



FASTING CALENDAR

JANUARY & February 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|---|--|---|
| <p>DAY 1 FAST SUGARS, DESSERTS & CANDY <i>Psalm 25:4-5</i></p> <p>15</p> | <p>DAY 2 FAST TV, MOVIES, DVDS & VIDEOS <i>Colossians 1:10</i></p> <p>16</p> | <p>DAY 3 FAST TV, MOVIES, DVDS & VIDEOS <i>Philippians 3:13-14</i></p> <p>17</p> | <p>DAY 4 FAST SUGARS, DESSERTS & CANDY <i>Ezra 8:23</i></p> <p>18</p> | <p>DAY 5 FAST COMPUTER (EXCEPT FOR SCHOOL) & VIDEO GAMES <i>Isaiah 54:2-3</i></p> <p>19</p> | <p>DAY 6 FAST COMPUTER (EXCEPT FOR SCHOOL) & VIDEO GAMES <i>Mark 9:29</i></p> <p>20</p> | <p>DAY 7 FAST SUGARS, DESSERTS & CANDY <i>Luke 22:42</i></p> <p>21</p> |
| <p>DAY 8 FAST SUGARS, DESSERTS & CANDY <i>Philippians 2:3-5</i></p> <p>22</p> | <p>DAY 9 FAST TV, MOVIES, DVDS & VIDEOS <i>Nehemiah 4:14</i></p> <p>23</p> | <p>DAY 10 FAST TV, MOVIES, DVDS & VIDEOS <i>John 17:20-21</i></p> <p>24</p> | <p>DAY 11 FAST SUGARS, DESSERTS & CANDY <i>Matthew 9:14-15</i></p> <p>25</p> | <p>DAY 12 FAST COMPUTER (EXCEPT FOR SCHOOL) & VIDEO GAMES <i>Isaiah 40:29-31</i></p> <p>26</p> | <p>DAY 13 FAST COMPUTER (EXCEPT FOR SCHOOL) & VIDEO GAMES <i>1 Timothy 2:1-2</i></p> <p>27</p> | <p>DAY 14 FAST SUGARS, DESSERTS & CANDY <i>James 1:5</i></p> <p>28</p> |
| <p>DAY 15 FAST SUGARS, DESSERTS & CANDY <i>Isaiah 54:10</i></p> <p>29</p> | <p>DAY 16 FAST TV, MOVIES, DVDS & VIDEOS <i>Psalm 5:11-12</i></p> <p>30</p> | <p>DAY 17 FAST TV, MOVIES, DVDS & VIDEOS <i>Daniel 11:32</i></p> <p>31</p> | <p>DAY 18 FAST SUGARS, DESSERTS & CANDY <i>1 John 5:14</i></p> <p>February 1</p> | <p>DAY 19 FAST SUGARS, TV, COMPUTER (EXCEPT FOR SCHOOL) & VIDEO GAMES <i>Nehemiah 1:4-5</i></p> <p>February 2</p> | <p>DAY 20 FAST SUGARS, TV, COMPUTER (EXCEPT FOR SCHOOL) & VIDEO GAMES <i>Matthew 6:16-18</i></p> <p>February 3</p> | <p>DAY 21 FAST SUGARS, TV, COMPUTER (EXCEPT FOR SCHOOL) & VIDEO GAMES <i>Matthew 6:33</i></p> <p>February 4</p> |