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