

DPSMI JANUARY FAST 2012

LUKE 4:18-19 KJV

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor , he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord.

Week I- January 2nd-7th

- * NO meats (including fish)

Week II- January 8th-14th

- * NO meats, NO sweets, and NO white stuff (Bleached Products) & NO Coffee

This includes cakes, pancakes, cookies, syrups, soda, and presweetened cereal.

- * No white rice, sugars, pastas, and white flour or dough.
- * Eat fresh or dried nuts and fruits.

Week III- January 15th-21st

- * NO meats, NO sweets, NO white stuff (Bleached) and NO dairy products, NO Coffee & NO Junk foods.

Also includes No milk, eggs, or cheeses.

- * Try non-dairy products such as Soy or Organic rice and almond milk.
- * Continue to study the Word and pray over your confessions.

Week IV- January 22nd- 31st

- * Eat only one meal per day consisting of vegetables only, Fruits are optional.
- * No secular Television, radio, CD's, cassettes or video games.
- * Continue to confess "Each won Reach two".