

GRACE FAMILY FAST

5:00 A.M.—MARCH 15, 2016
THROUGH
5:00 A.M.—MARCH 25, 2016



This Spirit-led fast should be approached with prayer and discipline. This Fast is based upon the biblical model found in Daniel 1.

General Guidelines are as follows:

NO RED MEAT OR PROCESSED MEATS

Only broiled fish or poultry is allowed once a day; eggs or egg substitutes are allowed.

LIMITED TO NO CARBOHYDRATES

Use only whole grain products such as whole wheat, brown rice, oats, barley, whole wheat pasta, whole wheat tortillas; use only fresh fruits and vegetables.

NO CAFFEINATED DRINKS

Water, herbal tea, soy/almond milk, 100% fruit/vegetable juice are allowed.

NO SUGAR OR ARTIFICIAL SWEETNERS

Use only a limited amount of raw honey.

NO DAIRY PRODUCTS

Milk, yogurt, cheese, cream, butter or margarine are not allowed.

NO SOCIAL MEDIA

Facebook, Twitter, Instagram, Snapchat, etc.

Begin each day with morning prayer and scripture reading at 5:00 a.m. for a minimum of 15 minutes. Families are encouraged to establish a set time to pray with their children at least once a day during the fast.

—→ **DISCLAIMER: If you have a health condition, pregnant, or especially if you are taking medications, you need to speak with your doctor about how to fast without harming your health.**

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During our Grace Family Fast, members are encouraged to do the following:

Meditate daily on Psalm 67.

Be in prayer regarding:

GRACE M.B.C.

Salvation of lost souls
An increased presence of the Holy Spirit
Strength for marriages and families
Church expansion
Leadership (Pastor and his family, local and national leaders)

PERSONAL

Personal spiritual growth
Cleansing of the soul
Financial blessings and prosperity
Stronger commitment to God, church and family
A stronger desire to study God's word

OVERALL

Power and anointing
Renewal and restoration
Repentance and forgiveness
Health and healing
God's protection and safety