


FASTING CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
January 2025	20 A-E	21 F-J	22 K-O	23 P-T	24 U-Z	25 A-E
26 F-J	27 K-O	28 P-T	29 U-Z	30 A-E	31 F-J	February 1 K-O
2 P-T	3 U-Z	4 A-E	5 F-J	6 K-O	7 P-T	8 U-Z
9 ALL						

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FASTING CALENDAR

Isaiah 58:

“Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the ^[c]heavy burdens, to let the oppressed go free, and that you break every yoke?

⁷Is it not to share your bread with the hungry, and that you bring to your house the poor who are cast out; when you see the naked, that you cover him, and not hide yourself from your own flesh? ⁸Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the Lord shall be your rear guard. ⁹Then you shall call, and the Lord will answer; you shall cry, and He will say, ‘Here I am.’ “If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness, ¹⁰If you extend your soul to the hungry and satisfy the afflicted soul, then your light shall dawn in the darkness, and your darkness shall be as the noonday. ¹¹The Lord will guide you continually, and satisfy your soul in drought, and strengthen your bones; you shall be like a watered garden, and like a spring of water, whose waters do not fail. ¹²Those from among you shall build the old waste places; you shall raise up the foundations of many generations; and you shall be called the Repairer of the Breach, the Restorer of Streets to Dwell In.

Three Expectations for building a foundation of excellence, by establishing clear, non-negotiable expectations in our relationships.

This is a love fast as well.

The 3 Meetings:

1. **Meeting for Vision and Business**—Set aside an hour a week to discuss financial planning, career goals, and schedules. Proverbs 29:18, “Where there is no revelation, the people cast off restraint; But happy is he who keeps the law.”

The Five requirements:

1. Spiritual, 2. Relational, 3. Career, 4. Financial, 5. Health and wellness.
2. **Meeting for Love**—Love must be nurtured, and resonance must be built. Schedule an hour every week for connection. Love does not thrive by accident; it requires intentionality. Proverbs 16:3, “Commit your works to the Lord, and your plans will be established.”
3. **Meeting to Stop What’s Harming the Love and Vision**—Identify behaviors, thinking, habits, or patterns that undermine your vision and love, and address them. (focus on the behavior not the person) These are **non-negotiables?**