**Fast of 2023 (January 1st -21st)**

Foundational Scriptures

Isaiah 58

**6**[Rather] is not this the fast that I have chosen: to loose the bonds of wickedness, to undo the bands of the yoke, to let the oppressed go free, and that you break every [enslaving] yoke?

**7**Is it not to divide your bread with the hungry and bring the homeless poor into your house—when you see the naked, that you cover him, and that you hide not yourself from [the needs of] your own flesh *and* blood?

**8**Then shall your light break forth like the morning, and your healing (your restoration and the power of a new life) shall spring forth speedily; your righteousness (your rightness, your justice, and your right relationship with God) shall go before you [conducting you to peace and prosperity], and the glory of the Lord shall be your rear guard.

**Daily Instructions**

**Fasting period**: select a 12hr time frame that you plan to fast (example 6 a.m. to 6 p.m.)

**Daily Prayer:** select 3 time slots to pray each day (Morning, Noon, Night). This will be a time that is uninterrupted (it can be 1 minute or more).

***Prayer steps (Matthew 6:9-11)***

1. Honor God as your Father and King
2. Give thanks to God for who He is and what He has done
3. Ask for forgiveness for any trespasses
4. Forgive any and every one that comes to mind.
5. Ask God for any need to arises (for your family, your community, and your church)
6. Ask God for wisdom on how to fulfill His plan

**Daily Reading schedule:**

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| Day 1: Acts 1-2, | Day 8: Acts 10-11 | Day 15: Acts 22 |
| Day 2: Acts 3-4 | Day 9: Acts 12-13 | Day 16: Acts 23 |
| Day 3: Acts 5 | Day 10: Acts 14 | Day 17: Acts 24-25 |
| Day 4: Acts 6 | Day 11: Acts 15-16 | Day 18: Acts 26-27 |
| Day 5: Acts 7 | Day 12: Acts 17-18 | Day 19: Acts 28 |
| Day 6: Acts 8 | Day 13: Acts 19-20 | Day 20: Acts Review |
| Day 7: Acts 9-10 | Day 14: Acts 20-21 | Day 21: Acts Review |