

My Fasting Calendar, Jan 3rd - 27th, 2011

Sun	Mon	Tue	Wed	Thur	Fri	Sat
JANUARY 2011	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	To celebrate the past 25 years & consecrate the next 25, we are launching a 25 day Season of fasting.	

Choose what kind of fast(s) you are going to do on each day by putting initials on the calendar for your own custom fasting plan. Prayerfully ask the Lord how he would lead you. It is always wise to consult of physician if you are doing an extended food fast.

FOOD FASTS:

W- Water Fast **J-** Juice Fast **FV-** Fruit and Vegetable Fast

NMS- No Meats or Sweets Fast **CF-** Custom (_____)

MEDIA FASTS:

T- Total **TV-** Television **I-** Internet **VG-** Video Games

M- All Music except Worship **M-** Movies **CM -** Custom Media (_____)

Prayer Plan _____

Bible Study Plan _____

Fellowship / Corporate Prayer _____

