

# 2023 February Fast

SUN	MON	TUE	WED	THU	FRI	SAT
(1) Each day eat fruits, vegetable, nuts, whole grains, and healthily prepared chicken or fish.	(2) Same as option 1 except only eat a single meal after 3:00pm on Tuesdays and Fridays.	(3) You decide the time and duration of your fast and the foods from which you will abstain.	1	2	3	4
<b>Faith</b> Proverbs 3:5-6						
5	6	7	8	9	10	11
<b>Family</b> Joshua 24:15   Proverbs 22:6   Mark 10:6-9						
12	13	14	15	16	17	18
<b>Finances</b> Deuteronomy 28:1-8						
19	20	21	22	23	24	25
<b>Future</b> Jeremiah 29:11-13   Joshua 1:8						
26	27	28				
<b>NHC Family</b> Numbers 6:24-26   3 John 2						

PLEASE CONSULT YOUR PHYSICIAN FOR WISE EATING PRINCIPLES BEFORE ENGAGING IN ANY RADICAL DIETARY CHANGES.

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## WHAT ARE THE SUGGESTED EATING PROGRAMS?

**Option 1:** If you decide not to abstain from meals, consider eating only fruits, vegetables, nuts, whole grains, and healthily prepared chicken or fish. Also, consider drinking only water or fruit juices (no added sugar). It is suggested that you abstain from sweets, sodas, and desserts.

**Option 2:** If you decide to abstain from meals, consider doing so until 3 PM on Tuesdays and Fridays. Drink water throughout the day and follow the same eating principles suggested in the first option for your evening meal.

**Option 3:** You may decide to engage in a personal time of consecration in which you prayerfully decide on the days and duration of your fast and the foods from which you will abstain.

## DAILY PRAYER OF AFFIRMATION

Heavenly Father,

We honor and praise your holy name and thank you for your love, grace, mercy, and power. You have sustained North Houston Church through the storms and challenges of the past three years, and we ask you for divine favor, blessing, and increase in 2023. We commit ourselves to your will and your ways and to the wonderful plans and purposes that you have for our lives. We also ask you to minister salvation, healing, peace, and prosperity to our communities, our city, our nation, and the entire world. Help us, O Lord, to remain faithful to the life, ministry, and support of our local church; to fulfill the tremendous vision that you have given to our leader; and to be a force for positive change in the world. We pray that the Lord Jesus Christ will be exalted and that the winds of revival will begin to blow across the globe. We pray for a great outpouring of your Spirit this year, and we give you glory, honor, and praise. In the name of Jesus Christ, we pray. Amen.

## PRAYER REQUEST

If you need prayer, text NHCPRAYS to 94000.