

## It's More than just Food...

Be sure to **PRAY!!!** (otherwise its just a diet!)

Continue to **READ** your Bible and Daily

Devotions!

Refrain from **ALL** secular TV, secular Music,  
Alcohol & Tobacco usages

### Exercise Daily:

Walking, stretching and light

exercise can benefit the body.

Fasting is a sacrifice. But remember, Jesus made the **ULTIMATE** sacrifice on Calvary. If you do fall off the wagon while fasting, just pick yourself up and start again.

If you're under a doctor's care, please consult your doctor about the type of fast you will be able to participate in.



## Trust God for BREAKTHROUGH

Take a moment to write down **FIVE** things you are believing God to do for your life and for your church during this fast.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Also, keep a journal to note the revelations God speaks to you and the breakthroughs that take place. Expect Him to do Great things.



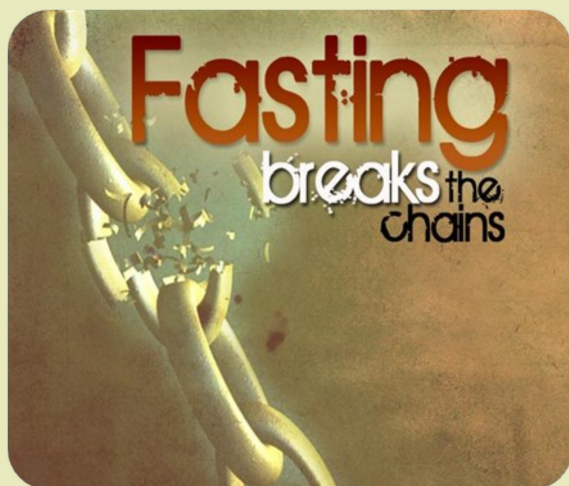
# 4 DAYS TO CRAVE YOUR KING

**Thursday, March 28th @Noon  
to  
Sunday, March 31st @ Noon**

**When you fast, expect a reward.  
Matthew 6:16,18**

The purpose of the Fast is to humble ourselves in the presence of God, personally repent on behalf of churches, national and world sins, while also earnestly seeking God and asking Him to break bondage and give revelation and wisdom concerning His will. We must discipline our bodies and pray for those who are lost, sick, imprisoned, widowed, bereaved, orphaned, abused, and homeless in our community,

1. Fast as a spiritual commitment.
2. Fast as a statement of faith to others.
3. Fast for Spiritual Breakthroughs.
4. Fast to have Victory over your flesh.
5. Fast for a spiritual awakening.



## 4-DAY FAST



### FOODS TO EAT (During 10-Day Fast):

**Naturally grown fruit**

**Naturally grown vegetables**

**Quality Oils:** (olive oil, canola oil, grape seed, peanut)

**All Whole Grains:** including but not limited to 100% whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole grain pasta, whole wheat tortillas, rice cakes, and popcorn

**Other:** Vinegar, Italian Dressing, Natural Spices

**Beverages:** Water, 100% Juice, Decaf Tea or Decaf Coffee (unsweetened), with soy/almond milk

### FOODS TO AVOID (During 10-Day Fast):

**All Meats:** including beef, pork, chicken & fish

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

**All fried foods:** including but not limited to potato chips, french fries, corn chips

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

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

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

**All refined and processed food products:** including but not limited to potato chips, french fries, corn chips

**Beverages:** coffee, carbonated beverages, energy drinks, and alcohol

### FOODS TO EAT (During 10-Day Fast):

**All Fruit:** These can be fresh, frozen, dried or juiced. 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, mangos, 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, ale, 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 nuts & seeds:** including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters, including natural peanut butter.

**All Legumes:** Dried legumes, including but not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, and white beans.

**All quality oils:** including canola, peanut, olive, grape seed

**Beverages:** Spring Water or other purer waters, 100% Juice, decaf tea (no sugar) but, can use Stevia or Truvia sugar substitute

**Other:** Spices, Soy, Vinegar, Seasoning, Salt, Herbs, Spices, Tofu