

**The Victorious Life Community church Fast begins on MONDAY -
January 17th and ends Sunday-January 23rd .**



Vision: For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. Ephesians 2:10

Mission: To help people find God, grow their faith, discover their purpose, and make a difference.

Scripture: He replied, "This kind can come out only by prayer." Mark 9:29

**Daily Fasting Time
6am to 6pm**

**Prayer Times
6am, 12pm & 6pm**

MEDICAL DISCLAIMER: If you have any Medical Condition(s) and you are being treated by a physician, please consult your physician before starting the fast. Use wisdom concerning your medical condition(s).

FAST FOCUS

A Oneness With God

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

Prayer and fasting go together as a hand inside of a glove. Abstinence from food can be viewed as a diet. What gives a fast its distinctiveness is its spiritual focus, which deepens one's relationship with God. Even if one is seeking something in particular from the Lord, one should still become closer to the Lord during a fast. Thus, a spiritual fast is always accompanied by increased prayer, meditation, reading/studying the word of God, and worship.

2022 FASTING SCHEDULE:

<u>Day 1 -</u> 01/17	<u>Day 2-</u> 01/18	<u>Day 3 -</u> 01/19	<u>Day 4 -</u> 01/20	<u>Day 5 -</u> 01/21	<u>Day 6 -</u> 01/22	<u>Day 7 -</u> 01/23
Healthy Green Salads	Healthy Green Salads	Liquid Only Water, Green	Healthy Green Salads	Healthy Green Salads	Liquid Only Water, Green	Healthy Green Salads
Fruits & Veggies	Fruits & Veggies	Tea, Juicing	Fruits & Veggies	Fruits & Veggies	Tea, Juicing	Fruits & Veggies

FASTING HOMEWORK & ASSIGNMENTS -

- Read. Mediate, Study and Pray Daily Scriptures and Prayer Focus
- During this time of fasting , VLCC encourages you to login to Hour of Power (Tuesday) and Sunday Worship Gathering services.
- Attend prayer Monday/Wednesday at 6 am - via Band App, Facebook Live, & Youtube
- Study, pray and worship to develop healthy spiritual habits
- Exercise every day to develop healthy habits
- Establish going to bed before midnight nightly
- Seek the counsel of the Holy Spirit in all matters!

PRAYER FOCUS:

- **Prayer to know God's Voice**
- **Prayer For A Deeper Relationship With God**
- **Prayer for Vision and Direction**
- **Prayer for Wisdom, Knowledge, and Understanding**
- **Prayer for Repentance and Restoration**
- **Prayer of deliverance from spiritual bondage(fear, bitterness, anger, victimization, danger.)**
- **Prayer for Family - For Protection, Strength, and Unity Bond**

DAILY FOCUS SCRIPTURES

MONDAY: DAY 1

Daniel 9:3 And I set my face to the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:And I prayed unto the Lord my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love him, and to them that keep his commandments.

TUESDAY:DAY 2

Daniel 9:17-19

17 Now therefore, O our God, hear the prayer of thy servant, and his supplications, and cause thy face to shine upon thy sanctuary that is desolate, for the Lord's sake.18 O my God, incline thine ear, and hear; open thine eyes, and behold our desolations, and the city which is called by thy name: for we do not present our supplications before thee for our righteousnesses, but for thy great mercies. 19 O Lord, hear; O Lord, forgive; O Lord, hearken and do; defer not, for thine own sake, O my God: for thy city and thy people are called by thy name.

WEDNESDAY:DAY 3

Psalm 51:7-10

7 Purge me with a hyssop, and I shall be clean: wash me, and I shall be whiter than snow. 8 Make me to hear joy and gladness; that the bones which thou hast broken may rejoice. 9 Hide thy face from my sins, and blot out all mine iniquities. 10 Create in me a clean heart, O God; and renew a right spirit within me.

THURSDAY:DAY4

Psalm 139:23-24 “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

FRIDAY:DAY 5

Proverbs 3:5-6 – Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

SATURDAY:DAY 6

Galatians 5:1

Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage

John 10:10

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

SUNDAY:DAY 7

Philippians 4:4-8

4 Rejoice in the Lord always: and again I say, Rejoice. 5 Let your moderation be known unto all men. The Lord is at hand. 6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. 8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Scripture References

Matthew 6:16-18

Matthew 9:14-15

Luke 18:9-14

Acts 27:33-37

Nehemiah 9:1-3

1 Corinthians 6:17

Romans 6:19;

Ephesians 4:5;

Philippians 3:21;

Matthew 6:33

Hebrews 2:5, 18

FOODS THAT ARE GOOD DURING THE FAST:

ALL FRUITS: These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, 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, and 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, sprouts, scallions, spinach, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, and 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

ALL QUALITY OILS: Includes but not limited to olive, canola, grape seed, peanut, and sesame.

ALL NUTS AND SEEDS: Including but not limited to sunflower seeds, cashews, peanuts, and 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, cannellini beans, and white beans.

BEVERAGES: Spring water, distilled water or other pure waters, fresh juices (no sweeteners added), and unsweetened almond milk.

OTHER: Tofu, soy products, vinegar, seasonings, salt, herbs and spices

FOODS TO AVOID DURING THE FAST:

ALL MEAT AND ANIMAL PRODUCTS: including but not limited to beef, lamb, pork, poultry, 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 BREADS: including but not limited to Ezekiel Bread (it contains yeast and honey) and baked goods.

ALL REFINED AND PROCESSED FOOD 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, and corn chips.

ALL SOLID FATS: including shortening, margarine, lard and foods high in fat.

BEVERAGES: including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and