



## **New Life Christian Fellowship 10-day fast - 2025**

### **Day 1 – Thursday, January 30<sup>th</sup>**

- Fast from ALL food from sunrise to sunset (6:00 am to 6:00 pm)
- Fast from any television, video games, social media, secular music, movies and internet videos the entire day. You may ONLY watch The Chosen series on a streaming platform.
- Drink ONLY water, juice or Gatorade (no coffee, tea or carbonated drinks)
- Read John Chapters 1-3, Proverbs Chapters 1-3

### **Day 2 – Friday, January 31<sup>st</sup>**

- Fast from ALL food from sunrise to sunset (6:00 am to 6:00 pm)
- Fast from any television, video games, social media, secular music, movies and internet videos the entire day. You may ONLY watch The Chosen series on a streaming platform.
- Drink ONLY water, juice or Gatorade (no coffee, tea or carbonated drinks)
- Read John Chapters 4-5, Proverbs Chapters 4-6

### **Day 3 – Saturday, February 1<sup>st</sup>**

- Fast from ALL food from sunrise to sunset (6:00 am to 6:00 pm)
- Fast from any television, video games, social media, secular music, movies and internet videos the entire day. You may ONLY watch The Chosen series on a streaming platform.
- Drink ONLY water, juice or Gatorade (no coffee, tea or carbonated drinks)
- Read John Chapters 6-7, Proverbs Chapters 7-9

### **Day 4 – Sunday, February 2<sup>nd</sup>**

- Fast from ALL food from sunrise to sunset (6:00 am to 6:00 pm)
- Fast from any television, video games, social media, secular music, movies and internet videos the entire day. You may ONLY watch The Chosen series on a streaming platform.
- Drink ONLY water, juice or Gatorade (no coffee, tea or carbonated drinks)
- Read John Chapters 8-9, Proverbs Chapters 10-12

### **Day 5 – Monday, February 3<sup>rd</sup>**

- Fast from ALL meats, poultry, fish, nuts, pasta, dairy, grains, etc.. for the entire day. You may eat ONLY fruits and vegetables (including beans and brown rice) throughout the day (NO fried vegetable snacks such as Fritos, potato chips, Doritos)

- Fast from any television, video games, social media, secular music, movies and internet videos the entire day. You may ONLY watch The Chosen series on a streaming platform.
- Drink ONLY water, juice or Gatorade (no coffee, tea or carbonated drinks)
- Read John Chapters 10-11, Proverbs Chapters 13-15

#### Day 6 – Tuesday, February 4<sup>th</sup>

- Fast from ALL meats, poultry, fish, nuts, pasta, dairy, grains, etc.. for the entire day. You may eat ONLY fruits and vegetables (including beans and brown rice) throughout the day (NO fried vegetable snacks such as Fritos, potato chips, Doritos)
- Fast from any television, video games, social media, secular music, movies and internet videos the entire day. You may ONLY watch The Chosen series on a streaming platform.
- Drink ONLY water, juice or Gatorade (no coffee, tea or carbonated drinks)
- Read John Chapters 12-13, Proverbs Chapters 16-18

#### Day 7 – Wednesday, February 5<sup>th</sup>

- Fast from ALL meats, poultry, fish, nuts, pasta, dairy, grains, etc.. for the entire day. You may eat ONLY fruits and vegetables (including beans and brown rice) throughout the day (NO fried vegetable snacks such as Fritos, potato chips, Doritos)
- Fast from any television, video games, social media, secular music, movies and internet videos the entire day. You may ONLY watch The Chosen series on a streaming platform.
- Drink ONLY water
- Read John Chapters 14-15, Proverbs Chapters 19-21

#### Day 8 – Thursday, February 6<sup>th</sup>

- Fast from ALL food from sunrise to sunset (6:00 am to 6:00 pm)
- You may eat ONLY fruits and vegetables (including beans and brown rice) after sunset (NO fried vegetable snacks such as Fritos, potato chips, Doritos)
- Fast from any television, video games, social media, secular music, movies and internet videos the entire day. You may ONLY watch The Chosen series on a streaming platform.
- Drink ONLY water
- Read John Chapters 16-17, Proverbs Chapters 22-24

#### Day 9 – Friday, February 7<sup>th</sup>

- Fast from ALL food from sunrise to sunset (6:00 am to 6:00 pm)
- You may eat ONLY fruits and vegetables (including beans and brown rice) after sunset (NO fried vegetable snacks such as Fritos, potato chips, Doritos)
- Fast from any television, video games, social media, secular music, movies and internet videos the entire day. You may ONLY watch The Chosen series on a streaming platform.
- Drink ONLY water
- Read John Chapters 18-19, Proverbs Chapters 25-28

Day 10 – Saturday, February 8<sup>th</sup>

- Fast from ALL food all day (midnight to midnight)
- Fast from any television, video games, social media, secular music, movies and internet videos the entire day. You may ONLY watch The Chosen series on a streaming platform.
- Drink ONLY water
- Read John Chapters 20-21, Proverbs Chapters 29-31

Sunday, February 9<sup>th</sup>

- Meet at the church for prayer/fellowship/testimony at 8:00 a.m.