

FAST PRAYER FOCUS

- ❖ Pray for 200 new souls to be saved.
- ❖ Pray for maturity within our church at every level
- ❖ Pray for God's divine direction for Pastor Myra.
- ❖ Pray for financial stability and prosperity for our church.
- ❖ Pray for deliverance from such spirits as soul ties, depression, fear, offense, discouragement, and mental illness.
- ❖ Pray for one another that brotherly love may continue among us.
- ❖ Pray for the Church of Love network in Rochester, Washington DC, at University of Rochester, and around the world.
- ❖ Pray for excellence in every area of operation within our ministry.
- ❖ Pray for 25 new families to be added to COLFC.
- ❖ Pray for God's blessing to be upon Pastor Myra and her entire family.
- ❖ Pray for extraordinary outpouring of the Holy Ghost upon our church and our land.
- ❖ Pray for our neighborhood.
- ❖ Pray for President Donald Trump and his cabinet officials.
- ❖ Pray for our nation.
- ❖ Pray for NY and MD state officials.
- ❖ Pray that fathers turn their hearts to the children and that families are restored.
- ❖ Pray that God will develop more leaders for our churches.
- ❖ Pray that we are willing to let God move us from our comfort zones.



"God Is Still Up To Something!"



January 3rd – 23rd

"I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."

Daniel 10:3 KJV

If you have any known medical conditions or suspect such conditions, consult your doctor before beginning.

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Message from Pastor Myra

God Is Still Up To Something! With all of its challenges and triumphs, successes and failures, gains and losses, 2018 was a year where God showed His hand in many ways. But whether our bottom line shows in good numbers or not so good, God is still great and greatly to be praised! He's still good, and He Is Still Up To Something!! He knows what He's doing!

ROMANS 11:29-26

Though we may not know His thoughts, we are still aware that we must continually seek Him for guidance. Let us not be caught in a snare set by the evil one, so that we think ourselves above sin. (Romans 3:23) We must repent daily and remain in His Word so He can speak to us. When He is ready to share a strategy with us, that's the position that will give us the best reception, on our knees!

Every day, but especially during this time of consecration, listen for what God will say to you, and don't be ashamed to share with others to encourage their faith. God may speak to you, but it may be for all of us!

This year, we will return to the Daniel Fast, 21 days of fruits and vegetables. No meat, seafood, dairy, bread, rice or pasta, etc. Please keep in mind that it is not meant to be an area of focus. Daniel denied his flesh those foods that brought comfort or delight to his taste. Remember to deny your flesh what it desires, but enhance your spiritual awareness so that you can hear more clearly from God.

During the day, minimal amounts of fruits and/or vegetables may be consumed as necessary, however don't limit your prayer, praise and worship, and reading of the Word of God. That is where we will gain our strength.

Practice speaking positive and encouraging words while limiting distractions such as TV, video games, etc. Tithe regularly, and consider extravagant giving of your tithe, your time, and talent. Encourage your children to take part in this time of consecration so they can grow in knowing God's voice as He speaks to them too.

Exercise wisdom if you're under a doctor's care or on medications. Speak with your physician before making radical changes in your eating habits. Breath mints and gum will show your kindness to others while you are fasting.

Be faithful and consistent through the difficult times and you will receive blessings set aside for those who remain faithful. We may not know what is on the horizon, but trust God who sees beyond all that we can imagine. He's Still Up To Something! Aren't you glad? I certainly am!!

Love and blessings,
Pastor Myra

FOODS TO AVOID

- ❖ All Animal Products, Including All Meat, Poultry, Fish, Eggs...
- ❖ Caffeine, Specialty Coffee, Mochas, Cappuccinos, Carbonated Beverages
- ❖ Sodas, Energy Drinks, Alcohol
- ❖ Refined Sugar, Sugar Substitutes, Raw Sugar, Syrups, Molasses
- ❖ Cane Juice
- ❖ White Rice
- ❖ All Leavened Breads, White Flour, White Bread, Baked Goods
- ❖ All Dairy, Milk, Cheese, Yogurt, Cream, Mayonnaise
- ❖ All Fried Foods, Refined Foods, Processed Food
- ❖ Food Additives
- ❖ Artificial Sweeteners
- ❖ Hydrogenated Oils, Lard, Margarine, Shortening, Butter
- ❖ Foods High In Fat



FOODS TO ENJOY (INCLUDING BUT NOT LIMITED TO)

Focus on the details of connecting with God rather than the details of the menu and you will discover the blessings of fasting.

ALL FRUITS (FRESH, FROZEN, DRIED OR CANNED)

Apples, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Cranberries, Grapefruit, Grapes, Honeydew Melon, Kiwi, Lemons, Mangoes, Nectarines, Oranges, Peaches, Pears, Pineapples, Plums, Raisins, Raspberries, Strawberries, Tangerines, Watermelon

ALL VEGETABLES (FRESH, FROZEN, DRIED OR CANNED)

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Celery, Collard Greens, Corn, Cucumbers, Eggplant, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Tomatoes, Turnips, Watercress, Yams, Zucchini

LEGUMES

Black-Eyed Peas, Black Beans, Dried Beans, Green Beans, Green Peas, Kidney Beans, Lentils, Peas, Pinto Beans, Split Peas

WHOLE GRAINS

Whole Wheat, Brown Rice, Millet, Quinoa, Oats, Rolled Oats, Plain Oatmeal (Not Instant), Barley, Grits (No Butter), Whole Wheat Pasta, Whole Wheat Tortillas, Plain Rice Cakes

BEVERAGES

100% Fruit and Vegetable Juices, Black Coffee (optional), Herbal Tea, Water

OTHER

Quality Oils: Olive, Canola, Grape Seed, Peanut and Sesame
Herbs, Seasonings, Soy Products, Spices, Tofu, and Vinegar



FASTING FRAMEWORK

Simply stated, biblical fasting is refraining from food for a spiritual purpose. The idea is to be realistic, NOT legalistic. Focus on the details of connecting with God rather than the details of the menu and you will discover the blessings of fasting. The details are not as important as the spirit in which you participate.

THURSDAY, JANUARY 3RD BEGIN THE “DANIEL FAST”

The FAST begins when you rise.

Over the next 21 days your meals should consist of fruits and vegetables. Substitute your regular food intake with those disciplines that help you better connect with God; reading the Bible, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God.

MONDAY - WEDNESDAY - FRIDAY @ 6 PM CORPORATE PRAYER

Corporate prayer is an important part of the fast. The church will meet every Monday, Wednesday, and Friday at 6pm to pray together. When we pray together the effects can be very positive. Corporate prayer edifies and unifies us as we share our common faith.

WEDNESDAY, JANUARY 23RD END OF DANIEL FAST

Join us for the last night of corporate prayer.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Luke 10:19 Binding & Loosing	4 Psalm 55:22 Business	5 Isaiah 57:19 Comfort
6 Mark 16:17 Delegated Authority	7 Luke 10:19 Deliverance	8 John 14:13-14 Binding & Loosing	9 Hebrews 11:6 Faith	10 Jeremiah 31:13 Comfort	11 Ephesians 4:31-32 Forgiveness	12 Psalm 125:2 God's Presence
13 Psalm 16:11 Guidance	14 Proverbs 30:5 Protection	15 Psalm 42:11 Healing	16 I Thes. 3:12-13 Brotherly Love	17 Deut. 30:1-7 Direction & Promise	18 II Thes. 3:16 Peace	19 Psalm 1:2-3 Prosperity
20 Luke 10:19 Boldness	21 I John 1:9 Confession	22 John 15:7 Confidence	23 Philippians 4:6-7 Assurance	24	25	26
27	28	29	30	31		