

## Fasting Options

Please feel free to adopt any of these options. You can combine any of the options during the 21 day fast or pick one to follow for the duration of the fast.

### Option 1: COMPLETE FAST

This fast calls for drinking only liquids, typically water with light juices as an option.

### Option 2: SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, or bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

### Option 3: PARTIAL FAST

This fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

### Option 4: SOUL FAST

This fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast, and then

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## DAYS OF PRAYER AND FASTING

FASTING BULLETIN & DETAILS

Phone: 1888-(LIGHT)-21 Ext 7  
Email: [info@thecitylight.org](mailto:info@thecitylight.org)  
website: [www.thecitylight.org](http://www.thecitylight.org)

**JANUARY**  
**8th—28th, 2017**

## 21 Days Of Prayer

At the CityLight Church, we have made it a custom to dedicate the first month of every year to seek God in prayer and fasting. Together, we faithfully seek God first, trusting in His power alone to create lasting impact in our lives, our church and our world. Please join us for prayer every:

MONDAY - FRIDAY **5:30** AM  
 SATURDAY **9:00** AM

### Prayer Locations

**West Suburbs -**  
 275 Ironbarkway Bolingbrook, IL 60440  
 Contact: Segun (630) 863 1804, Emily (773) 330 8178

**North Suburbs -**  
 1731 Washington Street, Evanston, IL 60202  
 Contact: Bolanle Balogun (617) 935-6132

**South Suburbs -**  
 515 East End Avenue Apt 205 Calumet City IL 60409  
 Contact: Dele Iyodo (773)799-4872

**Northwest City -**  
 220 S. Bell Avenue Chicago IL 60612  
 Contact: Olu Akintonrin (312)933-3682

**Central Location-**  
 Light Pointe 2.0, 824 E 43rd, Chicago, IL 60653  
 Contact: Pastor Olumide (773) 615 3685

# January 2017

## Victorious Faith Mat 19:26

21 Days Of Prayer Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>8 THANKSGIVING - 1</b>                      Thessalonians 5:18, Psalm 100, Psalm 103, Job 33:18</p>	<p><b>9 CONSECRATION - Joel</b>                      2:15-17, Romans 12:1-2                      "Father, consecrate my spirit, soul and body as a living sacrifice in Jesus name "</p>	<p><b>10 Faith To Conquer Kingdoms</b>                      "Through faith's power they conquered kingdoms..." (Heb 11:33)</p>	<p><b>11 Faith To Establish True Justice</b>                      "Through faith's power they conquered kingdoms and established true justice (Heb 11:33)</p>	<p><b>12 Faith To Turn Promises Into Reality</b>                      "Their faith fastened onto their promises and pulled them into reality! (Heb 11:33)</p>	<p><b>13 God Will Shut The Mouth of Lions</b>                      "It was faith that shut the mouth of lions.." (Heb 11:33) Dan 6:22</p>	<p><b>14 God Will Put Out Raging Fires</b>                      "It was faith that shut the mouth of lions, put out the power of raging fire..."(Heb 11:33-34); Isa 43:2</p>
<p><b>15 Faith To Escape From Death</b>                      "It was faith that ...caused many to escape certain death by the sword" (Heb 11:33-34); Jas 5:20</p>	<p><b>16 Faith To Receive Supernatural Strength, Reinforcement and Courage for Winning</b> (Heb 11:33-34)</p>	<p><b>17 Prayer against human objections...</b>                      "Time is Too Short"                      2 kings 7: 18-20</p>	<p><b>18 Prayer against human objections...</b>                      "Current situations are too complicated"                      Eze 37:1-3</p>	<p><b>19 Prayer against human objections...</b>                      "The means are unavailable"                      Luke 1:31-34</p>	<p><b>20 Prayer against human objections...</b> "My past experiences confirm otherwise"                      Luke 5:4-5</p>	<p><b>21 Prayer against human objections...</b> "This is not for me but for others who are better and stronger"                      Jud 6:14-15</p>
<p><b>22 I believed with God all things are possible.</b>                      Matt 19:26; Luke 1:35-45</p>	<p><b>23 I receive boldness to take immediate action</b> 2 kings 7: 3-7; 2 Tim 1:7</p>	<p><b>24 I receive Grace and faith for big Plans.</b> Luke 5:5-7</p>	<p><b>25 God show me signs for my journey this year .</b> Judges 6:17</p>	<p><b>26 Gifts of special faith on me and our church.</b> 1 Co-rinthian 12: 1-3</p>	<p><b>27 Let the Spirit of faith overcome the spirit of fear.</b> 1 Tim 1: 7; 1 Corinthian 4:13</p>	<p><b>28 Ask for the grace to walk with God.</b> Heb 11:5-6</p>