

Day 3-Wednesday January 28

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: EXPOSURE

Reading Plan:

Matthew 5:13–16; Acts 4; Isaiah 60

Anchor Scripture:

Matthew 5:16

Devotional:

Exposure is not performance — it's visibility with integrity.

What God develops privately must eventually be expressed publicly. Multiplication happens when faith becomes lived, seen, and shared through consistency.

Journal Reflection:

- Where has fear kept me hidden?
- How is God calling me to show up boldly?
- Who needs to see my faith through action?