

Day 2-Tuesday January 27

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: EFFICIENCY

Reading Plan:

Proverbs 24; 1 Corinthians 9:24–27; Psalm 127

Anchor Scripture:

Proverbs 24:3–4

Devotional:

Efficiency brings order before expansion. God does not multiply confusion. This fast confronts mismanaged time, misplaced priorities, and undisciplined routines. Efficiency doesn't restrict growth — it prepares room for it.

Journal Reflection:

- What drains time but produces little fruit?
- What area of my life lacks structure?
- What system would help me steward better?