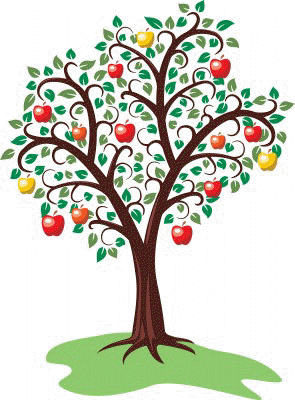
**Mount Calvary Holy Church of Winston Salem**

****

**2016 New Year’s Fast**

***Monday, January 4th - Sunday, January 24th***

**“The Year of FruitFULLness”**

**MCHCWS**

930 E. 14th Street, WS, NC 27105

[www.MCHCWS.org](http://www.MCHCWS.org)

336.722.3734

**Bishop Tejado W. Hanchell, *Senior Pastor***

**Elder Victoria F. Hanchell, *Co-Pastor***

**According to Pastor Jentezen Franklin’s *Fasting Movement* newsletter, he states that “biblical fasting is refraining from food for a spiritual purpose”.** Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven (Matthew 6). We want to encourage you to target your prayers during the fast. Scriptural references on fasting are as follows: [Matthew 6:16-18](http://www.biblegateway.com/passage/?search=Matthew6:16-18;&version=9;), [Matthew 9:14-15](http://www.biblegateway.com/passage/?search=Matthew9:14-15;&version=9;), [Luke 18:9-14](http://www.biblegateway.com/passage/?search=Luke18:9-14;&version=9;). Our fast is for 21 days, and each week has foods we are welcomed to eat listed below. Our weekly Tuesday night teaching begins at 6:30 pm during this 3-week fasting period.

***Week 1 – Monday, January 4th – Sunday, January 10th***

Food: Fruits and Vegetables, Water, 100% Juice, Decaffeinated Tea

*Spiritual Food/Service: Tuesday, January 5th at 6:30 pm*

*War Room Movie Showing with Discussion*

***Week 2 – Monday, January 11th – Sunday, January 17th***

Food:Fruits/Vegetables, Water, 100% Juice, Decaffeinated Tea

**\*A*dd*** Baked/Broiled Chicken, Decaffeinated Coffee

*Spiritual Food/Service: Tuesday, January 12tth at 6:30 pm*

*“War Room Tactics”, Teaching on Strategy and Prayer*

***Week 3 – Monday, January 18th – Sunday, January 24th***

Food: Fruits/Vegetables, Baked/Broiled Chicken, Water, 100 % Juice,

Decaffeinated Coffee/Tea

***\*Add*** Baked/Broiled Fish

*Spiritual Food/Service: Tuesday, January 19th at 6:30 pm*

*The War Room/Sanctuary-Faith into Action, Evening of Prayer*

***Special Notes:***

* + - Attend Tuesday Teachings and Sunday Services to ensure your spirit is invigorated during the fast.
    - If you have special medical concerns, please fast based on your comfort level. Additionally, seek medical advice to ensure you remain healthy during this fasting period. MCHCWS assumes no liability/responsibility for medical issues that may arise from fasting as this is a personal choice.
    - Be sure to keep breath mints available to ensure freshness of breath. During a fast, toxins are eliminated from your body and could produce stronger than normal breath.
    - Read scripture daily and pray daily. We have an area in this packet for you to write down your prayer areas.
    - If you must break your fast for any reason, you should rejoin the fast as soon as possible. Do not be so condemned that you stop fasting! This is a corporate fast and we need every member to participate and your participation matters!

Daily Scriptures to build your faith while fasting and an area to write your personal area of prayer:

|  |  |  |
| --- | --- | --- |
| **FAST DAY** | **SCRIPTURE** | **WRITE A DECLARATION OR YOUR PERSONAL AREA OF PRAYER FOCUS FOR EACH DAY** |
| Day 1 | Psalms 32:7-10 |  |
| Day 2 | Romans 8:31-37 |  |
| Day 3 | Isaiah 26:3-7 |  |
| Day 4 | Hebrews 10:35-38 |  |
| Day 5 | Philippians 4:10-13 |  |
| Day 6 | Psalms 37:8-11 |  |
| Day 7 | James 1:2-6 |  |
| Day 8 | Isaiah 40:27-31 |  |
| Day 9 | Psalms 40:1-5 |  |
| Day 10 | Philippians 4:4-8 |  |
| Day 11 | 2 Chronicles 20:17 |  |
| Day 12 | Proverbs 3:5-10 |  |
| Day 13 | Romans 8:24-25 |  |
| Day 14 | Isaiah 41:13-20 |  |
| Day 15 | Habakkuk 2:1-3 |  |
| Day 16 | John 14:15-18 |  |
| Day 17 | Isaiah 54:10 |  |
| Day 18 | John 14:26 |  |
| Day 19 | Psalms 34:15-19 |  |
| Day 20 | Romans 8:28-30 |  |
| Day 21 | Jeremiah 29:11-13 |  |

We encourage you to daily read the scriptures outlined and

capture your thoughts on prayer.

Below is a list to assist with fruit and vegetable selection.

These are examples:

|  |  |
| --- | --- |
| **Vegetable Examples** | **Fruit Examples** |
| Artichoke | All Berries |
| Arugula | Apple |
| Asparagus | Apricot |
| Beans | Banana |
| Beets | Cantaloupe |
| Bell Peppers | Cherries |
| Bok Choy | Coconut |
| Broccoli | Figs |
| Brown Rice | Grapefruit |
| Brussels Sprouts | Grapes |
| Cabbage | Lemon |
| Carrots | Lime |
| Celery | Mango |
| Collards | Nectarine |
| Cucumbers | Orange |
| Eggplant | Papaya |
| Green Beans | Peaches |
| Kale | Pears |
| Mushrooms | Pineapple |
| Mustard Greens | Plums |
| Okra | Pomegranate |
| Onions | Watermelon |
| Parsnip |  |
| Peas |  |
| Peppers (all) |  |
| Potatoes |  |
| Pumpkin |  |
| Quinoa |  |
| Radish |  |
| Romaine Lettuce |  |
| Spinach Squash |  |
| Sweet Potatoes |  |
| Tomatoes |  |
| Turnip Greens |  |
| Watercress |  |