

Meeting The Messiah (30 Day Fast)
Jan. 2nd, 2025 (Sunrise) - Feb. 1st 2025 (Sunrise)

30 Day Gospels Reading Plan

January 2nd - Matt. 1-3
January 3rd - Matt. 4-6
January 4th - Matt. 7-9
January 5th - Matt. 10-12
January 6th - Matt. 13-15
January 7th - Matt. 16-18
January 8th - Matt. 19-21
January 9th - Matt. 22-24
January 10th - Matt. 25-27
January 11th - Matt. 28, Mark 1-2
January 12th - Mark 3-5
January 13th - Mark 6-8
January 14th - Mark 9-11
January 15th - Mark 12-14
January 16th - Mark 15-16, Luke 1
January 17th - Luke 2-4
January 18th - Luke 5-7
January 19th - Luke 8-10
January 20th - Luke 11-13
January 21st - Luke 14-16
January 22nd - Luke 17-19
January 23rd - Luke 20-22
January 24th - Luke 23-24, John 1
January 25th - John 2-4
January 26th - John 5-7
January 27th - John 8-10
January 28th - 11-13
January 29th - John 14-16
January 30th - John 17-19
January 31st - John 20-21

We're fasting from: Meats (Animal & Vegetarian), Dairy, Fast Food/Fried Foods, Heavily Processed Foods, Soda/Juices, Sugars (Desserts & Snacks)

Acceptable Foods/Drinks: Fruits, Vegetables, Whole Grains (No refined grains such as white flour, white bread, white rice, pastas), Nuts (that are lightly salted or no salt), Minimally Processed Foods, Water & Herbal Teas.

Protein Substitutes: Soybeans, Lentils, Black beans, Lima Beans, Chickpeas, Nuts, Chia Seeds, Oats, Pumpkin Seeds, Potatoes, Spinach, Avocados.