



SPEAK LIFE **FAST**

JANUARY 5 - FEBRUARY 8

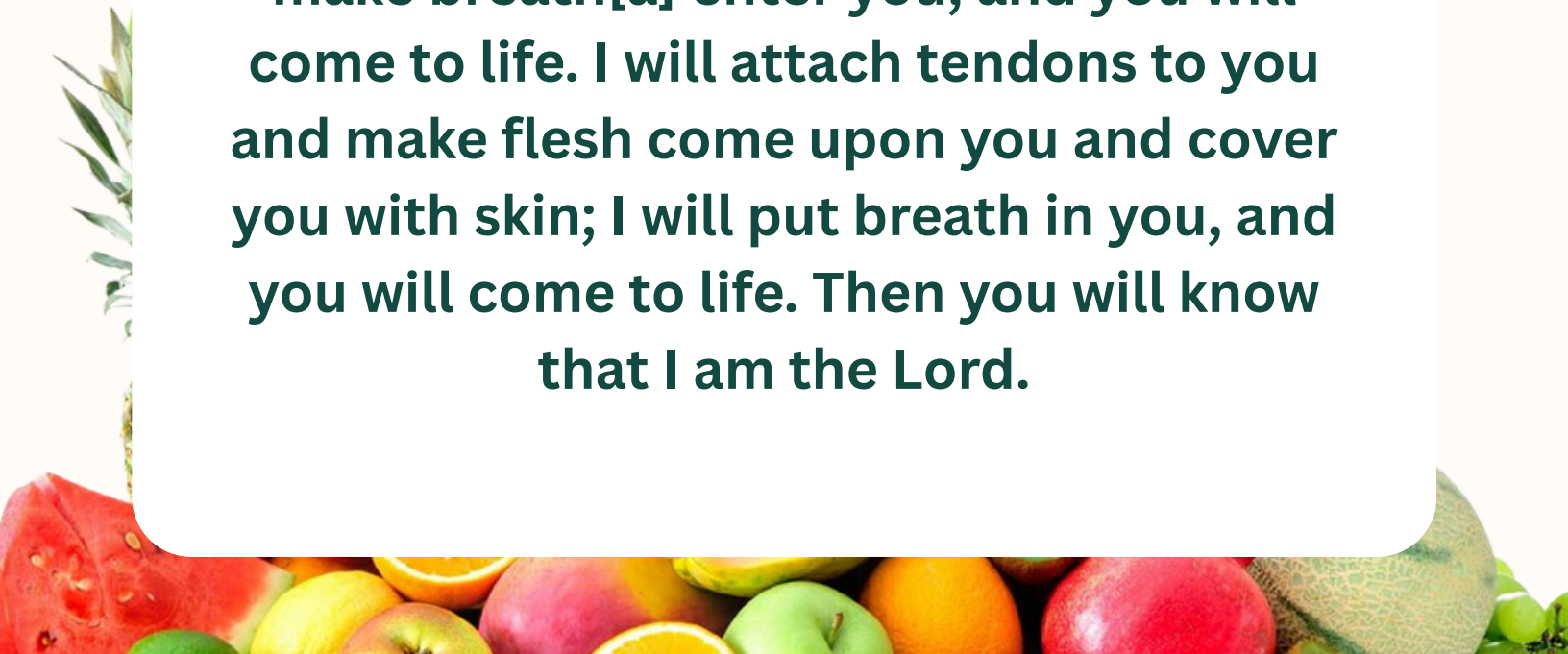


SPEAK LIFE **FAST**

SCRIPTURE TO FOCUS ON

Ezekiel 37:4-6

Then he said to me, “Prophecy to these bones and say to them, ‘Dry bones, hear the word of the Lord! This is what the Sovereign Lord says to these bones: I will make breath[a] enter you, and you will come to life. I will attach tendons to you and make flesh come upon you and cover you with skin; I will put breath in you, and you will come to life. Then you will know that I am the Lord.



SPEAK LIFE **FAST**

JANUARY 5 - JANUARY 9

MONDAY

DANIEL FAST (FRUIT & VEGGIES ONLY)

JANUARY 12 - JANUARY 16

MONDAY & TUESDAY

DANIEL FAST (FRUIT & VEGGIES ONLY)

JANUARY 19 - JANUARY 23

MONDAY - WEDNESDAY

DANIEL FAST (FRUIT & VEGGIES ONLY)

JANUARY 26 - JANUARY 30

MONDAY - THURSDAY

DANIEL FAST (FRUIT & VEGGIES ONLY)

FEBRUARY 2 - FEBRUARY 6

MONDAY - FRIDAY

DANIEL FAST (FRUIT & VEGGIES ONLY)



SPEAK LIFE **FAST**

FOOD

CHICKEN, FISH,
AVOCADO, FRUIT & VEGGIES
NO FRIED FOODS
NO ADDED SUGAR & SALT

DRINK

WATER, TEA & ONE CUP OF COFFEE ONLY

PRAYER

IBELIEVE PRAYER CALL
MONDAY @ 8pm
Call: 716 -427 - 1423
Access Code: 689859#

Take time to pray at Noon Everyday

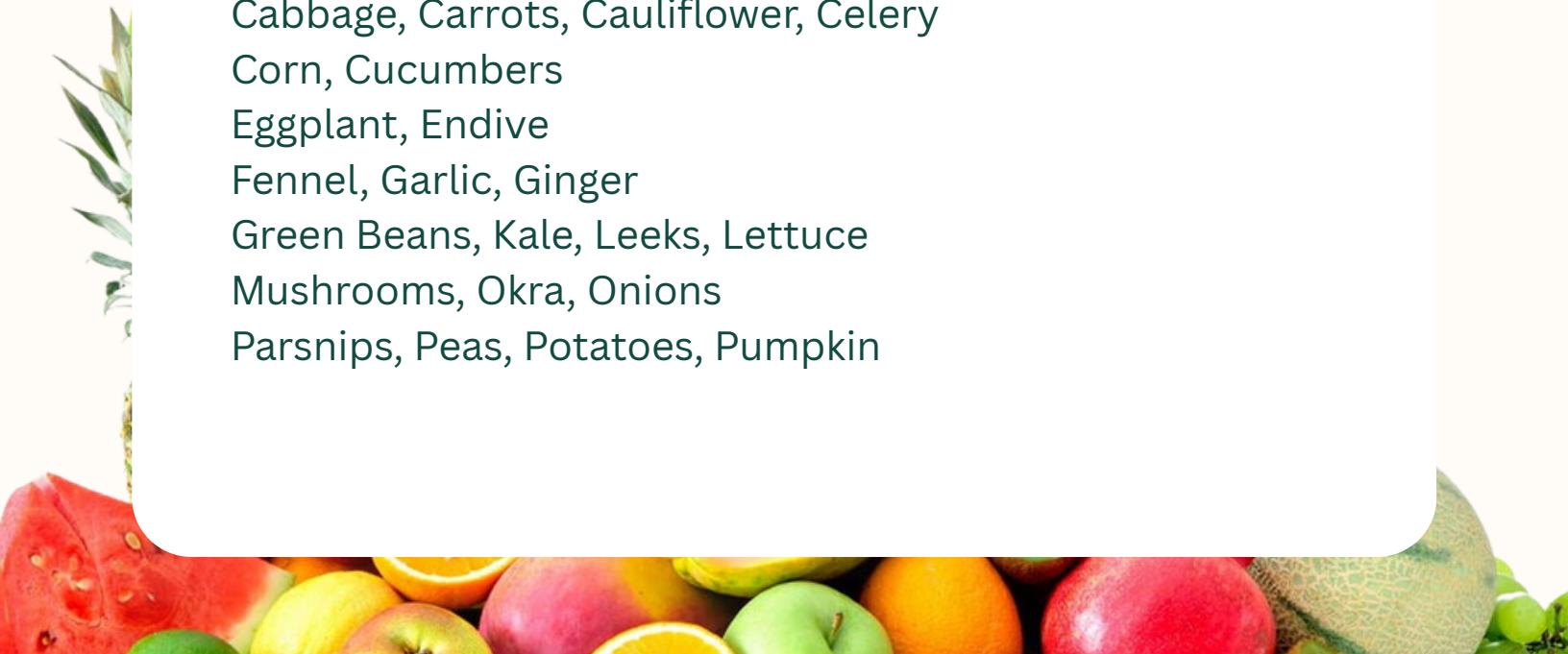
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Common Fruits

Apples, Apricots, Avocados
Bananas, Berries (Blackberries, Blueberries, Strawberries)
Cantaloupe, Cherries
Grapes, Grapefruit, Guava
Honeydew, Kiwi, Lemons, Limes
Mangoes, Melons
Nectarines, Oranges
Papayas, Peaches, Pears, Pineapple, Plums, Pomegranate
Watermelon

Common Vegetables

Asparagus, Artichoke
Beets, Bell Peppers, Bok Choy, Broccoli, Brussels Sprouts
Cabbage, Carrots, Cauliflower, Celery
Corn, Cucumbers
Eggplant, Endive
Fennel, Garlic, Ginger
Green Beans, Kale, Leeks, Lettuce
Mushrooms, Okra, Onions
Parsnips, Peas, Potatoes, Pumpkin



SPEAK LIFE **FAST**

RECIPE IDEAS

<https://www.allrecipes.com/recipes/1116/fruits-and-vegetables/>

<https://jsyfruitveggies.org/recipes-all/>

<https://fruitsandveggies.org/recipes/> text

<https://savoringtoday.com/category/recipes/fruit-vegetables/>



SPEAK LIFE **FAST**

As we enter this time of corporate fasting, we encourage everyone to approach the fast prayerfully and with wisdom. This fast is a voluntary spiritual practice and the guidelines shared are not intended to replace medical advice or care.

If you have any existing health conditions, are pregnant or nursing, take prescribed medications, or are currently under a doctor's care, we strongly encourage you to consult with your healthcare provider before participating. Please feel free to modify the fast as needed to honor both your spiritual commitment and your physical well-being.

We encourage each participant to listen to their body. If you experience discomfort, weakness, or illness, please pause the fast and seek appropriate care.

Our desire is unity in spirit, not harm to the body. Participation is a personal decision, and grace is extended in every circumstance.

