

church wide fast

Here are a few things to focus on as you **pray and seek God** during this fast.

COMMIT - PERSONAL GROWTH

SERVE - OUR DREAM TEAM MEMBERS

MULTIPLY - CHURCH GROWTH

JESUS - WEEKEND/MIDWEEK SERVICES

SEAT - PERSONAL EVANGELISM

GIVE - IMPACT OUR COMMUNITY

TRUTH - NATION AND OUR PRESIDENT

Write down your own goals and plan for this 3 day or 21 day fast.

church wide fast

meal plan
template

#YEAROFGROWTH

DAY #1

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

DAY #2

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

DAY #3

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

DAY #4

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

DAY #5

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

DAY #6

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

DAY #7

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

DAY #8

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #9

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #10

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #11

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #11

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #12

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #13

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #14

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #15

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #16

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #17

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #18

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #19

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #20

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

DAY #21

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

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