

The Road UMC 2014 21-Day Progressive Fast



Length: Monday, February 3rd – Sunday, February 23rd

Purpose: *The Fast is to teach self-discipline and provide a focus on spiritual matters through self denial. My goal is that this experience will impress upon you the possibility and necessity for a deeper revelation with God.*

Scriptures: 1 Samuel 1:6-7, 17-18, Nehemiah 1:4, Daniel 9:3, Daniel 10:2-3

Prayers: Monday – Friday call the Prayer Line at 5:00 a.m. Place your telephone on mute. You do not have to announce your name. Conference call number: **1-267-507-0400** Access code: **2797318#**

Note: A week before the fast, begin eliminating bread, sweets, sodas, sweet tea

From: **Monday, February 3rd – Sunday, February 23rd follow the following diet:**

Any: Vegetables, Fruits, Salads, Whole Grains, Beans, Nuts, Tofu; Soup[s] w/o meat, Sweeteners [diabetics consult your diet], creamer for coffee

No: Meat, Eggs, Dairy Products, Leaven Bread, No processed foods, Caffeine, alcohol, smokes [of any kind], Nothing with artificial colorings

Week 1 – February 3 – 8

Fast from television/radio after 9:00 p.m. [Permitted to listen to music]

Week 2 – February 9 – 15

Limit technology use after 9:00 pm. Use only in case of emergency, work related. This includes facebook, texts, tweets, internet, etc.

Week 3 – February 16 – 22

Meals eaten from 6:00 a.m. – 6:00 p.m.

Sunday – February 23

Break the Fast after 12:00 p.m.

Prayer Points:

- God will reveal one or more spiritual gifts to use for His church
- A bold witness to share His Word with non-believers and the power to live as His witness
- The church will be unified and will increase with new disciples
- The enemies of the church – those who are coming against God's mission for the church will be exposed and either repent, loosed and set free or shut down