

40-Day Health & Wellness Corporate Prayer & Fast 2022

Monday, 28 February to Thursday, 14 April, 2022

Mediterranean Food Plan! Refresh! Renew! Rebuild!

*Is not this the fast that I have chosen? to lose the
bands of wickedness, to undo the heavy burdens,
and to let the oppressed go free, and that ye
break every yoke? Isaiah 58:6 (KJV)*

Sunday's are free days. Information packet is available on the website.



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Redeeming Life Ministries International

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Monday, February 28th @ 12:00 am – Thursday, April 14th @ 12:00 Midnight

Prayer Warrior's Calendar and Package

- **Fast All-Day** using food plan.
- **15 Minute Daily Prayer** at 6:00 am & 6:00 pm Monday – Friday
- **Saturday regular 8:30 am prayer!**
- **Sundays are free days!**
- **Dial: (267) 807-9605**
- **Enter Access Code: 469491#**

Refresh! Renew! Rebuild!

SUNDAY <i>Free Day!</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>February 27th</u>	<p>February 28th - Day 1 Accept Others in Love Romans 15:7 Romans 14:1 Colossians 3:12</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 1st - Day 2 Accomplish Much Through Jesus Philippians 4:13 James 2:8 Galatians 6:2</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 2nd - Day 3 Fear, Worry, and the God of Rest Matthews 11:28 Exodus 33:14 Psalm 23:4</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 3rd - Day 4 Standing Up for God James 4:7 Isaiah 33:10 I Corinthians 15:1</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 4th - Day 5 Spiritual Authority Matthews 10:1 Romans 13:1 Matthews 9:6</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 5th - Day 6 Bowed Down in Worship Psalm 95:6 Isaiah 45:23 Philippians 2:10</p> <p style="text-align: center;">Intercessory Prayer 8:30 am</p>
<p style="text-align: center;">March 6th FREE DAY! God Meets Your Needs Philippians 4:19 II Corinthians 12:9 Hebrews 4:16</p>	<p>March 7th - Day 7 God's Wonderful Blessings James 1:17 Ephesians 1:3 Numbers 6:24-26</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 8th - Day 8 Bold and Fearless Jeremiah 17:7 Hebrews 4:16 Ephesians 3:12</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 9th - Day 9 Faithful Worship Psalm 132:7 I Corinthians 14:25 Psalm 95:6</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 10th - Day 10 Build Others Up 1 Thessalonians 5:11 Hebrews 10:24-25 Romans 14:19</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 11th - Day 11 Feel Like Giving Up Isaiah 30:15 Galatians 6:9 II Corinthians 4:8</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 12th - Day 12 Cultivating Christian Character Psalm 25:4-5 II Peter 1:5 Philippians 1:11</p> <p style="text-align: center;">Intercessory Prayer 8:30 am</p>
<p style="text-align: center;">March 13th FREE DAY! Renewed in Christ II Corinthians 4:16 II Corinthians 5:17 Ezekiel 36:26</p>	<p>March 14th - Day 13 Making Godly Choices Psalm 25:12 Romans 6:16 I Corinthians 10:23-24</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 15th - Day 14 The Pursuit of Christ Romans 3:22 II Timothy 1:10 Romans 1:15</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 16th - Day 15 Close To God Hebrews 11:7 Psalm 145:18-19 James 4:8</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 17th - Day 16 Communion With God II Corinthians 13:14 II Corinthians 11:26-27 Luke 22:19</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 18th - Day 17 Compassion Without Compromise Ephesians 4:32 1 John 3:17 Psalm 111:4</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 19th - Day 18 A Christian Conscience 1 John 3:19-20 I Timothy 1:5 Proverbs 13:6</p> <p style="text-align: center;">Intercessory Prayer 8:30 am</p>
<p style="text-align: center;">March 20th FREE DAY! Vengeance Belongs to God Romans 12:19 Psalm 94:1 Isaiah 61:2-3</p>	<p>March 21st - Day 19 Listen To Good Counsel Proverbs 15:22 Proverbs 16:1-2 Ecclesiastes 4:13</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 22nd - Day 20 Safe in God's Arms II Thessalonians 3:3 John 17:15 Psalm 4:8</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 23rd - Day 21 Spiritual Discernment Romans 12:2 Hebrews 5:14 Hebrews 4:12</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 24th - Day 22 Liberation From Negativity Philippians 4:8 Ephesians 4:29 Galatians 5:25</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 25th - Day 23 Be Eager To Learn Psalm 90:12 Ephesians 5:10 Proverbs 3:1-2</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 26th - Day 24 Overcoming The Enemy 1 Peter 5:8 Romans 12:20 Luke 10:19</p> <p style="text-align: center;">Intercessory Prayer 8:30 am</p>

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<p>March 27th</p> <p style="text-align: center;">FREE DAY!</p> <p>Standing In The Gap Romans 8:34 Hebrews 7:25</p>	<p>March 28th - Day 25 Strengthen Your Faith II Timothy 4:7 I Corinthians 9:27 Jude 20</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 29th - Day 26 Fool Proofing Your Life Psalm 118:8 Proverbs 1:7 Titus 3:9</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 30th - Day 27 Total Forgiveness I John 1:9 Colossians 3:13 Ephesians 4:32</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>March 31st - Day 28 Never Give Up Galatians 6:9 I Corinthians 16:13 Psalm 37:23-25</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>April 1st - Day 29 Renewed Day By Day II Peter 3:18 Isaiah 40:31 II Thessalonians 1:3</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>April 2nd - Day 30 A Pure Heart Proverbs 3:5 Proverbs 4:23 Matthews 5:8</p> <p style="text-align: center;">Intercessory Prayer 8:30 am</p>
<p>April 3rd</p> <p style="text-align: center;">FREE DAY!</p> <p>Appetite For A Better Life Psalm 119:103 Hebrews 6:5 I Peter 2:2-3</p>	<p>April 4th - Day 31 Avoid Idleness II Thessalonians 3:11 I Samuel 2:3 James 4:6</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>April 5th - Day 32 Walk With God In Pain I Chronicles 4:10 Psalm 69:20 I John 4:18</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>April 6th - Day 33 Prioritizing Your Day Matthews 6:33 I Timothy 2:1 Philippians 2:3</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>April 7th - Day 34 Rest and Relaxation Matthew 11:29 Psalm 62:1 Exodus 33:14</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>April 8th - Day 35 Sealed For Redemption Ephesians 4:30 Ephesians 1:13 Matthew 26:27-28</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>April 9th - 36 Being Self-Controlled Galatians 5:22-24 11 Peter 1:5-6 Proverbs 25:28</p> <p style="text-align: center;">Intercessory Prayer 8:30 am</p>
<p>April 10th</p> <p style="text-align: center;">FREE DAY!</p> <p>Virtues For Everyday Living Galatians 6:9-10 II Peter 1:3-5</p>	<p>April 11th - Day 37 Our Heavenly Inheritance Ephesians 2:19 I Thessalonians 5:10 Romans 8:17</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>April 12th - Day 38 Taming The Tongue Proverbs 18:21 James 1:26 Proverbs 12:14,18</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>April 13th - Day 39 Following Jesus' Example Colossians 3:16 I Peter 2:21 John 14:6</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>April 14th - Day 40 Finish Well Hebrews 12:1-2 Philippians 3:8</p> <p style="text-align: center;">Prayer Times 6 am & 6 pm</p>	<p>April 15th</p> <p>Good Friday Service @ 7:30 pm On Campus and Livestream via Facebook and YouTube</p>	

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FIVE ESSENTIAL KEYS TO ANSWERED PRAYER

Adoration

The prayer of adoration praises God for who He is. (Psalm 117:1-2). Consider God's holy character; He is omniscient, omnipotent, and omnipresent. He's the "I Am that I Am" (Exodus 3:14) and for that we should adore Him!

Confession

Confession is good for the soul! 1 John 1:9 directs us to confess our sins that God may forgive us and cleanse us from all unrighteousness. Refer to Psalm 51:4 & 139:23-24.

Supplication

To gracefully approach God's presence, in prayer, with a spirit of humility and humbleness (Philippians 4:6; 2 Chronicles 7:14). God withholds no good thing from those who will pray with humility and walk uprightly before Him. Refer to Psalm 84:11.

Intercession

Seeking the Kingdom of God, we seek God's will in intercession for lost souls. Refer to Romans 1:8-12; Luke 22:31-32 and John 17.

Thanksgiving

Our gratitude for personal benefits received from God. The Bible calls this the "Sacrifice of Praise," the sacred offering and "fruit of the lips." Refer to Hebrews 13:15 and Psalm 107:8.

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Mediterranean Food Plan

- **Whole Grains:** i.e., Brown Rice, Oats, Barley, Whole Grain Breads
- **Legumes:** i.e., Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, Soybeans
- **ALL Fruits:** i.e., Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- **ALL Vegetables:** i.e., Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Herbs, Spices, Olives
- **Nuts & Seeds:** i.e., All
- **Liquids:** i.e., Spring Water, Distilled Water, Natural Fruit Juices, Natural Vegetable Juices
- **Meat:** i.e., Poultry, Fish, Seafood, Lamb, Eggs, Cheese, Yogurt
- **Sweeteners:** i.e., Honey, Brown Sugar, Stevia & other Natural Sweeteners
- **Oils:** i.e., Olive Oil

Foods To Avoid

- White Rice, Fried Foods, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products using it, Margarine, Butter, Shortening, High Fat Products; Desserts, Candy, etc.

**This list is intended to be a guideline and is not all-inclusive. Please consult your physician if you have any medical concerns regarding these guidelines.*