



## 5 FASTING FAQs

### 1) What Is Fasting?

Fasting is restraining from food for spiritual purposes such as:

- ~ Closer relationship with God
- ~ Godly wisdom
- ~ Sensitivity to Holy Spirit
- ~ Physical healing
- ~ Directions for life
- ~ Solutions for problems

### 2) What Type Of Fast Is This?

We are using two types of fasts:

- 1.) The first seven days will be a partial fast (only fruit, vegetables, water & juice between 6am & 6pm).
- 2.) The last two weeks will be a Daniel Fast (only vegetables, fruit, water & fruit juice).

### 3) Will We Pray Together?

Yes! Weekdays beginning Monday, January 9<sup>th</sup> thru Friday, January 27<sup>th</sup> at 12 noon. The call-in phone number is **(209) 647-1000 code: 580126#**. *Please be sure to mute your phone once you dial in by pressing \*6 or using your phone's mute capabilities.*

### 4) What Should I Expect?

Fasting causes your body to detox by eliminating toxins. This can cause headaches, irritability, and of course hunger pains.

### 5) Can My Kids Fast?

Absolutely! Children up to age 17 should avoid sweets, sugary drinks and junk food.

## 1<sup>ST</sup> WEEK

### “FREEDOM FOR FITNESS”

#### ✦ January 9<sup>th</sup> – “Purge Your Pantry”

~II Corinthians 7:1

#### ✦ January 10<sup>th</sup> – “Forgive Someone”

~Ephesians 4:17-32

#### ✦ January 11<sup>th</sup> – “Take A Walk”

~I Corinthians 6:19-20

#### ✦ January 12<sup>th</sup>– “Practice Saying No”

~Matthews 5:37

#### ✦ January 13<sup>th</sup> – “Calculate Your BMI”

~I Corinthians 9:27

#### ✦ January 14<sup>th</sup> – “Smaller Portions”

~Daniel 1:12-17

#### ✦ January 15<sup>th</sup> – “Tithe Sunday”

~Genesis 14:18-20

## 2<sup>ND</sup> WEEK

### “FREEDOM FOR FINANCES”

#### ✦ January 16<sup>th</sup> – “Write A Money Vision”

~Habakkuk 2:2-4

#### ✦ January 17<sup>th</sup> – “Automate Savings”

~Genesis 41:34-36

#### ✦ January 18<sup>th</sup> – “Cover Your Assets”

~I Timothy 5:8

#### ✦ January 19<sup>th</sup> – “Voice Your Vision”

~Proverbs 27:17

#### ✦ January 20<sup>th</sup> – “Pay Down A Debt”

~Romans 13:8

#### ✦ January 21<sup>st</sup> – “Organize”

~I Corinthians 14:40

#### ✦ January 22<sup>nd</sup> – “3 Habits To Stop”

~Ephesians 4:22-24