Dear Community,

In alignment with the teachings of Ezra 8:21, we are embarking on a
period of spiritual dedication and seeking guidance from the divine.
As believers, we're called to uphold three essential Christian duties:
giving, prayer, and fasting.

Starting on January 11th and continuing until January 31st, we invite
you to join us in this transformative journey. Our aim during this
time is to humble ourselves before God, seeking His guidance for
ourselves, our families, and all our possessions.

Here's an outline of our fasting schedule:

Week 1: Jan 11 - Jan 17

No meat consumption
Only water, juice, fruits, and vegetables
Fast from Limit TV, internet usage, and social media

Week 2: Jan 18 - Jan 24

No solid foods, only liquids such as juice, water, and liquid soups

Week 3: Jan 25 - Jan 31

Vegetables, fruits, and fish allowed alongside water consumption

Please note: Before altering your diet, consult your physician for
guidance and ensure your safety throughout this fasting period.

Types of Fasting: We encourage various fasting methods, such as the
Full Fast, Daniel Fast, or giving up specific food items. These
options allow for flexibility and spiritual growth.

Goals and Benefits: Fasting isn't solely about abstinence from food;
it's a means to draw closer to God. It resets our souls, rejuvenates
our spirits, and opens us to God's blessings. Your personal fasting
journey should challenge you while being mindful of your body's needs
and seeking divine guidance through prayer.

Scriptural References for Fasting: Referencing Matthew 6:16-18,
Matthew 9:14-15, Luke 18:9-14, 1 Samuel 1:6-8, Nehemiah 1:4, and
Daniel 9:3, 20, we see the spiritual significance and impact fasting
has had historically.

Food Guidelines & Considerations: Avoid meat, fried foods, processed
items, high-fat products, and sweets. During liquid-only fasting,
consider distilled water for digestive calmness. While fasting,
moderate physical activity and be prepared for initial discomfort,
knowing it shall pass.

This period of consecration is an opportunity to realign ourselves
spiritually, physically, and mentally. Let's seek the divine, enrich
our spirits, and prepare our hearts for the blessings of 2024.

In prayer and dedication,

Pastor Robert Sanders