

THE PRAYER TARGETS

<u>When</u>	<u>What</u>
Monday	Church Growth
Tuesday	Relations (Family)
Wednesday	Supplication (Prayer)
Thursday	Determination (Discipline)
Friday	Salvation (Non-believers)
Saturday	Devotion (Faith)
Sunday	Contribution (Ministry)

THE PRECAUTIONS

Individuals with medical conditions should consult their physicians prior to participating in the fast. If you are unable to refrain from food during the time period specified, please give up something that will be a sacrifice.

The Corporate Fast Instructions

During the Corporate Fast, you will not consume any meat, sugar, or sweeteners of any kind, nor will you have any caffeine, tea or artificial chemicals.

1. Only fruits and vegetables
2. Water Only for a beverage
3. No sweeteners and no breads
4. No artificial or processed foods or any chemicals allowed on the Corporate Fast.
5. Be sure to read the ingredients on labels of prepared foods to make sure they only include only the Fast friendly ingredients

The Corporate Fast Food List

Foods to Include During the Corporate Fast

All fruits: These can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables: These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains: including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole-wheat pasta, whole-wheat tortillas, rice cakes and popcorn.

All nuts and seeds: including but not limited to sunflower seeds, cashews, peanuts, sesame. Also, nut butters including peanut butter.

All legumes: These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black-eyed peas, kidney beans, black beans, cannelloni beans, white beans.

All quality oils: including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: Water

Other: tofu, soy products, vinegar, seasonings, salt, herbs, and spices.

Foods to Avoid on the Corporate Fast

All meat and animal products including beef, lamb, pork, poultry, seafood, and fish

All dairy products: including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners: including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread: including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed foods products: including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep-fried foods: including but not limited to potato chips, French fries, corn chips.

All solid fats: including shortening, margarine, lard and foods high in fat

Beverages: coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol

.

THE PASSAGE:

Tell the leaders and people to come together at the temple.

Order them to go without eating and to pray sincerely."

(Joel 1:14 CEV)

THE PURPOSE:

As a result of this fast, we expect for MTC members to:

- * Attend church services faithfully
- * Connect with family members intentionally
- * Participate in prayer corporately
- * Refrain from meals and media specifically
- * Share their faith with unbelievers strategically
- * Spend quality time with God daily
- * Support Church financially

THE PERIOD

Our fast will last 21 days. Monday, January 2 2023 at 6AM and end on Sunday, January 22, 2023, 6AM

THE PROCEDURE

This is the fast where you abstain from certain foods and

We will also abstain from certain THINGS.

During the fast, we will only drink **WATER**; nothing else. Other details of the fast are:

***6am - 6pm:** Meal fast---- Raw Fruits and Cooked Vegetables, only water to drink. *Salmon allowed between 6:01pm – 5:59am* (no other meats and no sweets, only water to drink.

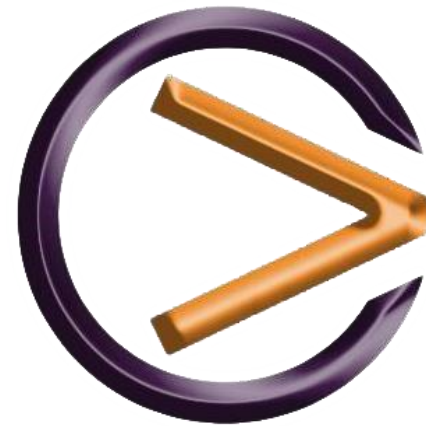
***10:00 am - 10:30 am:** Corporate Prayer Virtual via Facebook and YouTube

***6:00 pm - 6:00 am:** Media fast (except during corporate prayer time)

----giving up the following items: social media (Facebook, Twitter, Instagram, etc.), texting, computer, internet, video games

~ 2023~

A Year of Rebuilding F.A.I.T.H



3600 Snapfinger Rd.
Stonecrest, GA 30034

[17] Then I said to them, “You see the bad situation we are in, that Jerusalem is desolate and its gates are burned by fire. Come let us rebuild the wall of Jerusalem so that we will no longer be a reproach.”

[20] “The God of heaven will prosper us. We his servants will start the rebuilding.”

Nehemiah 2:17,20 NET