

January Fasting Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>See the guide for the scriptures that go along with each daily word.</p> <p>See the letter for the specifics of each weekly prayer focus.</p>	New Year's Day 1	Fasting Preparation 2	Fasting Preparation 3	PEACE 4	CALM 5	GRATEFUL 6 Strategic Prayer: MEN and WOMEN
		Week 1 Prayer Focus: PREPARING for the FAST/REPENTANCE				
FAITH 7 Free Day	ORDER 8	DIRECTION 9	ANOINTING 10	HOLY 11	ENCOURAGE 12	POWER 13 Strategic Prayer: COUPLES
		Week 2 Prayer Focus: RESTORATION				
WAIT 14 Free Day	PRESS 15	SEEK 16	LAUNCH 17	ABLE 18	LIVE 19 Bishop's Birthday Celebration Fast until Noon	PUSH 20 Strategic Prayer: CHILDREN, YOUTH and YOUNG ADULTS
		Week 3 Prayer Focus: WEATHER				
AWESOME 21 Free Day	REST 22	HEALED 23	PROMISE 24	FAVOR/FAVOUR 25	GROAN/GROANING 26 NOW SHIFT: Corporate Prayer Shut-In	PRAISES 27 Strategic Prayer: SENIORS
		Week 4 Prayer Focus: GOVERNMENT				
WORSHIP 28 Free Day	OBEDY/OBEDIENCE 29	DISCERN 30	AUTHORITY/DOMINION 31	<p>Please use this fasting calendar as a guide. Be led by the Holy Spirit as it relates to your medical condition and medication schedules.</p> <p>During this fast, we are reading our Bibles with little to no social media and TV usage.</p> <p>Create a prayer list to pray for others and yourself and take time to meditate and pray.</p>		
	Week 4 Prayer Focus: DISCERNMENT					

EVENTS

STRATEGIC PRAYER

Every Saturday morning at 8 AM we will have corporate prayer on Stream Yard. You can assess prayer through Trinity Temple's Facebook or YouTube page.

SHUT-IN: NOW SHIFT! "The Night Shift"

Do you know your Prayer Watch? On Friday, January 26th at 8 PM – until, we will gather corporately to pray until God shifts the atmosphere.

Example of a Beginner's Fasting Schedule

4th-10th: No Beef or Pork
 11th-16th: No Meat and Dairy
 17th-23rd: Fruits and Vegetables Only
 24th-31st: Fast until 3pm (Still fruits and vegetables only)