DR. KEVIN B. LEE
SENIOR PASTOR

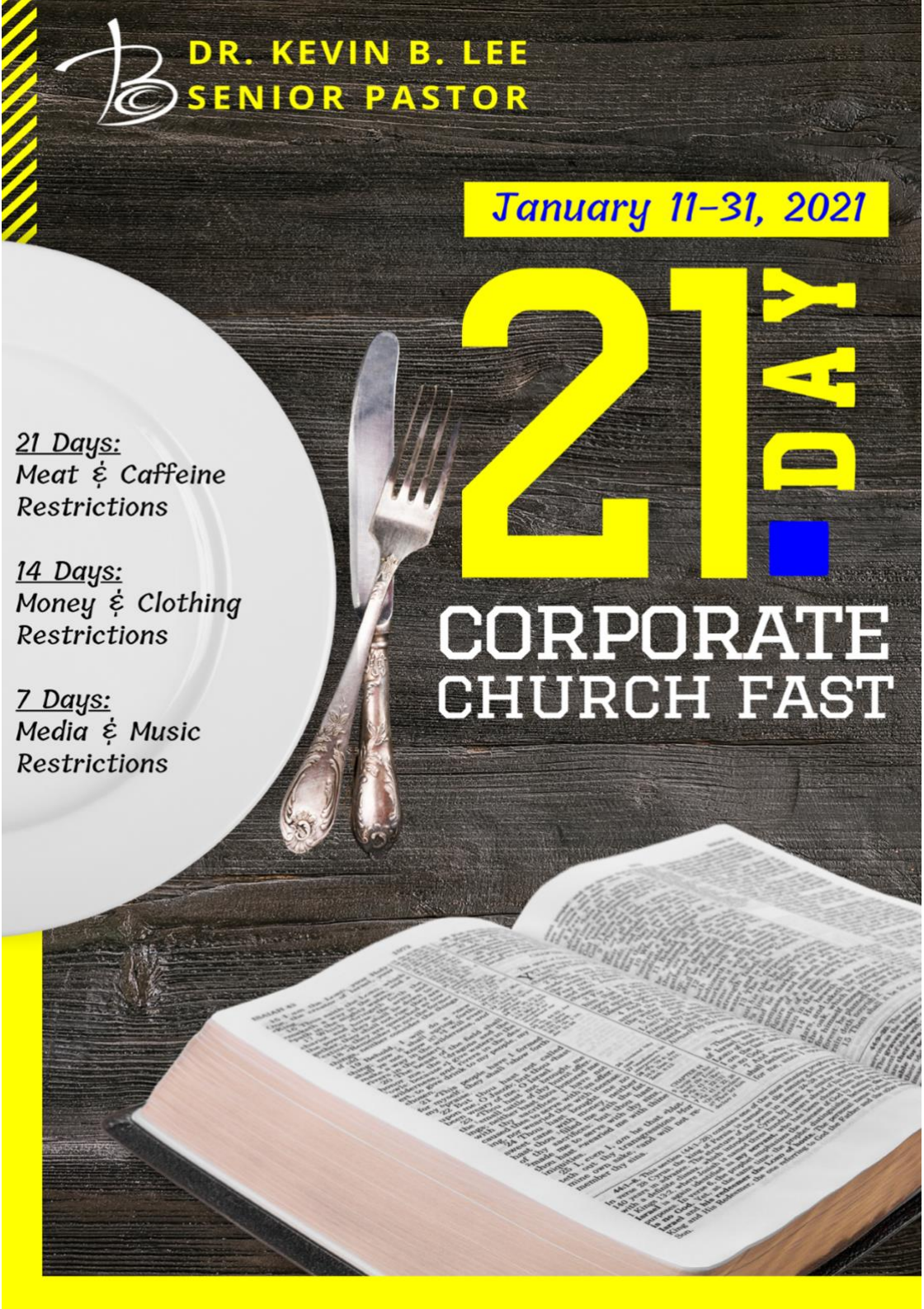
January 11-31, 2021

21 DAY CORPORATE CHURCH FAST

<u>21 Days:</u>
Meat & Caffeine Restrictions

<u>14 Days:</u>
Money & Clothing Restrictions

<u>7 Days:</u>
Media & Music Restrictions



Purpose

As a result of this fast we expect for Berean participants to:

- Abstain from specific foods, drinks and other pleasantries
- Spend at least 21 minutes with the Lord through singing, reading, journaling and praying
- Engage in daily assigned activities
- Mature in their faith and personal relationship with God

Period

Our fast will last for 21 days. It will begin **Monday, January 11th at 12:01am** and will end **Sunday, January 31st at 11:59pm.**

Procedure

The type of fast we will use is the Progressive fast. This is the fast where restrictions gradually increase each week.

1/11-1/31: No Meat, No Caffeine

1/18-1/31: No Meat, No Caffeine; No unnecessary spending and wear Faith inspired attire or accessories daily

1/25-1/31: No Meat, No Caffeine; No unnecessary spending and wear Faith inspired attire or accessories daily; establish personal media restrictions (EXAMPLE: No/limit video games, television, social media, etc.). Additionally, listen to **ONLY** Christian music.

Process

The process we will use as an accompaniment to our fast is a 21 day devotional. This tool can be incorporated into your personal time with the Lord during this fasting period. You can access it via the church website and our church mobile app.

The Passages

Please read the following Scriptures on the day indicated. Each addresses the subjects of Discovery, Recovery & Victory. These passages should be read in a modern translation of the Bible in order to gain more clarity.

DATE	SCRIPTURE
January 11	EXODUS 17:8-16
January 12	JUDGES 7:1-22
January 13	JUDGES 16:14-30
January 14	I SAMUEL 11:1-13
January 15	I SAMUEL 17:32-51
January 16	I SAMUEL 30:1-25
January 17	II KINGS 4:1-7
January 18	II CHRONICLES 20:1-30
January 19	NEHEMIAH 6:1-15
January 20	JOB 42:1-13
January 21	MATTHEW 14:22-33
January 22	MARK 5:25-34
January 23	MARK 8:22-25
January 24	MARK 10:46-52
January 25	LUKE 8:40-42, 49-56
January 26	JOHN 5:1-15
January 27	JOHN 6:1-14
January 28	JOHN 21:1-12
January 29	ACTS 3:1-10
January 30	ACTS 9:1-20
January 31	ACTS 16:23-40

Practices

Listed below are activities fast participants are asked to complete each day. Cross-off each activity as you complete it.

SUN	MON	TUE	WED	THUR	FRI	SAT
	11 ☐ Study the Bible for 21 minutes.	**12** ☐ Tell 21 people you love them.	**13** ☐ Recite Berean's 2021 Declarations 21 times.	**14** ☐ Exercise at least 21 minutes.	**15** ☐ Watch 21 minutes of Christian Television/ YouTube.	**16** ☐ Give $21 dollars to someone else.
17 ☐ Talk with a family member for 21 minutes.	**18** ☐ Pray for 21 people by name.	**19** ☐ Compli-ment 21 people.	**20** ☐ Walk at least 21 minutes.	**21** ☐ Listen to 21 minutes of Christian music.	**22** ☐ Donate 21 food and/ or clothe items to a non profit organiza-tion.	**23** ☐ Text 21 people an encouraging message.
24 ☐ Devote 21 minutes to an unfinished project.	**25** ☐ Write out the names of 21 unsaved people, lay hands on their name and pray for their salvation.	**26** ☐ Contact 21 people you have not spoken with recently.	**27** ☐ Help some-one with a household, school or work project for 21 minutes.	**28** ☐ Read 21 minutes of a new book or one you did not finish.	**29** ☐ Meditate on the Word of God for 21 minutes.	**30** ☐ Share a Bible verse with 21 individuals.
31 ☐ Sow a $21 dollar offering to church.						

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