

# KLC CHAIN FAST

**Team 1:** Last Names between A-I **Team 2:** Last Names between J-R **Team 3:** Last Names between S-Z

You have the choice of what type of fast.

You have the **Daniel Fast** or **Bread & Water**. It's your choice just as long as you fast during your scheduled time. You can fast longer but you must fast during your scheduled time. **YOU CAN DO THIS FAST.**

**Daniel Fast:** Limited to fruits, vegetables, nuts and water. They should be sugar-free and chemical-free. *(no sugar and no desserts. However, Honey and Stevia are permitted).*

**Bread and Water Fast:** Limited to bread and water only. *(no cake, donuts, deep fried breads, etc.)*

## WEEK ONE

TIME	SUNDAY 17 <sup>TH</sup>	MONDAY 18 <sup>TH</sup>	TUESDAY 19 <sup>TH</sup>	WEDNESDAY 20 <sup>TH</sup>	THURSDAY 21 <sup>ST</sup>	FRIDAY 22 <sup>ND</sup>	SATURDAY 23 <sup>RD</sup>
6:00AM - 6:00PM		<b>TEAM 2</b>	<b>TEAM 1</b>	<b>TEAM 3</b>	<b>TEAM 2</b>	<b>TEAM 1</b>	<b>TEAM 3</b>
6:00PM - 6:00AM	<b>TEAM 1</b>	<b>TEAM 3</b>	<b>TEAM 2</b>	<b>TEAM 1</b>	<b>TEAM 3</b>	<b>TEAM 2</b>	<b>TEAM 1</b>
SCRIPTURE FOCUS	GENESIS 18:9-19	JOEL 2:19-27	PSALM 77:11-15	LUKE 6:27-37	DEUTERONOMY 11:10-17	2 CORINTHIANS 4:16-18	EPHESIANS 3:17-21
PRAYER FOCUS	FAMILY	RESTORATION	MIRACLES, SIGNS, WONDERS	FORGIVENESS	YOUR PROMISED LAND	NOT MAJORING ON THE MINOR	LOVE

# WEEK TWO

TIME	SUNDAY 24 <sup>TH</sup>	MONDAY 25 <sup>TH</sup>	TUESDAY 26 <sup>TH</sup>	WEDNESDAY 27 <sup>TH</sup>	THURSDAY 28 <sup>TH</sup>	FRIDAY 29 <sup>TH</sup>	SATURDAY 30 <sup>TH</sup>
6:00AM – 6:00PM	<b>TEAM 2</b>	<b>TEAM 1</b>	<b>TEAM 3</b>	<b>TEAM 2</b>	<b>TEAM 1</b>	<b>TEAM 3</b>	<b>TEAM 2</b>
6:00PM – 6:00AM	<b>TEAM 3</b>	<b>TEAM 2</b>	<b>TEAM 1</b>	<b>TEAM 3</b>	<b>TEAM 2</b>	<b>TEAM 1</b>	<b>TEAM 3</b>
SCRIPTURE FOCUS	ISAIAH 45:5-8	PSALM 115:9-18	PROVERBS 22:1	HEBREWS 12:26-29	PROVERBS 3:1-6	JEREMIAH 33:6	PHILEMON 1:6
PRAYER FOCUS	GIVE GOD GLORY	INCREASE	A GOOD NAME	A SHAKE UP	DIRECTION	HEALTHCARE	EFFECTIVE COMMUNICATION

*Remember, Fasting Is More Than Just Abstaining from Food; It Is An Act Of Self-Denial For Higher Purposes, Therefore, It Is Important To Check Your Motives And Heart Attitudes With The Lord Before You Determine To Fast- Read Matthew 6:16-18.*

We are also praying every 3 hours (for those who happen to be awake): 12AM, 3AM, 6AM, 9AM, 12PM, 3PM, 6PM, 9PM. We pray rather we are fasting or not.

YOU GOT THIS. GOD BLESS YOU

++DR. SAMUEL D. ABBOTT

