

Day 1 (Sunday, January 8th, 2023) Begin Phase I

Focus for the Day: **Strength**

Guiding Scriptures: Isaiah 40:26-31

Day 2 (Monday, January 9th, 2023)

Focus for the Day: **Armor Up!**

Guiding Scriptures: Ephesians 6:1-18

Day 3 (Tuesday, January 10th, 2023)

Focus for the Day: **Submission to God**

Guiding Scriptures: James 4:1-17

Day 4 (Wednesday, January 11th, 2023)

Focus for the Day: **Power and Forgiveness**

Guiding Scriptures: Matthew 18:18-22

Day 5 (Thursday, January 12th, 2023)

Focus for the day: **Fasting**

Guiding Scriptures: Isaiah 58:3-12

Day 6 (Friday, January 13th, 2023)

Focus for the day: **Salvation**

Guiding Scriptures: Isaiah 61:1-10

Day 7 (Saturday, January 14th, 2023)

Focus for the day: **Wisdom**

Guiding Scriptures: Proverbs 1:7 / I Corinthians 1:18-30

Day 8 Sunday, January 15th, 2023) Begin Phase II

Focus for the day: **Vision**

Guiding Scriptures: Proverbs 29:18 / Habakkuk 2:1-3

Day 9 (Monday, January 16th, 2023)

(MLK Observance)

Focus for the day: **The Fight For Justice**

Day 10 (Tuesday, January 17th, 2023)

Focus for the day: **Christian Identity**

Guiding Scriptures: John 8:31-59

Day 11 (Wednesday, January 18th, 2023)

Focus for the day: **Power**

Guiding Scriptures: II Timothy 1:3-10

Day 12 (Thursday, January 19th, 2023)

Focus for the day: **Transformation**

Guiding Scriptures: I Timothy 1:12-20

Day 13 (Friday, January 20th, 2023)

Focus for the day: **Assurance**

Guiding Scriptures: Psalm 27:1-14

Day 14 (Saturday, January 21st, 2023)

Focus for the day: **Obedience**

Guiding Scriptures: Exodus 20:1-17

Day 15 Sunday, January 22nd, 2023) Begin Phase III

Focus for the day: **Purpose**

Guiding Scriptures: Romans 8:28 / 2 Timothy 1:9

Day 16 (Monday, January 23rd, 2023)

Focus for the day: **Humility**

Guiding Scriptures: Philippians 2:3-11

Day 17 (Tuesday, January 24th, 2023)

Focus for the day: **Faithfulness**

Guiding Scriptures: Daniel 3:1-18

Day 18 (Wednesday, January 25th, 2023)

Focus for the day: **Deliverance**

Guiding Scriptures: Daniel 3:19-30

Day 19 (Thursday, January 26th, 2023)

Focus for the day: **Holiness**

Guiding Scriptures: 1 Peter 1:15-16 / 2 Corinthians 7:1

Day 20 (Friday, January 27th, 2023)

Focus for the day: **Doers of the Word**

Guiding Scriptures: James 1: 17-25

Day 21 (Saturday, January 28th, 2023)

Focus for the day: **The Servant's Temple**

Guiding Scriptures: I Corinthians 3:5-17

Sunday, January 29th, 2023

Special Post-Fast Worship Experience @ 10AM

Focus for the Day: **An Inside Out Victory!!**

Prayer Each Morning During The Fast at

6:30 AM (Except Sundays)

Zoom Code: 202 604 4640 (no password)

Facebook: @BethelBaptistOrange

Fasting Phases 1-3

Phase I Day 1-7*

Diet remains the same, but all alcoholic beverages should cease during this week

Phase II: Day – 8-14

No Starch (includes all breads, pastas, or rice) - No Sodas or Sports Drinks

Phase III: Day 15-21

No Dairy (Milk, Cheese, Butter, etc.), No Candy or Snacks (Chips, Pretzels, etc.) or sugar products (white sugar, candy or gum – sugarless gum only)

Phase IV: Day 22-28

No Meat or Poultry;

Only fruits, vegetables and water (No canned foods if possible). For best results, all sodas, sports drinks and “Kool-Aid” type drinks should be avoided during the fast – These should be replaced by fruit juices (100% Juice – no sweeteners), water and fresh teas (no tea mix). Snapple is permissible during phases I-III.

***All Alcohol and alcohol related beverages should be refrained from during the course of the fast – this includes wine and beer. This transition should begin during week one - don't have a “last drink” on the last possible day, but begin to cleanse your spirit and our body from alcoholic products to prepare you for the diet portion. Smoking should also be reduced as much as possible during this fast.**

Bethel Baptist Church

2023 Fasting Guide

2023: Curbside Appeal: A Church Beautiful Inside and Out!!!



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