

Parc-Way Faith & Fasting Calendar for January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 One Meal Fast	2 One Meal Fast	3 One Meal Fast	4 TV+Video Game Fast One Meal Fast	5 One Meal Fast	6 One Meal Fast	7 Seclusion Fast (Share a meal with someone)
8 Meat/Protein Fast	9 TV+Video Game Fast	10 TV+Video Game Fast	11 TV+Video Game Fast	12 TV+Video Game Fast	13 TV+Video Game Fast	14 Personal Prayer (1 full hour alone with God)
15 One Meal Fast	16 One Meal Fast	17 One Meal Fast	18 TV+Video Game Fast One Meal Fast	19 One Meal Fast	20 One Meal Fast	21 Faith Share (Invite 5 people to church)
22 6a-6p Fast	23 6a-6p Fast	24 6a-6p Fast	25 TV+Video Game Fast 6a-6p Fast No Caffeine	26 6a-6p Fast No Caffeine	27 6a-6p Fast No Caffeine	28 Bless Someone 6a-6p Fast No Caffeine
29 24 Hour Fast Water Only	30 24 Hour Fast Water Only	31 24 Hour Fast Water Only	<div style="border: 1px solid black; padding: 10px;"> <p>Notes: If you cannot participate in any of the suggested fasts, pray and ask the Lord what you can give up and replace with time focused on Him.</p> <p>We will be reading one chapter a day from the book of Proverbs.</p> </div>			