abides in Me, and I in him. As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me. This is the bread which came down from heaven—not as your fathers ate the manna, and are dead. He who eats this bread will live forever.” These things He said in the synagogue as He taught in Capernaum. Therefore many of His disciples, when they heard this, said, “This is a hard saying; who can understand it?” When Jesus knew in Himself that His disciples complained about this, He said to them, “Does this offend you? What then if you should see the Son of Man ascend where He was before? It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life. But there are some of you who do not believe.” For Jesus knew from the beginning who they were who did not believe, and who would betray Him. And He said, “Therefore I have said to you that no one can come to Me unless it has been granted to him by My Father.” From that time many of His disciples went back and walked with Him no more. Then Jesus said to the twelve, “Do you also want to go away?” But Simon Peter answered Him, “Lord, to whom shall we go? You have the words of eternal life. Also we have come to believe and know that You are the Christ, the Son of the living God.” He spoke of Judas Iscariot, the son of Simon, for it was he who would betray Him, being one of the twelve.

Day 3 John 6:32-35 (NKJV): Then Jesus said to them, “Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven. For the bread of God is He who comes down from heaven and gives life to the world.” Then they said to Him, “Lord, give us this bread always.” And Jesus said to them, “I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.

Day 4 1 Corinthians 10:17 (NKJV): For we, though many, are one bread and one body; for we all partake of that one bread. John 6:55-59 (NKJV): For My flesh is food indeed,[a] and My blood is drink indeed. He who eats My flesh and drinks My blood abides in Me, and I in him. As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me. This is the bread which came down from heaven—not as your fathers ate the manna, and are dead. He who eats this bread will live forever.” These things He said in the synagogue as He taught in Capernaum.

Day 5 Matthew 26:26 (NKJV): And as they were eating, Jesus took bread, blessed[a] and broke it, and gave it to the disciples and said, “Take, eat; this is My body.” Ecclesiastes 9:7 (NKJV): Go, eat your bread with joy, And drink your wine with a merry heart; For God has already accepted your works.
**WEEK TWO (January 13–17, 2020):** drink only water or water w/lemon and read these scriptures—

**Day 1** _Genesis 1:6-7 (NKJV):_ 6 Then God said, “Let there be a firmament in the midst of the waters, and let it divide the waters from the waters.” 7 Thus God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament; and it was so.

**Day 2** _John 7:38 (NKJV):_ 38 He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.”

**Day 3** _Exodus 17:6 (NKJV):_ 6 Behold, I will stand before you there on the rock in Horeb; and you shall strike the rock, and water will come out of it, that the people may drink.” And Moses did so in the sight of the elders of Israel.

**Day 4** _Isaiah 12:3 (NKJV):_ 3 Therefore with joy you will draw water, from the wells of salvation.  
_John 4:14 (NKJV):_ 14 but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.”

**Day 5** _Isaiah 44:3 (NKJV):_ 3 For I will pour water on him who is thirsty, and floods on the dry ground; I will pour My Spirit on your descendants, and My blessing on your offspring;  
_Psalm 63:1 (NKJV):_ 1 O God, You are my God; Early will I seek You; My soul thirsts for You; My flesh longs for You. In a dry and thirsty land Where there is no water.

**WEEK THREE (January 20–24, 2020):** Hold money in your hand three times a day with prayer and read these scriptures—

**Day 1** _Deuteronomy 8:18: _18 But thou shalt remember the LORD thy God: for [it is] he that giveth thee power to get wealth, that he may establish his covenant which he sware unto thy fathers, as [it is] this day.  
_Jeremiah 29:11: _11 For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.  
_Malachi 3:10: _10 Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, that [there shall] not be room enough [to receive it].

**Day 2** _Hebrews 11:1 (KJV):_ 1 Now faith is the substance of things hoped for, the evidence of things not seen.  
_Galatians 3:11 (KJV):_ 11 But that no man is justified by the law in the sight of God, it is evident: for, The just shall live by faith.  
_Romans 4:3 (KJV):_ 3 For what saith the scripture? Abraham believed God, and it was counted unto him for righteousness.

**Day 3** _Philippians 4:19 (KJV):_ 19 But my God shall supply all your need according to his riches in glory by Christ Jesus.  
_John 1:3 (KJV):_ 1 The elder unto the well beloved Gaius, whom I love in the truth.  
2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.  
3 For I rejoiced greatly, when the brethren came and testified of the truth that is in thee, even as thou walkest in the truth.  
_Psalms 128:2: _2 For thou shalt eat the labour of thine hands: happy shalt thou be, and [it shall be] well with thee.

**Day 4** _2 Corinthians 9:8: _8 And God [is] able to make all grace abound toward you; that ye, always having all sufficiency in all [things], may abound to every good work:  
_Psalms 1:3: _3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.  
_2 Corinthians 8:9: _9 For ye know the grace of our Lord Jesus Christ, that, though he was rich, yet for your sakes he became poor, that ye through his poverty might be rich.
Day 5 _Zechariah 9:12:_ 12 Turn you to the strong hold, ye prisoners of hope: even today do I declare [that] I will render double unto thee; _Job 22:23-27:_ 23 If thou return to the Almighty, thou shalt be built up, thou shalt put away iniquity far from thy tabernacles. 24 Then shalt thou lay up gold as dust, and the [gold] of Ophir as the stones of the brooks. 25 Yea, the Almighty shall be thy defence, and thou shalt have plenty of silver. 26 For then shalt thou have thy delight in the Almighty, and shalt lift up thy face unto God. 27 Thou shalt make thy prayer unto him, and he shall hear thee, and thou shalt pay thy vows. _Luke 6:38:_ 38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

**Week Four (January 27–31, 2020):** Each day give up one TV/playing games/your choice and read these scriptures—

**Day 1 _Philippians 4:13:_** 13 I can do all things through Christ which strengtheneth me. 

_Deuteronomy 31:6:_ 6 Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he [it is] that doth go with thee; he will not fail thee, nor forsake thee.

**Day 2 _Isaiah 41:10:_** 10 Fear thou not; for I [am] with thee: be not dismayed; for I [am] thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. 

_Deuteronomy 20:4:_ 4 For the LORD your God [is] he that goeth with you, to fight for you against your enemies, to save you.

**Day 3 _1 Corinthians 10:13:_** 13 There hath no temptation taken you but such as is common to man: but God [is] faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear [it]. _2 Corinthians 12:9-10:_ 10 And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. 10 Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.

**Day 4 _Ezra 8:23:_** 23 So we fasted and petitioned our God about this, and he answered our prayer. 

_Judges 20:26:_ 26 Then all the Israelites, the whole army, went up to Bethel, and there they sat weeping before the Lord. They fasted that day until evening and presented burnt offerings and fellowship offerings to the Lord.

**Day 5 _2 Chronicles 20:3-4:_** 3 Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah. 4 The people of Judah came together to seek help from the Lord; indeed, they came from every town in Judah to seek him. 

_1 Kings 21:27-29:_ 27 When Ahab heard these words, he tore his clothes, put on sackcloth and fasted. He lay in sackcloth and went around meekly. 28 Then the word of the Lord came to Elijah the Tishbite: 29 “Have you noticed how Ahab has humbled himself before me? Because he has humbled himself, I will not bring this disaster in his day, but I will bring it on his house in the days of his son.”