

Consecration 2017 Fasting Schedule

January

Isa 58:6

6 *Is not this the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?*

The following items are to be removed from your diet until the fast is completed.

16th-18th

All sweets and Candy

Dessert items (cakes, cookies, pies, etc.)

19th-22nd

Carbonated drinks

Caffeinated drinks (coffee, etc.)

Drinks with added sugars (kool-aide, Hi-C, Caprisun, etc.)

Chips

Crackers

Breads

23rd - 29th (vegetables & Fruits only)

Coffee decaf

Meats

You can eat or drink; Juices, Fruit, oatmeal, grits, cereal and nuts (you may drink water, milk, natural juices, vitamin water)

30th- 31st (complete fast)

Complete Fast (*you may drink natural Juices and water*)

Fast will end on Jan 31th at 5 pm

If you are taking medication, eat or drink what is necessary to take your medications.

❖ Note: If you are under the care of a physician, please seek medical advice from your physician before altering your diet or starting a complete fast.