

Fasting Schedule and Restrictions

January 2-January 31

No sweets, no snacks, no artificial sweeteners, no sugar, no white flour products, no white rice, no fried food, no white bread, no coffee, no soda, no syrup.

We can eat dark/brown breads, all-natural products, fruits, vegetables, if canned fruit eat light syrup or in pear juice, vegetable pasta, whole grain pasta, beans, honey, oatmeal, brown rice, eggs, bake, broiled, roast meat, peanuts, white or sweet potatoes baked, tortilla shells. You can also use an Air Fryer to cook because it is not frying.

Jan. 2-Jan.31 No sweets, snacks, artificial sweeteners, sugar, etc..

Jan. 8-Jan. 31 Only Fish and Poultry as your meat, no beef or pork

Jan. 22-31

Fast until 4 Only Fruit Juices, water, smoothies during the day

**I would encourage everyone to go the extra mile and fast from
January 2 to 1st Sunday February**

How can we receive the manifestation that has already been promised if we are clogged from not receiving the full outpour because of disobedience? Even though seed has been planted and there is going to be a harvest the harvest will not or cannot be as plentiful if the ground has not been tilled. The ground must be manicured, weeds must be removed, nutrients must be added, fertilizer must be spread, the acidic level must be balanced, if not there will be growth but it will not be an abundance of growth. Let us take the time during this month to get our ground ready because there has been an outpour, we will see the Manifestation of that outpour but if our ground is not right the Manifestation will not be as large as it could, would and should be.

Aerate the ground by praying throughout the day other than the morning and evening prayer time. Turnover the ground with personal Bible study time and eliminate or limit the amount of time we watch TV or social media. Be selective of the type of water we will allow to water our lawn because it may have poison(s) in it that we cannot see, taste or smell.

This is our time to seek the Lord and spend time with Him so He can get us ready. So, stop procrastinating, rationalizing, justifying, and explaining the lack of **Manifestation** from the Outpour but understand that the **Manifestation** is directly connected to our obedience to His direction because the “**year of the outpour**” was/is to get us ready for the “**Year of Manifestation**”.

Malachi 3:10

“We shall, will, and must start, remain and finish strong”

Bishop Lamont Brown

“It’s already done you just have to catch up to it”