

More In 2024

THE FAST – Begins 9 pm Jan. 1 through Jan. 21st. If you are taking medications, please follow the prescribed instructions with your meds, unless you inform your physician. In addition, due to excessive changes in the environment and health conditions, the following format is suggested:

Week 1

From rising until 12 noon, liquids only (water, juice, tea).

12 noon until 9 pm, eat food eliminating sweets, desserts, and soda. No solid food after 9 pm.

Week 2

Same as above but eliminate red meat from meals (poultry & fish only).

Week 3

At the same hours as above, eliminate all meats. Fruits, vegetables, grains, and eggs are allowed for protein.

Week 1 – Make Room

This week, we are fasting and asking God to show us what changes, releasing, and surrendering in our lives must happen. We must acknowledge that before we ask for more:

- We must make room.
- Be clean.
- Know why we are asking for what we ask.

¹²Therefore also now, saith the LORD, Turn ye even to me with all your heart, And with fasting, and with weeping, and with mourning:

¹³And rend your heart, and not your garments, And turn unto the LORD your God: For he is gracious and merciful, Slow to anger, and of great kindness, And repenteth him of the evil. Joel 2:12–13 (KJV 1900)

Week 2 – Make Changes

As we fast this week, we must set things in order. Let's look at our conduct, interaction with others, and our spiritual relationship with God. Let's evaluate whether or not what we are doing is beneficial. Wherever we are lacking determine why and put it before the Lord for change. Begin the process to change what you have the ability to change.

¹⁷Thus saith the Lord, thy Redeemer, the Holy One of Israel; I am the Lord thy God which teacheth thee to profit, Which leadeth thee by the way that thou shouldest go. Isaiah 48:17 (KJV 1900)

¹³Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come. John 16:13 (KJV 1900)

Week 3 – Ready For More

Lord, I'm ready for more as I progress through this year. I will continue to seek you in order to know: the who, what, where, and the when of my life.

¹⁷Wherefore be ye not unwise, but understanding what the will of the Lord is.
Ephesians 5:17 (KJV 1900)