

Day 7-Sunday February 1

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: ACTIVATION & MULTIPLICATION

Reading Plan:

Joshua 1; Acts 1; Philippians 1

Anchor Scripture:

Joshua 1:9

Devotional:

Fasting positions you — obedience propels you.

This is not an ending but an activation. Alignment produces momentum, and momentum fuels multiplication.

Journal Reflection:

- What has shifted during this fast?
- What is my immediate next step?
- How will I protect alignment moving forward?