



21 Days in January 2024

January 7th – 27th

Day	Date	Fasting Instructions	Prayer Focus
Day 1	Sun., Jan. 7 th	5:00am-3:00pm Liquid only. Fruits and vegetables after 3:00pm	HEALING THE LAND EZEKIEL 47:7-9
Day 2	Mon., Jan. 8 th	5:00am-3:00pm Liquid only. Fruits and vegetables after 3:00pm	PURPOSE JEREMIAH 1:5-10
Day 3	Tue., Jan. 9 th	5:00am-3:00pm Liquid only. Fruits and vegetables after 3:00pm	EVANGELISM ACTS 1:8
Day 4	Wed., Jan. 10 th	5:00am-3:00pm Liquid only. Fruits and vegetables after 3:00pm	MATURITY HEBREWS 5: 12-14
Day 5	Thurs., Jan. 11 th	5:00am-3:00pm Liquid only. Fruits and vegetables after 3:00pm	UNITY JOHN 17:20-22
Day 6	Fri., Jan. 12 th	5:00am-3:00pm Liquid only. Fruits and vegetables after 3:00pm	BUILDING EZRA 3:7-13
Day 7	Sat., Jan. 13 th	5:00am-3:00pm Liquid only.	FATHERS MALACHI 4:5-6

		Fruits and vegetables after 3:00pm	
Day 8	Sun., Jan. 14 th	5:00am-3:00pm Liquid only. Fruits and vegetables after 3:00pm	WOMEN PROVERBS 31
Day 9	Mon., Jan. 15 th	5:00am-3:00pm Liquid only. Fruits and vegetables after 3:00pm	MEN ACTS 13:22
Day 10	Tues., Jan. 16 th	5:00am-3:00pm Liquid only. Fruits and vegetables after 3:00pm	MARRIAGE GENESIS 2:15-24
Day 11	Wed., Jan. 17 th	5:00am-3:00pm Liquid only. Fruits and vegetables after 3:00pm	WIVES EPHESIANS 5 21-24
Day 12	Thurs., Jan. 18 th	5:00am-3:00pm Liquid only. Fruits and vegetables after 3:00pm	HUSBANDS EPHESIANS 5:25-32
Day 13	Friday, Jan. 19 th	5:00am-3:00pm Liquid only. Fruits and vegetables after 3:00pm	LEADERS 1 TIMOTHY 3:1-7
Day 14	Sat., Jan. 20 th	5:00am-3:00pm Liquid only. Fruits and vegetables after 3:00pm	YOUTH ECCLIASTES 12:1

Day 15	Sun., Jan. 21st	5:00am~3:00pm Liquid only. Fruits and vegetables after 3:00pm	JOY & PRESENCE OF THE LORD PSALM 16:11
Day 16	Mon., Jan. 22nd	5:00am~3:00pm Liquid only. Fruits and vegetables after 3:00pm	FAITH HEBREWS 11:1-3
Day 17	Tues., Jan. 23rd	5:00am~3:00pm Liquid only. Fruits and vegetables after 3:00pm	WORSHIP PSALM 29:2
Day 18	Wed., Jan. 24th	5:00am~3:00pm Liquid only. Fruits and vegetables after 3:00pm	WOW 1 TIMOTHY 5:1-2
Day 19	Thurs., Jan. 25th	5:00am~3:00pm Liquid only. 5:00am~3:00pm Liquid only. Fruits and vegetables after 3:00pm	DISCERNMENT 1CORINTHIANS 2:11- 14
Day 20	Friday, Jan. 26th	5:00am~3:00pm Liquid only. Fruits and vegetables after 3:00pm	CHURCH OF WAKE FOREST Revelation 2:17
Day 21	Sat., Jan. 27th	5:00am~3:00pm Liquid only. Fruits and vegetables after 3:00pm	FASTING CHURCH ISAIAH 58:5-14

Believing that God will honor our sacrifice from Meats, Sugars, Sodas etc.

“21 Days in January of Fasting & Praying”

Make Your Daily Confessions & Find a Scripture of Support

Day	Personal Confessions	Scripture Reference
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		

Day 12		
Day 13		
Day 14		
Day 15		
Day 16		
Day 17		
Day 18		
Day 19		
Day 20		
Day 21		