

Living Way Christian Fellowship

Pastor Harold K. Webber

A SEASON OF PRAYER AND FASTING

Fast BEGINS Sunday, January 10, 2010

Fast will END

Sunday, January 31, 2010

With Communion Service

PRAYER

- Schedule 3 times daily for individual prayer (*if possible, one family prayer time*).
- Commit to only listening to music that edifies God.
- Refrain from all objectionable television viewing, i.e. Music Videos, etc.

EZRA 8:23

So we fasted and earnestly prayed that our God would take care of us, and He heard our prayer.
(New Living Bible)

FAST SCHEDULE

FIRST WEEK

(Jan. 10-16)

Only 3 small meals per day
(Breakfast, Lunch & Dinner)
No Snacking

Abstain Foods and Liquids listed below:

- **ALL:** Sweets (anything with sugar); Artificially Sweetener "Sweets"; Sodas — Regular and Diet; Fruit Drinks (i.e. Sunny Delight, Hi-C, etc.); Caffeinated Drinks (coffee, latte)
- Milk Products (milk...cheese, etc); Alcoholic Beverages;
- Bread or Crackers (including Tortillas); Junk Food; Potato Chips; Cheese Curls; Popcorn
- **NO** Smoking of any kind,
- Eliminate Meat from at least one Meal

SECOND WEEK

(Jan. 17-23)

First Week PLUS

Eliminate Meat from two meals

THIRD WEEK

(Jan. 24-31)

First & Second Week PLUS

Eliminate Meat from ALL MEALS

Caution: Please consult your physician, if you have any concerns about this fast, and do as your physician has prescribed (i.e. food with medications).