

Day 5-Friday January 30

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: COMMUNITY & CONNECTION

Reading Plan:

Romans 12; Hebrews 10:19–25; Psalm 133

Anchor Scripture:

Hebrews 10:24–25

Devotional:

Isolation limits multiplication. God rarely multiplies individuals in isolation — He multiplies communities in alignment. Growth accelerates when we are connected, accountable, and committed.

Journal Reflection:

- Where am I connected and where am I distant?
- How can I strengthen my commitment to community?
- Who grows because I stay engaged?