Mount Calvary Holy Church of Winston Salem

MCHCWS

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

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, Matthew 9:14-15, Luke 18:9-14. 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
> ***Add** Baked/Broiled Chicken, Decaffeinated Coffee*

> *Spiritual Food/Service: Tuesday, January 12th 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*
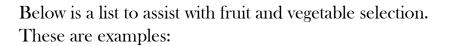
Special Notes:

- 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	