

## Day 4-Thursday January 29

### 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: TRUST, SEED & GENEROSITY

### Reading Plan:

Malachi 3; Luke 12:22–34; 1 Chronicles 29

### Anchor Scripture:

**Luke 12:34**

### Devotional:

Multiplication flows through trust. Generosity is not about money — it's about confidence in God's provision. This fast aligns our hearts so seed is released with faith, not fear.

### Journal Reflection:

- What does my giving reveal about my trust?
- Where am I holding back instead of stepping forward?
- How does generosity activate multiplication?