



2020 Annual Fast

Health & Wellness

Friday, March 20th - Thursday, April 9th

21 Days of Fasting & Praying

- Fast for 12 hours: From 6:00 am to 6:00 pm daily using food plan. Sundays are free days!
- 15 Minute Daily Prayer @ 6:00 am & 6:00 pm | Monday - Friday.
- Dial: (605) 475-4700 | Enter Access Code: 551474# to join in!

SUNDAY <i>Free Day!</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					March 20th - Day 1 Adoration: Psalm 117:1-2 Daily Reading: Acts Chap 1 & 2	March 21st - Day 2 Confession: Psalm 51:7, 9-10 Daily Reading: Acts Chap 3 & 4
March 22nd - Day 3 Supplication: II Chronicles 7:14 Daily Reading: Acts Chap 5 & 6	March 23rd - Day 4 Intercession: Romans 1:8-9, 26 Daily Reading: Acts Chap 7 & 8	March 24th - Day 5 Thanksgiving: Hebrews 13:15 Daily Reading: Acts Chap 9 & 10	March 25th - Day 6 Redemption: Ephesians 1:7, 2:5-8 Daily Reading: Acts Chap 11 & 12	March 26th - Day 7 Health & Healing: Proverb 4:20-22 Daily Reading: Acts Chap 13 & 14	March 27th - Day 8 Finance: Deuteronomy 8:18 Daily Reading: Acts Chap 15	March 28th - Day 9 Obedience: II Corinthians 10:5 Daily Reading: Acts Chap 16
March 29th - Day 10 Peace: John 16:33 Philippians 4:7 Daily Reading: Acts Chap 17	March 30th - Day 11 Reconciliation: II Corinthians 5:19 Daily Reading: Acts Chap 18	March 31st - Day 12 Compassion: II Kings 13:23 Daily Reading: Acts Chap 19	April 1st - Day 13 Faithfulness: Psalm 119:90 Daily Reading: Acts Chap 20	April 2nd - Day 14 Forgiveness: Colossians 1:14 Daily Reading: Acts Chap 21	April 3rd - Day 15 Righteousness: Psalm 15:1-2 Daily Reading: Acts Chap 22	April 4th - Day 16 Perseverance: Ephesians 6:18 Daily Reading: Acts Chap 23
April 5th - Day 17 Authority: I Timothy 2:1-3 Daily Reading: Acts Chap 24	April 6th - Day 18 Patience: James 1:2-4 Daily Reading: Acts Chap 25	April 7th - Day 19 Holiness: Luke 1:74-75 Daily Reading: Acts Chap 26	April 8th - Day 20 Reverence: I Chronicles 16:25-29 Hebrews 2:28 Daily Reading: Acts Chap 27	April 9th - Day 21 Unity: Psalm 133:1-3 Daily Reading: Acts Chap 28	April 10th Good Friday Evening Service @ 7:30 pm	



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Mediterranean Food Plan

- **Whole Grains:** Brown Rice, Oats, Barley, Whole Grain Breads
- **Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, Soy beans
- **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:** All
- **Liquids:** Spring Water, Distilled Water, Natural Fruit Juices, Natural Vegetable Juices
- **Meat:** Poultry, Fish, Seafood, Lamb, Eggs, Cheese, Yogurt
- **Sweeteners:** Honey, Brown Sugar, Stevia & other Natural Sweeteners
- **Oils:** 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.*