

Fasting Schedule and Restrictions

January 2-January 31

No sweets, no snacks, no artificial sweeteners, no sugar, no white flour products, no white rice, no fried food, no white bread, no coffee, no soda, no syrup.

We can eat dark/brown breads, all-natural products, fruits, vegetables, if canned fruit eat light syrup or in pear juice, vegetable pasta, whole grain pasta, beans, honey, oatmeal, brown rice, eggs, bake, broiled, roast meat, peanuts, white or sweet potatoes baked, tortilla shells. You can also use an Air Fryer to cook because it is not frying.

Jan. 2-Jan.31 No sweets, snacks, artificial sweeteners, sugar, etc..

Jan. 13-Jan. 31 Only Fish and Poultry as your meat, no beef or pork

Jan. 27-31

Fast until 4 Only Fruit Juices, water, smoothies during the day

**I would encourage everyone to go the extra mile and fast from
January 2 to 1st Sunday February**

In order to Strive, Thrive and Survive we must go through some type of training. There must be some exercise that we are doing. There must be some type of weight loss and weight gain regimen. We all need to “lay aside the weight” and some need to “put on the whole armor”. We cannot expect to Strive, Thrive and Survive if we have not been doing any type of work. People that try to stop cold turkey tend to renege because they did not count up the cost and they do not have the inner fortitude to push through. The reason being is they have not put in systematic work to do what needs to be done. They start off strong, start off fast, start off enthusiastic but at some point, they fall off because they did not “run with patience”. Let me ask are we putting in

that work during our “Off Season”? because we “Don’t need to lift a finger just bow a knee”. Some of us need to still ask “What are you doing” sitting around? Are you doing your part to support “The Colony”? There should be “No worries, no problems, only solutions” because we’re in a “Holding Pattern” so when it’s time to land we will be ready to “Strive, Thrive and Survive.”

So take this time during the month of consecration and really go hard after God so that He will get us ready so that we will, we must and we shall “Strive, Thrive and Survive in 2025”.

Bishop Lamont Brown

“It’s already done you just have to catch up to it”