

## Day 1-Monday January 26

### 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: EFFORT

### Reading Plan:

Nehemiah 2; Colossians 3; Psalm 90

**Anchor Scripture:** Colossians 3:23

### Devotional:

Effort is how faith shows up.

God multiplies what we place in God's hands — but effort determines what we bring. Alignment begins when we stop waiting on motivation and start moving with intention. Multiplication requires participation.

**Journal Reflection:** (Journal with intention and depth)

- Where have I been delaying instead of engaging?
- What area(s) of my life need(s) consistent effort, not occasional energy?
- What does faithful effort look like for me daily?