



Trinity Temple Fasting Calendar

"RESET"

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please utilize this fasting calendar as a reference. Be led by the Holy Spirit as it relates to your medical condition and medication schedules. During this fast, we are reading our Bibles with little to no social media use. Create a prayer list to pray for others and yourself and take time to meditate and pray. Please join us every Saturday for specified devotional prayer. See additional calendar for designated underlined daily words given for the month of January's Prayer Circuit.</p>						Refine 1 Pray For: MEN Free Meal Day
Restore 2 Free Meal Day	Revival 3 No food until 3 PM No Pork or Beef	Redeem 4 No Meat	Repent 5 Water Only	Reanoint 6 No Meat	Rebuild 7 No food until 3 PM No Pork or Beef	Refresh 8 Pray For: WOMEN Free Meal Day
Prayer Focus: Pastors, Leaders, Government Officials, Law Enforcement, First Responders, and Educational Staff: 1 Timothy 2:1-4, Acts 2:1-4, Matthew 28:19-20						
Renew 9 Free Meal Day	Resurrection 10 No food until 3 PM No Pork or Beef	Reconciliation 11 No Meat	Revive 12 Water Only	Recreate 13 No Meat	Repair 14 No food until 3 PM No Pork or Beef	Return 15 Pray For: MARRIED COUPLES Free Meal Day
Prayer Focus: Community and Evangelism: Mark 8:34-38, 1 Peter 2:17.						
Rest 16 Free Meal Day	Regenerate 17 No food until 3 PM No Pork or Beef	Relaunch 18 No Meat	Reform 19 Water Only	Remind 20 No Meat	Reposition 21 No food until 3 PM No Pork or Beef	Redirect 22 Pray For: SINGLES Free Meal Day
Prayer Focus: Healing for the sick, broken hearted, mental, and emotional healing and restoration: Isaiah 53:5, Philipians 2:5, Proverbs 16:18, 1 Peter 5:6-7, Colossians 3:12						
Re-Commission 23 Free Meal Day	Recommit 24 No food until 3 PM No Pork or Beef	Recalibrate 25 No Meat	Rewrite 26 Water Only	Refocus 27 No Meat	Rejoice 28 SHUT-IN 8 PM No food until 3 PM No Pork or Beef	Resolve 29 Pray For: CHILDREN Free Meal Day
Prayer Focus: Watch, stand fast in the faith, be brave, be strong. Let all that you do be done with love: 1 Corinthian 16:13-14, Malachi 3:10, Acts 20:35, James 1:2-8						
Reflection 30 Free Meal Day	Reconcile 31	Please join us each Saturday for Strategic Prayer at 8AM. A praying church is a Powerful Church. We believe a call of Corporate Prayer is needed in this hour. If we can come in these categories, they will be ignited within the entire church. "Men ought always to pray and not faint." - Luke 18:1				