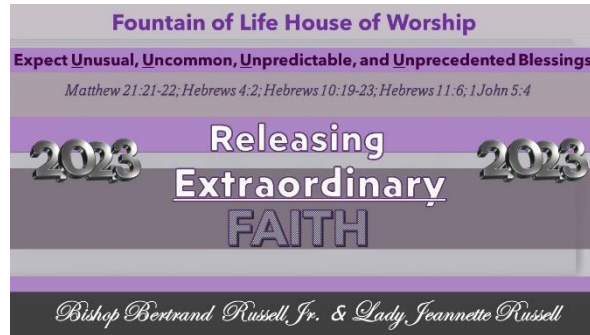


ABBREVIATED FEBRUARY FASTING CALENDAR

“PRAYING AND FASTING FOR RESULTS”

1 Samuel 7:1-12



We are embarking on a 40-day Fast beginning Wednesday, February 22, 2023 and ending on Palm Sunday, April 2, 2023.

DATE	SCRIPTURE	TOPIC
Wednesday, February 22nd	Joel 1:14	Declare A Holy Fast
Thursday, February 23rd	Ephesians 4:11-16	Christ Gave Evangelists
Friday, February 24th	2 Timothy 4:1-5	Do the Work of an Evangelist
Monday, February 27th	Mark 16:15-20	Preach the Gospel to All
Tuesday, February 28th	1 Peter 3:15-22	Be Prepared to Give an Answer

What are we fasting for? Evangelism, An Increased Prayer Life, Our Youth and Children and Our Senior Housing Project.

What I may consume on a MODIFIED DANIEL FAST? Fruits, vegetables, whole grains, nuts and seeds, legumes, quality oils, water, and soy foods, fish and poultry.

What I must abstain from? Red meats, dairy products, processed sugar, leavened bread, all refined and processed food products, all deep-fried foods, solid fats, all non-water beverages.

If you have dietary restrictions: You may abstain from pleasures that you enjoy and that consume your time. You may limit social media, gaming, television, socialization, and excess spending. Instead, you may increase your study, meditation, physical exercise and family time.

“LESS INDULGENCE IN THE WORLD AND MORE INDULGENCE IN THE WORD, WORSHIP AND PRAYER”!

*Join us for Morning Manna Monday – Friday from 6:30am-7:00am. (605) 313-4812 Access code 859366#