

## Day 6-Saturday January 31

### What We're Cutting Out

- Fried foods
- Pasta
- Sweets (candy, desserts, baked goods)
- Alcohol
- Chips
- Bread
- Choose three full meatless days during the fast

### What You Can Drink

- Water
- Tea (with minimal sweetener)
- Coffee (with minimal sweetener)

**BE CLEAR:** While fasting, avoid secular distractions/behaviors.

### DAILY PRAYER PRACTICE

Corporate Prayer Calls (Monday, Tuesday, Wednesday & Friday) — 5:25 AM

Dial: (351) 888-6425

### Personal Prayer Rhythm

Morning • Midday • Evening

### Pray intentionally for:

- Effort
- Efficiency
- Exposure

### FOCUS: ALIGNED EXPECTATION

#### Reading Plan:

Mark 11; Lamentations 3:22–33; James 1

#### Anchor Scripture:

**James 1:6–8**

#### Devotional:

Expectation must match obedience.

Faith is not wishful thinking — it is confident alignment with God's will. This fast recalibrates what we expect and how we prepare to receive it.

#### Journal Reflection:

- What am I believing God for?
- Do my habits support that belief?
- Where must alignment replace emotion?