

2023
NEW YEAR, *NEW YOU*
21 DAY CHURCH FAST

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SENIOR PASTOR

THE PURPOSE:

WE ARE FASTING AS A CORPORATE BODY TO:

- PRIORITIZE SPIRITUAL DISCIPLINES AT THE START OF A NEW YEAR.
- PREPARE FOR NEW BEGINNINGS IN THE NEW YEAR.
- PROMOTE HEALTHY EATING IN THE NEW YEAR.

THE PASSAGE:

ROMANS 6:4 NIV

"THEREFORE WE ARE BURIED WITH HIM BY BAPTISM INTO DEATH: THAT LIKE AS CHRIST WAS RAISED FROM THE DEAD BY THE GLORY OF THE FATHER, EVEN SO WE ALSO SHOULD WALK IN NEWNESS OF LIFE."

THE PERIOD:

OUR FAST WILL LAST 21 DAYS. WE WILL BEGIN MONDAY, JANUARY 2ND, AT 12:01 A.M. AND CONCLUDE SUNDAY, JANUARY 22ND, AT 11:59 P.M.

THE PARTICULARS:

WE WILL UTILIZE THE PARTIAL FAST DURING THE 21 DAYS. THIS IS THE FAST WHERE ONE ABSTAINS FROM SPECIFIC FOODS FOR THE LORD. DURING THIS FAST ALL PARTICIPANTS ARE ASKED TO REFRAIN FROM FRIED FOODS, BREAD AND SWEETS; SUCH AS CANDY OR DESSERTS. WE WILL ALSO ONLY DRINK WATER AS A BEVERAGE DURING THE FAST.

THE PRAYER:

IN ADDITION TO JOINING THE WEEKLY PRAYER LINE AT THE BEREAN CAMPUS OF YOUR CHOICE, EACH PARTICIPANT IS ASKED TO PRAY AT 12 NOON DAILY FOR THE SUCCESS OF ALL THOSE WHO ARE FASTING.

THE PRACTICES:

LISTED BELOW ARE ROUTINES THAT EACH PARTICIPANT IS ASKED TO ENGAGE IN DURING THE FAST THAT FOCUS ON FAITH, FAMILY, FINANCE, FITNESS AND FOOD.

DAY 1 — EXAMINE A NEW BIBLE VERSE AND
MEMORIZE IT. (FAITH)

DAY 2 — EXPOSE YOUR HOUSEHOLD TO NEW
IDEAS FOR RECREATION OR RELAXATION.
(FAMILY)

DAY 3 — EXPLORE NEW WAYS TO SECURE AND
SAVE MONEY. (FINANCE)

DAY 4 — EXERCISE USING A NEW METHOD OR
EQUIPMENT (FITNESS)

DAY 5 — EXPERIMENT WITH A NEW FOOD ITEM.
(FOOD)

DAY 6 — CHOOSE SOMETHING NEW TO
INCORPORATE INTO YOUR FASTING METHODS.

DAY 7 — CHOOSE SOMETHING NEW TO
INCORPORATE INTO YOUR FASTING METHODS.

DAY 8 — EXAMINE A NEW BIBLE VERSE AND
MEMORIZE IT. (FAITH)

DAY 9 — EXPOSE YOUR HOUSEHOLD TO NEW
IDEAS FOR RECREATION OR RELAXATION.
(FAMILY)

DAY 10 — EXPLORE NEW WAYS TO SECURE
AND SAVE MONEY. (FINANCE)

DAY 11 — EXERCISE USING A NEW METHOD OR
EQUIPMENT. (FITNESS)

DAY 12 — EXPERIMENT WITH A NEW FOOD
ITEM. (FOOD)

DAY 13 — CHOOSE SOMETHING NEW TO
INCORPORATE INTO YOUR FASTING METHODS.

DAY 14 — CHOOSE SOMETHING NEW TO
INCORPORATE INTO YOUR FASTING METHODS.

DAY 15 — EXAMINE A NEW BIBLE VERSE AND
MEMORIZE IT. (FAITH)

DAY 16 — EXPOSE YOUR HOUSEHOLD TO NEW
IDEAS FOR RECREATION OR RELAXATION.
(FAMILY)

DAY 17 — EXPLORE NEW WAYS TO SECURE AND
SAVE MONEY. (FINANCE)

DAY 18 — EXERCISE USING A NEW METHOD OR
EQUIPMENT. (FITNESS)

DAY 19 — EXPERIMENT WITH A NEW FOOD ITEM.
(FOOD)

DAY 20 — CHOOSE SOMETHING NEW TO
INCORPORATE INTO YOUR FASTING METHODS.

DAY 21 — CHOOSE SOMETHING NEW TO
INCORPORATE INTO YOUR FASTING METHODS.

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THE PERIODICALS:

Please read the following verses below from the listed translations. Focus on the term "NEW"

in each verse. Remember, this is the "New Year, New You" Church Fast.

DAY 1	DEUTERONOMY 24:5	KJV
DAY 2	EZRA 9:9	NIV
DAY 3	PSALM 40:3	NIV
DAY 4	PSALM 96:1	NIV
DAY 5	PSALM 98:1	NIV
DAY 6	PSALM 149:1	KJV
DAY 7	PROVERBS 3: 9,10	KJV
DAY 8	ISAIAH 43:19	KJV
DAY 9	LAMENTATIONS 3: 22,23	KJV
DAY 10	EZEKIAL 36:26	KJV
DAY 11	MATTHEW 9: 16,17	NIV
DAY 12	MARK 1:27	NIV
DAY 13	MARK 16:17	NIV
DAY 14	JOHN 13:34	KJV
DAY 15	ACTS 5: 19, 20	NIV
DAY 16	ROMANS 6:4	NIV
DAY 17	I CORINTHIANS 11:25	NIV
DAY 18	II CORINTHIANS 5:17	KJV
DAY 19	EPHESIANS 4: 22-24	NIV
DAY 20	COLOSSIANS 3: 9,10	NIV
DAY 21	I PETER 1:3	NIV