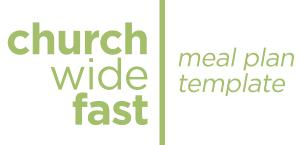


Here are a few things to focus on as you **pray and seek God** during this fast.

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.



Dinner:

fast	tempiate	Lunch:	
		Snack:	
#YEAROFGROWTH		Dinner:	
DAY #1		DAY #5	
Breakfast:		Breakfast:	
Snack:		Snack:	
Lunch:		Lunch:	
Snack:		Snack:	
Dinner:		Dinner:	
DAY #2		DAY #6	
Breakfast:		Breakfast:	
Snack:		Snack:	
Lunch:		Lunch:	
Snack:		Snack:	
Dinner:		Dinner:	
DAY #3		DAY #7	
Breakfast:		Breakfast:	
Snack:		Snack:	
Lunch:		Lunch:	
Snack:		Snack:	

Dinner:

DAY #4
Breakfast:

Snack:

DAY #8	DAY #11
Breakfast:	Breakfast:
Snack:	Snack:
Lunch:	Lunch:
Snack:	Snack:
Dinner:	Dinner:
DAY #9	DAY #12
Breakfast:	Breakfast:
Snack:	Snack:
Lunch:	Lunch:
Snack:	Snack:
Dinner:	Dinner:
DAY #10	DAY #13
Breakfast:	Breakfast:
Snack:	Snack:
Lunch:	Lunch:
Snack:	Snack:
Dinner:	Dinner:
DAY #11	DAY #14
Breakfast:	Breakfast:
Snack:	Snack:
Lunch:	Lunch:
Snack:	Snack:
Dinner:	<b>D</b> inner:

DAY #15	DAY #19		
Breakfast:	Breakfast:		
Snack:	Snack:		
Lunch:	Lunch:		
Snack:	Snack:		
Dinner:	Dinner:		
DAY #16	DAY #20		
Breakfast:	Breakfast:		
Snack:	Snack:		
Lunch:	Lunch:		
Snack:	Snack:		
Dinner:	Dinner:		
DAY #17	DAY #21		
Breakfast:	Breakfast:		
Snack:	Snack:		
Lunch:	Lunch:		
Snack:	Snack:		
Dinner:	Dinner:		
DAY #18			
Breakfast:			
Snack:	church wide fast	meal plar	
Lunch:	wide	template	
Snack:	iast		

Dinner: