



10-Day Fast of Grace

(January 22 – 31, 2024)

Please identify 3 specific things you want God to bless you with from your Spiritual Vision Board in 2024.

Please circle those 3 things on your Spiritual Vision Board at the start of the fast (Jan. 22).

Start & End

- Fast begins at 5 am Jan. 22
- Fast ends at 5 pm Jan. 31

Prayer

- 15-minutes of private prayer each day (*Matthew 6:6*)
- 15-minutes of solitude each day (*Psalms 62:5*)
- 15-minutes of praise each day (*Psalms 66:17*)
- 15-minutes of audible Bible reading (have the Word of God read to you). (*Romans 10:17*)

Meals

YES

- Fruits & Vegetables
- Beans & Nuts
- Water
- 100% natural juices
- Smoothies made with fresh fruits & vegetables and 100% juices
- Honey
- Vitamins

NO

- No meat (red or white)
- No sweets

- No bread, bread products, or crackers
- No carbonated beverages
- No coffee
- No milk, cheese, yogurt, butter or dairy alternatives.
- Reduce all portions from what you normally eat

Activities

- During this fast, please only listen to Gospel or Christian music (feed the Spirit)
- During this fast, do not watch any reality tv or any programs which will interfere with consecrating yourself (sports, game shows, news, Christian movies, etc., are acceptable).
- Please refrain from any activities that will interfere with consecrating yourself (cursing, smoking, drinking, gossiping, being a busybody, arguing, fighting, long conversations about nothing, etc.).

Scripture Readings

Day

1. Romans 1:1-17
2. Romans 2:1-23
3. Romans 3:1-20
4. Romans 4:1-25
5. Romans 5:1-11
6. Romans 6:1-23
7. Romans 7:7-25
8. Romans 8:24-39
9. Romans 9:25-33
10. Romans 10:1-21