

21 DAY FAST INSTRUCTIONS & SCHEDULE

Fast Start Date: **January 1st 2012 @ 6pm**
Fast End Date: **January 21st 2012 @ 6pm**

The fast will be **24 hours a day** once it has commenced. It is very important that everyone follow this schedule and type so that everyone will be on one accord. It is important that during this fast that it be accompanied by much prayer and study of the scriptures.

The **first 3 days** will be days of cleansing. The **only** thing allowed during this time is pure water. Drink as much water as needed for hydration and for cleansing

The following 7 days will be days of Spiritual Renewal. The only thing allowed during this time will be water, natural fruit and vegetable juices.

On the 10th day come back to this document which will be updated with further instructions for the fast. There will also be opportunities for each of us to come together in corporate prayer and study of the scriptures.

Please feel free to send in your testimonies and prayer requests during this fast. I will update each person fasting either by text messaging or by this site. Let Go and Let God!

KEEP THE FOLLOWING IN CONSIDERATION:

1. *¹⁶ Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. ¹⁷ But thou, when thou fastest, anoint thine head, and wash thy face; ¹⁸ That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.*¹

2. *²¹ Howbeit this kind goeth not out but by prayer and fasting.*²

3. Remember this is a time of cleansing. Love and forgiveness must rule. If you have any questions feel free to email bishop@holychurchin.org or call me at 803-931-4659. If you want to receive text message daily updates and encouragement. Send me your mobile number!

¹ *The Holy Bible : King James Version.* electronic ed. of the 1769 edition of the 1611 Authorized Version. Bellingham WA : Logos Research Systems, Inc., 1995, S. Mt 6:16-18

² *The Holy Bible : King James Version.* electronic ed. of the 1769 edition of the 1611 Authorized Version. Bellingham WA : Logos Research Systems, Inc., 1995, S. Mt 17:21