Beginning **January 3rd - January 9th** read a scripture, pray, and fast.

DAILY SCRIPTURES

DAY 1 — *James 5:16*
Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

DAY 2 — *Luke 6:37*
Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven:

DAY 3 — *Hebrews 12:15*
Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;

DAY 4 — *James 4:7*
Submit yourselves therefore to God. Resist the devil, and he will flee from you.

DAY 5 — *Matthew 6:15*
But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

DAY 6 — *Romans 12:2*
And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

DAY 7 — *Ephesians 4:31*
Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice

SUGGESTED SONGS OF PRAISE DURING THE FAST
A Heart That Forgives – Kevin LaVar
Bow Down And Worship Him – Benjamin Dube
I Don't Mind Waiting – William McDowell
Do It Lord – Benjamin Dube ft Jekalyn Carr

THE DANIEL FAST

WHAT TO EAT
vegetables
fruits
beans and legumes
whole grains (unrefined or unleavened)
nuts & seeds
water and 100% juices

WHAT TO AVOID EATING
sweeteners
breads
meat
eggs
dairy products
white rice & white flour
fried or leavened foods
caffeine and sodas
high fats

WHAT TO DO IF YOU BREAK YOUR FAST: Thank God for the food you've eaten, recenter your focus, feast on God, and continue your fast until completion.

Please seek the advice of a medical professional before beginning a fast if you are pregnant, nursing, or have any preexisting medical conditions.

Contact Val Blakely, Prayer Ministry Director, at (865) 258-2877 with questions.