



Fountain of Life  
HOUSE OF WORSHIP



**JANUARY 2025 MORNING MANNA**  
**Vision 2025 “A YEAR TO STAY CONNECTED”**  
**John 15:5; Galatians 2:20; 1 Corinthians 12:12; Romans 12:3-6; Acts 2:46-47**



GLOBAL UNITED FELLOWSHIP HEALTH AND FITNESS INITIATIVE  
 THE 21 DAY GLOBAL FAST



Bishop Marion T. Harvin  
 (Director of Global Health and Fitness)

Welcome to our first Global health and fitness initiative for 2025. It was through prayer that I believe as Christian Believers and as a fellowship of pastors, leaders, churches and businesses I'm led to encourage that we start our new year with an initial and intentional commitment to diet. Understand this...we conform to what we consistently consume. So making a conscious decision to take our food and drink intake seriously will lead to a successful healthy lifestyle.

Announcing: THE 21 DAY GLOBAL FAST. We are encouraging the entire fellowship

to follow us through this dietary process and plan of fasting in the month of January. And because prayer is also an essential spiritual component to any fasting commitment we are including in this 21 days a commitment to consecration, meditation, study and prayer.  
 (Below are the fasting information and instructions to follow that are also on the graphic flyer above).

*As the Holy Spirit would have it, we are in sync with Global United Fellowship this year as we begin our annual 21-day fast. **In a nutshell, no meats, sweets, or strong drink.***

*\*\*\*For more clarity, follow Global United Fellowship on Facebook throughout the month of January\*\*\**

January 1	Happy New Year	NO MORNING MANNA
January 2	John 15:5	Stay Connected to the Vine
January 3	Galatians 2:20	Crucified With Christ
January 6 (Fast Begins)	Matthew 6:16-18	Fasting Instructions
January 7	Daniel 10:2-3	Daniel Fasted 21 Days
January 8	Acts 13:1-3	Fasting to Be Set Apart
January 9	Genesis 1:29	God's Original Diet
January 10	Genesis 3:13	Don't Be Deceived
January 13	Genesis 9:3-5	After the Flood
January 14	Exodus 16:1-6	Manna From Heaven
January 15	Exodus 34:28-35	Moses Fasts and Displays the Glory of God
January 16	Ezra 8:21-23	For God's Protection
January 17	Nehemiah 1:1-11	Fasting For Success
January 20	Esther 4: 13-17	Esther and the People Fast
January 21	Joel 1:14	Consecrate a Fast
January 22	Matthew 4:1-4	Before Jesus' Ministry
January 23	Mark 9:17-29	By Prayer <i>and</i> Fasting
January 24	Acts 27: 33-36	Paul Fasts for 14 Days
January 26	***Sunday***	<b>LAST DAY OF FAST</b>
January 27	1 Corinthians 12:12	One Body
January 28	Romans 12:3-6	God Empowers the Gifts
January 29	Acts 2:46-47	Together!
January 30	Hebrews 10:24-25	Forsake Not Assembling
January 31	Psalms 133:1-3	The Excellency of Unity

*Bishop Bertrand Russell, Jr., Senior Pastor*