

**Mt. Vernon Missionary Baptist Church**  
**Forty Day Fast Feb. 10, 2016 - March 26, 2016**

Fasting is the spiritual discipline of giving up something our flesh wants and enjoys for the sake of enhancing our relationship with God and our ability to hear from Him.

**Purpose:** To commit yourself personally to renounce the natural pleasures of life for the sake of evoking spiritual power in your life.

Fasting, coupled with prayer, packs a powerful one-two punch that releases supernatural power over the enemy.

**Pray at least three times a day:**

- ❖❖ Upon awaking or before 9:00 AM
- ❖❖ 12:00 Noon
- ❖❖ Prior to bedtime or before 9:00 PM

**Read Scripture Every Day.**

This is the way we keep our spirits well “fed” in the absence of physical food. A fast without prayer and Bible study is simply a diet, and will not produce any kind of spiritual results. Be sure to set aside significant time for prayer and meditation on the Word during your fast.

**Meditate at least once a day, (spending quite time with God.)**

**Do some form of exercise for at least 30 minutes, three times a week.**

**Regulate downtime/social activities**

- ❖❖ Minimize Television to two hours a day (This applies to week days only.)
- ❖❖ Minimize computer/social media to one hour a day (unless work related)
- ❖❖ Minimize telephone conversations (fast from gossip and worldly conversations)
- ❖❖ No video, computer, phone, ipad, etc. games. (This applies to week days only.)

**During the fast, you may eat/drink the following ONLY:**

- ❖❖ Drink at least eight glasses of water per day.
- ❖❖ You can drink apple juice (no sugar added)
- ❖❖ You can drink decaffeinated beverages.
- ❖❖ You can eat all meat except pork and shell fish.
- ❖❖ You can eat fruit and berries (limit pineapple, oranges, & grapefruit due to acid content)
- ❖❖ You can eat salad (no fast food salad)

**During the fast, do not eat/drink the following:**

- ❖❖ No Caffeinated Drinks (no black tea, Coffee)
- ❖❖ No Fast Food
- ❖❖ No Breads
- ❖❖ No Fried Foods
- ❖❖ No desserts
- ❖❖ No White Sugar
- ❖❖ No Alcoholic Beverages
- ❖❖ No Soda - Pop or Carbonated Drink