the life church International

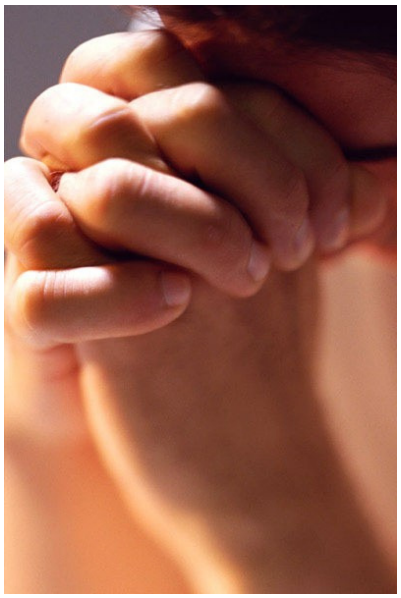
PRAYER & FASTING GUIDE 2017

War Room

JANUARY 2017

"Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the LORD your God, and cry unto the LORD"

Joel 1:14



Fasting

(January 2-22, 2017)

Our fast is a Modified Daniel's 21-Day Fast.

We are not eating certain types of food: "no pleasant food, meats or wine."

That means we will be eating no meats, no sugar, no soda, coffee, caffeine or decaf drinks.

"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."

Daniel 10:2, 3

We will avoid dairy products, leavened breads, processed foods, deep fried foods (e.g. potato chips), solid fats (e.g. margarine), and beverages (e.g. teas, energy drinks).

Instead, we will be eating fruits and pure fruit juices, vegetables, whole grains, nuts, and pure water (spring or distilled).

Corporate Prayer

January 4, 18
7:00 pm

THE LIFE CHURCH

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