



FASTING CALENDAR

JANUARY 2023

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