

Purpose: Fasting is the process of denying and sacrificing food to gain power, discipline and self-control. By fasting, we gain control over our “physical appetite,” which also provides us with experience in controlling our “spiritual appetite” and “spiritual diet.” During the fast, the following guidelines should be observed: 1) read the “daily information” (see reverse side), 2) pray at least three times a day with a prayer partner, and 3) listen to and watch only music and programs that are edifying and spiritual in content (turn off the noise so that you can hear God’s voice speaking).

Prayer: Pray daily for the following: 1) racial harmony, 2) racial justice and equity, 3) the authentic racial vision and mission for the church (Matthew 28:19-20), 4) unity, 5) outpouring of the Holy Spirit and 6) signs and wonders of peace and love in our communities.

Guidelines: Apply discipline and avoid the following devitalizing foods, snacks and beverages: fried foods, sweets (cakes, pies, cookies, etc.), sugar, sweeteners, candy, snacks (chips, pretzels, popcorn, nuts, etc.), soda, coffee, punch drinks and caffeine teas. Replace these foods with fresh fruits and vegetables, natural unsweetened juices, decaffeinated teas and baked, steamed or broiled foods.

Guarantee: Remaining committed to the fast increases our focus, energy, self-discipline and spiritual empowerment, enabling us to do God’s will and maintain a godly example for others. We should **expect miracles, signs and wonders** to follow the fast.

The following discipline is designed and suggested to provide each fasting participant with options to meet the challenge of fasting for every current dietary habit. You may alter the discipline by choosing any single option or combination of the options for the month. For example, you may choose Option 1 for the entire month, or choose Option 2 and 3, respectively, for two weeks, etc. Whether you are a meat-eater or vegetarian, you can select the option(s) most suitable and challenging. **THIS DISCIPLINE DOES NOT PRESCRIBE OR DIAGNOSE. PLEASE CONSULT YOUR PHYSICIAN.**

Option 1: Eat after 6 p.m. (no red meat)

No eating until 6 p.m. Drink natural unsweetened juices* and spring water throughout the day. If you are a red meat eater, replace it with fish or poultry after 6 p.m. Consume more fresh fruits and vegetables.

NO EATING AFTER 10 p.m.

Option 2: Fruits, vegetables and liquids

Eat all raw and steamed fruits and vegetables of your choice throughout the day and drink natural unsweetened juices* and spring water. No heavy sauces, heavy salad dressing or condiments on food.

Avoid salt and spicy food. **NO EATING AFTER 10 p.m.**

Option 3: Juices and spring water only

Natural unsweetened juices* and spring water only. A juicer is recommended. Do not mix fruit and vegetable juices to avoid stomach irritation. **NO SOLID FOODS.**

DAILY MEDITATIONS

	Day	Word	Scriptures	Affirmation/thought
	1	Wise Man/Woman	Job 34:34; Eccl. 7:5	A wise person makes decisions based on the Word of God.
	2	Purpose	Job 20:18; Rom. 8:26	I am committed to the purpose God has ordained for me.
	3	Courage	Joshua 1:9; Psalm 27:1	God gives me the courage to live as Christ did.
	4	One with Christ	1 Cor. 6:16; John 14:20	I celebrate my oneness with Christ and with others.
	5	Faith	Rom. 10:17; Matt. 17:20	I have faith in a living God who is always with me.
	6	Impartiality	Job 34:19; James 2:8-9	I am because we are, and we are because I am.
	7	Forgiveness	John 8:7; Eccl. 7:20	God gives to all that ask and diligently seek him.
	8	Nation	Psalm 33:12	The nation of God is exalted by righteousness.
	9	Endurance	Phil. 3:14; 2 Thess. 3:13	My ability to endure strengthens my relationship with God.
	10	One Race	Acts 17:26; 1 Cor. 12:13	I respect and value all people with the love of Christ.
	11	Confession	Rom. 10:9; James 5:16	I denounce any racial thoughts and deeds, and I model Christ.
	12	Savior	Jude 25; 1 Tim. 4:10	I am emboldened by the Savior's liberating power.
	13	Division	Prov. 12:7; Psalm 122:7	The human race divided against itself will not stand.
	14	Love	1 Cor. 13:13; 1 John 4:8	I love others because God loves me.
	15	From the Heart	1 Sam. 16:7; Matt. 15:18-19	I'll rather have a heart without words than words without a heart.
	16	Dwell in God	Psalm 23:2; Rom. 8:9	The Spirit of God dwells within me, and I am one with God.
	17	Strength	Psalm 118:6; Phil 4:13	God gives me strength, and I am an overcomer.
	18	Boldness	Prov. 28:1; Acts 13:46	I am not called to be color blind but color bold.
	19	Presence	Psalm 31:19; Psalm 23:5	The presence of God offers racial healing and deliverance.
	20	Judge Not	James 2:4; Matt 7:1-3	We hate in others what we see most in ourselves.
	21	Nothing Too Hard	Jer. 32:17; Matt. 19:26	Nothing is too hard or impossible for my God.
	22	Divine Diversity	Rev. 7:9; Rev. 14:6	Diversity that divides is demonic; diversity that unites is divine.
	23	Community	Acts 9:31; 1 Cor. 12:28	I will strive to make my church an extension of the community.
	24	Power	2 Tim. 1:7; Psalm 20:6	God's power is perfected in my weakness.
	25	Transformation	Rom. 12:2; 2 Cor. 3:16	I am transformed by truth as I walk in the power of God.
	26	Humility	Phil. 2:3-4; James 4:6	