



## SOLEMN ASSEMBLY: THE PARTIAL FAST From January 3rd – 23rd, 2022

BIBLE Reading (Chapters): **Philippians (4), Colossians (4), 1st & 2nd Thessalonians (5 & 3) (Total of 16 Chapters)**



Pray everyday.

- I. The FAST will start Midnight Sunday (12:00 a.m.) which will go into Monday, January 3, 2022.
  - II. During the entire fast, you WILL NOT eat or consume (unless other wise mentioned), MEAT, POULTRY, SEAFOOD, BREAD, SWEETS, SODAS, YOGURT, SLIM FAST/QUICK OR ANY OTHER DIETARY SUBSTANCE OR SUBSTITUTE. NO JUNK FOOD THROUGHOUT THE ENTIRE FAST!!! You can chew gum or take breath mints.
  - III. **BREAKFAST: Breakfast Hours:** From (4:30 a.m. to 9:30 a.m.): you can eat cream-of-wheat or grits or hash brown potatoes with eggs (MAXIMUM OF 2 EGGS) scrambled or boil or an omelet with vegetables and cheese (eggs are the only poultry that you can consume during the breakfast meal). You can eat oatmeal, or a bowl of whole grain or whole wheat cereal. Avoid the SUGAR-LOADED cereal. NOTE: NO BACON, NO BREAD, NOR ANYTHING ELSE.
  - IV. **Lunch: Lunch Hours:** From (11:00 a.m. to 2:30 p.m.): You can eat soup and salad for lunch with your choice of salad dressing. You can add boil eggs to your salad. However, NO MEAT in the soup and No bread, croutons or crackers of any kind.
  - V. **Dinner Hours:** (From 4:30 p.m. to 8:30 p.m.): The ONLY STARCH you can eat is RICE and Ramen Noodle; eat as much vegetables as you like during the dinner meal. However, if you work later than 8:30 p.m., you can eat at a desired time. If possible, try not to eat after 9:00 p.m. You can eat soup and salad with NO meat, bread, croutons or crackers.
  - VI. If you work at night, or have a swing shift, you have the option to eat during your scheduled breakfast, lunch or dinner time. However, all rules and instructions still apply.
- NOTE:** During this Fast, you CAN (if you desire) eat Nuts, Dried Fruits and Natural Fruit, (i.e. apples, oranges, bananas, pears and etc.) THROUGHOUT THE ENTIRE DAY (24/7). NO can or jar fruits with the syrupy juice in it.
- VII. **DRINKS:** The ONLY drinks YOU CAN consumed throughout the entire FAST are WATER, Milk, 100% JUICES, or ALL NATURAL DRINKS. Please drink plenty of water throughout the day. You can drink coffee, tea or mocha at your desired hour. NOTE: YOU MUST DRINK AT LEAST 12 OZ OF WATER BEFORE, DURING or AFTER each meal.

**Note:** EXERCISE: IT WIL BE ADVANTAGEOUSNESS FOR YOU TO WORKOUT AT LEAST 20 TO 30 MINUTES A DAY, THREE (3) DAYS OUT OF THE WEEK. (i.e., walking, running, aerobics, weight training and etc.). Military Soldiers who do Physical Training (PT) or if you have a regular workout program, can drink sports drinks, i.e., (Gatorade, Powerade, or Energy Drinks) before, during, and after their PT or regular workout session. School Athletics who are playing organized sport (i.e. basketball, wrestling, track, or etc.) are exempt from this fast. This fast will end AFTER the Sunday Morning Worship Service on JANUARY 23, 2022 .

**Important Note:** If you are not sure if you should go on such a partial fast due to health reasons, please consult your doctor or physician first. If you are on medication that requires you to eat certain foods, please follow your doctor's orders/prescription. If you are pregnant or nursing a child, you are exempt from this fast. Military soldier who are on a field exercise (actually in the woods not in Garrison) do not have to participate in the fast only during the time that they are on the field exercise. If you go out-of-town due to you job, work or vacation, you are exempt during the time you are gone. PLEASE, **DO NOT COME TO ME AND TELL ME THAT YOU CANNOT GO ON THIS FAST FOR WHATEVER REASON. KEEP IT TO YOURSELF.** PS: This fast will not kill you but will keep you healthy.